

APSS NEWSLETTER

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

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MEGAN KOEMAN-EDING

This newsletter is published monthly. For submission information contact

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Visit our website:

apssgvsu.org



MEMBER SHARES

Shawn Evans - Helpful advice regarding transitioning to remote working environments: https://www.theskimm.com/live-smarter/career/tips-for-working-from-home-effectively?utm_source=daily_skimm&utm_medium=email&utm_campaign=daily_skimm_guides

A bit of comic relief:

<https://www.mcsweeneys.net/articles/welcome-to-your-hastily-prepared-online-college-course>



MEMBER SHARES, CON'T

Megan Koeman-Eding - My spouse and I practice a low-carb lifestyle (Keto) and have for seven and a half years! So we're always looking for delicious and healthy alternatives to common staples, like chicken noodle soup. The recipe my spouse makes is from

<https://damndelicious.net/2016/01/13/chicken-zoodle-soup/>.

In place of chicken breasts, he uses chicken thighs. In place of olive oil, he uses butter or bacon fat (when you're low-carb, butter and bacon fat are GREAT!). In addition to the freshly zoodled zucchini, he added riced cauliflower. It's delicious, hearty, and very low-carb!



Jenna Stehouwer -

Strawberry Salad with Goat Cheese and Farro

1 (4 oz) package of baby arugula
4 oz of goat cheese
1 1/2 cups of strawberries, halved
1/2 of toasted almonds
1/3 of fennel, thinly sliced

For the farro:

1 1/2 cup of vegetable broth (or chicken broth)
1/2 cup of farro
1 bay leaf
a pinch of salt and a drizzle of olive oil

For the Vinaigrette:

1/3 cup of extra virgin olive oil
2-3 tbs of champagne vinaigrette
1/3 of vanilla pod
1/2 tsp of sugar
1/2 tsp of honey
Salt and pepper

Instructions

- 1) For the Farro: Drizzle a small amount of olive oil in a small pan and sauté the farro for a few seconds (like you would do with risotto) on medium high heat. Add the broth, the bay leaf and a pinch of salt. Bring to a boil and reduce the heat to medium. Let it cook uncovered for about 30 minutes or until all liquid has evaporated and the farro has reached your preferred texture. Set aside to cool down.
- 2) Place arugula on a serving plate. Add the fennel, the farro, the strawberries, almonds and goat cheese.
- 3) Whisk the olive oil and the vinegar, add the vanilla, sugar, honey, salt and pepper - adjust sweetness to your taste.
- 4) Serve with a drizzle of vinaigrette on top and a sprinkle of salt.
- 5) Enjoy!

MEMBER SHARES, CON'T

Jenna Stehouwer - Another “recipe” for those with kiddos at home during COVID-19 break from school: DIY 3 Ingredient Playdough!

Ingredients:

1/2 cup cornstarch

1 cup baking soda

3/4 cup water

optional: 2-3 drops of essential oils are fun to add in

optional: 4-5 drops of food coloring



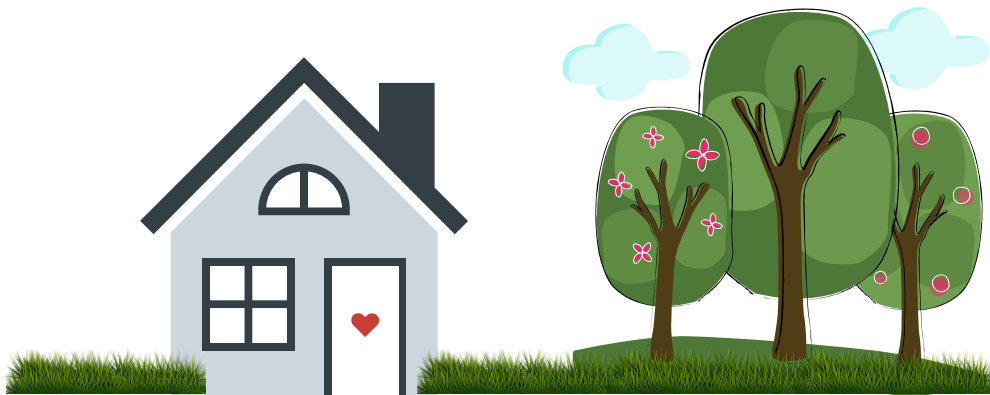
Brandie Bulthuis - Hello PSS friends, I hope you are all healthy and have been able to acclimate to our new but temporary way of life. I am a new empty nester and can finally focus on myself a bit, so I recently got my realtor’s license and am part of a very smart and successful team at Keller Williams. I am still working in Calder as the Academic Coordinator, but will be building my realty business in the evenings and on the weekend. If you have real estate needs when we are back to normal, I would love to be your agent! Stay healthy everyone.



