

APSS NEWSLETTER

The latest news & updates from GVSU's APSS Union & its Members

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This newsletter is published monthly. For submission information contact **Megan Eding** at edingme@gvsu.edu.



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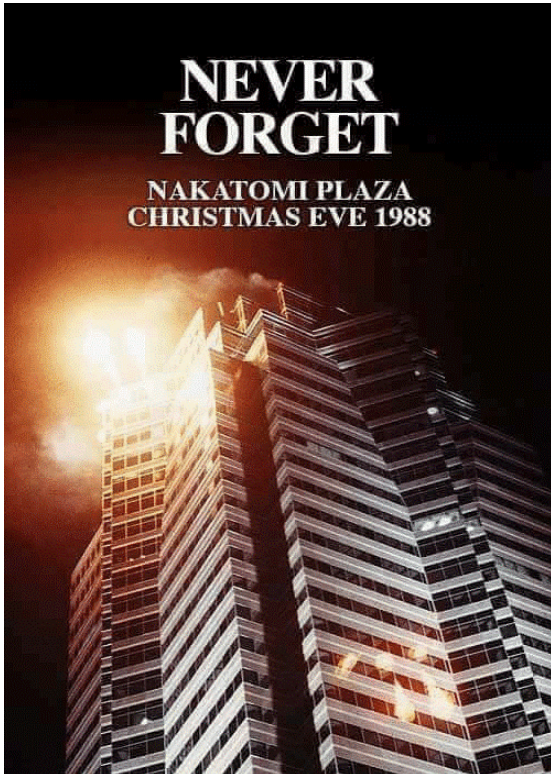
MEMBER SHARES

Kaity Deacon - Every November, my husband and I pick out a new Thomas Kinkade holiday puzzle and we work on it on the snowy nights leading up to Christmas! It's my favorite holiday tradition.



MEMBER SHARES, CON'T

Shawn Evans - Around the holidays, I like to remind people that *Die Hard* is one of – if not the – greatest Christmas movies of all time.



Kay Hart - Since our kids are going to their significant others, and/or live out-of-state, my husband and I have decided to spend Thanksgiving Day in Detroit at the Lions football game. Hoping for a win against the Bears but it will be a great day either way! We will get together with family on Sunday after Thanksgiving for the traditional turkey dinner!



Mary VanPopering - My family loves to go see the lights display at the 5/3rd Ballpark. I have our tickets already!

<https://christmasliteshow.com/>



MEMBER SHARES, CON'T

Megan Eding - This year, Grand Rapids was chosen as one of the 15 cities included in the US Postal Service's Operation Santa. It's a really cool program in which you can adopt a letter from a child in Grand Rapids (or other places in the country), purchase their requested gift, and mail it to them.

From the [Operation Santa website](#): "Each year, hundreds of thousands of letters sent to Santa from children and families arrive at Post Offices around the country. Most letters ask for toys and games. Some ask for basic necessities. Some ask for help for themselves and their loved ones. USPS Operation Santa makes it possible for individuals and organizations to adopt these letters and send responses and thoughtful gifts in Santa's place."

If interested in participating, check it out at <https://about.usps.com/holidaynews/operation-santa.htm>.

Shelby Harrison - I'd love to share my peanut butter pie recipe with everyone. It's a family favorite and much different than any others I have seen!

Peanut Butter Pie

From the Kitchen of Shelby Harrison

Crust

1 pkg. Graham Crackers
6 tbs. butter room temperature
¼ cup sugar (heaping full)

Butter 9" pie plate. Combine crust ingredients and mix until well blended. Pat into pie plate and refrigerate for one hour.

Filling

1 8 oz. cream cheese softened
1 cup creamy peanut butter
1 cup plus 2 tbs. powdered sugar
2 tbs. butter room temperature
½ cup chilled heavy whipping cream
1 tbs. vanilla
1 cup cool whip

Whip heavy whipping cream until soft peak form. Gradually add vanilla and 2 tbs. of sugar, continue whipping until it forms stiff peaks. Set aside in refrigerator. Mix cream cheese and peanut butter with mixer until well blended. Add powdered sugar and 2 tbs. of soft butter and blend all together with mixer. Add ½ the whipped cream and fold into soft mixture, fold in remaining whipped cream. Fold the cool whip into the peanut butter mixture. Add mixture to crust. Refrigerate for an hour and half.

Topping

½ cup heavy whipping cream
4 to 6 oz. of semi-sweet chocolate
chips 3 to 4 cups crushed Mini-Reese
cups

In a heavy sauce pan heat on low, add heavy whipping cream and chocolate chips, stirring until well blended. Cool until it's not as extremely hot, but still able to pour. Cover the top of the peanut butter pie with fudge topping and sprinkle Reese cups on top. Refrigerate for 3 hours.

This pie freezes well so I make several and freeze and thaw for holiday parties and I occasionally cheat and use a premade crust!

MEMBER SHARES, CON'T

Jennifer Palm - I make a drink known as Sbiten, a traditional winter beverage from Russia made with honey, spices, and jam. Before tea and coffee were popular in Russia, Sbiten was consumed during the long winter months. This version has a nice balance of spice and sweetness, along with a fruity flavor from the jam. The blackberry jam tastes great, but you could certainly try other flavors of jam or preserves.

10 1/4 cups cold water
 1/2 cup honey
 16 oz (1 lb) blackberry jam
 1 tsp ground cloves
 1 tsp ground ginger
 1/4 tsp ground cinnamon
 1/4 tsp ground nutmeg
 sprigs of mint or cinnamon sticks, for garnish (optional)



In a large pot, bring water to a boil. Stir in honey, jam, and spices. Simmer for about 5 minutes, stirring gently. Remove from heat and set stand a couple minutes to cool. Ladle into mugs and float a sprig of mint on top or add a cinnamon stick, if desired. This also works great in a crock pot! Add the ingredients and heat on low until the beverage reaches the desired temperature.

HR WORKSHOPS

GVSU Allendale Dad's Network

Thursday, December 12

12:00PM - 1:00PM - KC 1247

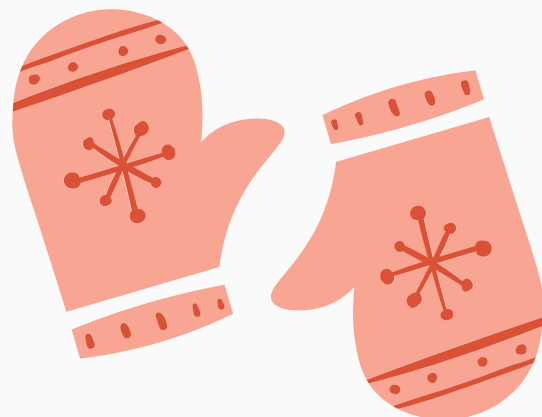
A Dads Group is a great place for finding resources. We each have our own set of issues, stressors, and problems to survive daily. Sometimes it can all be overwhelming, to say the least. But when you attend a dads support group, one thing does become incredibly clear...You are not alone, all of us have similar issues to deal with. Join other GVSU dads or grandfathers for interesting, lively, and humorous discussions on being a father!

GVSU Allendale Mom's Network

Tuesday, December 10

12:00PM - 1:00PM - KC 2201

Join us for a casual discussion about Kid-Friendly Winter Activities. Let's create a winter resource of family fun activities for all ages and interests. Lunch will be provided!



HR WORKSHOPS, CON'T

The following three (3) workshops have been approved for PSS Development Credit:

1) Interfaith 101

Presented by Kevin McIntosh

Approved for Non-Technical credit



In 2015, the Interfaith Youth Core and the Association of American Colleges and Universities put out nine practices for interfaith excellence and included in them “building interfaith competence and capacity among staff and faculty members.” This session will attempt to help with this competency and will explore what interfaith is and how participants can become interfaith leaders. This session will explore key interfaith concepts such as pluralism, religious literacy, and others.

1. At the end of the session participants will:

- Be able to define key terms around interfaith
- Learn more about religious literacy
- Think about when their identity around religion is the most salient

Tuesday, December 3	11:00AM - 12:00PM	2201 KC	Allendale
Tuesday, February 11	10:30AM - 12:00PM	2201 KC	Allendale
Tuesday, March 24	10:30AM - 12:00PM	2201 KC	Allendale

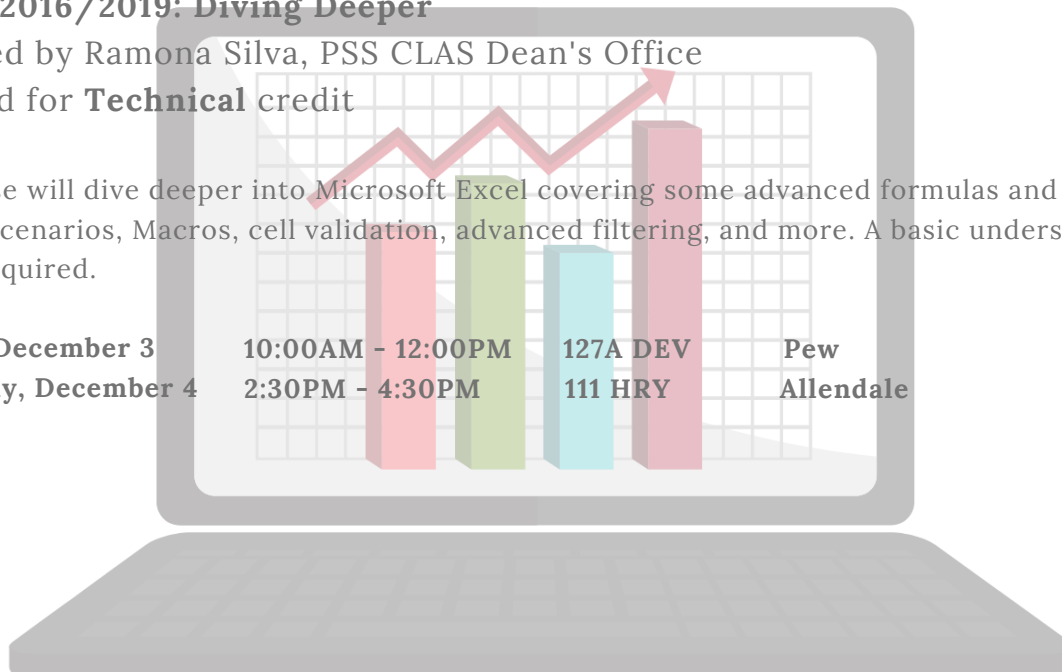
2) Excel 2016/2019: Diving Deeper

Presented by Ramona Silva, PSS CLAS Dean's Office

Approved for **Technical credit**

This course will dive deeper into Microsoft Excel covering some advanced formulas and functions, What If? Scenarios, Macros, cell validation, advanced filtering, and more. A basic understanding of Excel is required.

Tuesday, December 3	10:00AM - 12:00PM	127A DEV	Pew
Wednesday, December 4	2:30PM - 4:30PM	111 HRY	Allendale



HR WORKSHOPS, CON'T

3) Queer & Trans 101: A Training for Allies

Presented by Jen Hsu-Bishop

Approved for Non-Technical credit

Are you interested in learning how you can grow as an ally to the LGBTQIA+ community? Join us for this informative and interactive training. Participants will explore the concepts of gender, sex and sexual orientation; learn about systems of oppression impacting LGBTQIA+ people; and, learn practical strategies to create more inclusive spaces.

The LGBT Resource Center offers numerous trainings per year. Registrations are accepted until we reach capacity or until 5PM the day before the training is scheduled, whichever occurs first. Join us and learn more about your own power to create positive change on our campus, in the community, and in the world.

Friday, December 6	1:00PM - 3:00PM	2266 KC	Allendale **waitlist**
Thursday, January 30	1:00PM - 3:00PM	2266 KC	Allendale
Friday, April 3	1:00PM - 3:00PM	TBD	Pew

The following workshop is approved for non-technical PSS Development Credit for Department Emergency Contacts ONLY:

Please refer to the links provided in the 9/17/19 email to DEC's titled: "DEC training seminars for Fall 2019" for more info and how to sign up.

Department Emergency Preparedness - Wednesday, December 11

The first half of this seminar covers the University's 7 step emergency card. This prepares you to respond from an "all hazards" prospective including fires medicals, chemical spills. The second half of the presentation provides an awareness level response to active shooter incidents.

Register today for these workshops on [Sprout](#) and/or elsewhere when noted.

BENEFITS & WELLNESS

Applications for the GVSU Certified Healthy Department program being accepted through Dec 13, 2019

Grand Valley State University aims to be the Healthiest Campus in Michigan! One way to embrace and support the value of health and wellness is through the [Certified Healthy Department Program](#). Departments can complete an online application to evaluate the support for overall health and well-being for its employees. Departments will be recognized in a variety of ways, joining others, as partners with Human Resources Benefits and Wellness.

View questionnaire and current departments with the designation on the [Certified Healthy Department Program](#) website.



How to prepare for the holidays with nutrition and stress tips and tricks, resources on campus

View the recent edition of the [Benefits and Wellness online newsletter](#) for information on how to prepare for the holidays with nutrition and stress tips and tricks, resources on campus. The newsletter includes info on:

- **Massage services offered through Campus Recreation**
- **Work Life Resources**
- **Encompass; GVSU's employee assistance and life coaching program**
- **Navigating holiday party food**

UNION NEWS



Becky Bakale -

Dear Members,

It was my honor to represent the Alliance Professional Support Staff at the Inauguration of President Mantella on Friday, November 15. In her message she shared, "it's our time to lead" the entire GV community is called and encouraged to let our imaginations soar as we co-author chapter 5.

Using our creativity, passion and unbounded thinking it is certain we will reach higher together! 😊

I look forward to the next few years under her leadership to work along side of YOU and the University in making GVSU a place where we can all make a difference.

I wish you a **MERRY CHRISTMAS** and enjoy your time off! See you in 2020! 😊

Sincerely,
Becky Bakale
President of Alliance Professional Support Staff

From all of us on your APSS Executive Board...

SEASON'S
GREETINGS

2019-2020
BUILDING REPS

CHERYL BRONNER	X13327
STU, 1ST FLOOR	
TAMI JOHN	X12350
CAC & KC	
BILL GRIMALDI	X13859
AH, CUB, & SER	
MATT COLLVER	X15583
CHS & RFH	
BARB ELLIS	X18611
KHS & LMP	
LINDSEY BURNS	X12186
MAK & NLC	
DEB ROTMAN	X12297
AGS, LHH, LSH, & PAC	
MARK SAINT AMOUR	X12530
FH & MAN	
HOLLIE RAGO	X13426
CON, JHZ, LMH, & NMH	
KATIE HAYNES	X13006
HHLC, HRY, & PAD	
JOYCE SULLIVAN	X13730
ASH	
AUTUMN DEROO	X15936
EC, KEN	
PATTI MCCARTHY	X16751
DEV, 1ST & 2ND FLOORS	
SANDRA JENNINGS	X16848
BICYCLE FACTORY & SCB	
VICKI HELGESON	X12630
LIB	
LINDSAY BOGI	X13585
STU, 2ND & 3RD FLOORS	
VICKI WENGER	X13898
LOH	
PATRICK PERRY	X16202
DEV, 3RD & 4TH FLOORS	
VACANT POSITION	
HOLLAND, MUSKEGON, & TRAVERSE CITY	

MEMBER RELATIONS
TEAM

RHONDA LEMIEUX	X13268
CHAIR	
CHERYL FISCHER	X13000

IMPORTANT DATES

Classes End - December 7

Semester Ends - December 14

University closed - December 23-January 1

UPCOMING ISSUE

Share your New Year's Resolution (or any other news!) with **Megan** at edingme@gvsu.edu by 5:00PM on Wednesday, December 18.

DECEMBER DATES

BIRTHDAYS

- 5 - Jacquelyn Abeyta
- 5 - Irene Fountain
- 12 - Tracie Samdal
- 18 - Craig Hammerlind
- 18 - Barbie Young
- 22 - Tina Lee
- 31 - Darrhonda Scott-Jones
- 31 - Krystal Vanden Bosch

GVSU ANNIVERSARY

- 12 - Deborah Bell (11 yrs)
- 14 - Sandra Jennings (25 yrs)
- 20 - Mary Vanpopering (15 yrs)
- Robyn Toth (21 yrs)

WEDDING ANNIVERSARY

- 12 - Dori Runyon (32 yrs)
- Robyn Toth (31 yrs)

Thinking of You Cards:

Do you know someone who is off work because of surgery, illness, or accident? Please let **Deb Barko** know at barkod@gvsu.edu. She will send a card from our Association.

If you would like your birthday, GVSU anniversary, and/or wedding anniversary published in the newsletter, or if you have suggestions for an upcoming issue, email **Megan Eding** at edingme@gvsu.edu.