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Each Office is Independently Owned and Operated



MEMBER SHARES, CON'T

Brandie Bulthuis - Favorite recipe: from a great copycat recipe website
<http://recipes.robbehaf.com/>

Applebee's Tequila Lime Chicken

Serves: 4

Prep. Time: 4:45

2 - 4 cloves garlic - minced
 2 limes - juice of
 1/3 cup soy sauce
 3 Tbls. tequila
 1 Tbls. packed brown sugar
 1 tsp. liquid smoke OR 1/2 tsp. hickory smoke powder
 1 tsp. onion salt
 1/2 tsp. black pepper
 1 - 1/2 lbs. boned, skinned chicken breast halves
 1/4 cup light sour cream
 2 Tbls. real mayonnaise - low-fat okay
 2 Tbls. spicy, chunky salsa
 1/2 tsp. Cajun spice
 1 dash dried dill weed
 1 dash cumin
 1 cup shredded Colby Jack cheese
 2 cups crumbled corn chips OR tortilla chips

Instructions

-Whisk together garlic, lime juice, soy sauce, tequila, brown sugar, liquid smoke, onion salt, and pepper; pour into a sealable plastic zipper bag; place chicken in bag; refrigerate at least 4 hours, or overnight.

-Whisk together sour cream, mayonnaise, salsa Cajun spice, dill, and cumin; cover and refrigerate until needed, at least 1 hour. (I just use ranch dressing with lime and Taco Bell mild packets that I always seem to have in my fridge)

-Grill marinated chicken breasts over a medium flame for 8 minutes on each side, or until juices run clear.

-Place cooked chicken on a broiler pan; spread prepared sauce over each breast and sprinkle evenly with cheese; broil until cheese has melted and browned slightly.

-Serve broiled chicken on a bed of crumbled chips with any remaining sauce on the side.

Make It A Meal: Serve with Spanish Rice and salsa on the side.

yum!

HR WORKSHOPS

Per the PSS Development Committee, all PSS Development Credit workshops in the month of April have been canceled.

BENEFITS AND WELLNESS

2020 Amway River Bank Run Training Sessions - CANCELED

2020 Amway River Bank Run - RESCHEDULED: October 24, 2020

Kay Hart - River Bank Run Training on Tuesday's at the Kelly Center have been canceled for this year.

Thanks to those that have registered for the GV Amway River Bank Run Team. I wish you the best of luck on your training and with your run on race day!

It's not too late to register for the RBR and join our GV team ☺ All RBR events, pre-race activities, etc. have been rescheduled to **Oct. 24th**; if this date works, do nothing. If this doesn't work there are two available options; one is to do a virtual race and the other is to defer your race fees for May 8, 2021. Each participant will need to go into their RunSignUp and make changes accordingly.

Click the link below to register if you would like, feel free to pass it along to your departments. Just search **Grand Valley State University** and put in the password **20raceteam**. There are many distances to choose from, 5K walk, 5K run, 10K run, and of course, the BIG one, the 25K. You can choose whatever race best fits your fitness level.

<https://runsignup.com/Race/Register/RaceGroup-719902?raceId=11072>

Anyone and everyone is invited to join the team. We do get a \$5 discount and the use of the Hospitality Suite located in the DeVos Center the day of the race.



BENEFITS AND WELLNESS, CON'T

Kim Monaghan, Human Resources Career Services for Faculty & Staff

Consultant:

In the current climate, you may be stepping back a bit. Perhaps you're regrouping to teach virtual classes, work remotely or scale back your meetings and reduce your project load. During this time, it's imperative that you prioritize health, wellness and personal care. But you may find yourself also thinking about your career.

What's next for you?

Don't lose sight of caring for your career, even when you're not on site. Please read through this message for ideas to stay energized, positive and in control. Here's five things you can do remotely to stay in control of your career and keep it growing even when you're not at the office:

1. Connect virtually with others. Keep up your networking through social media, emails, facetime, texts and phone calls. Communicating regularly with others helps everyone feel a sense of belongingness. Social connectiveness builds community and provides a positive outlet when you feel isolated or alone.
2. Design your vision board and/or career journal. This is the perfect time to plan and dream about your professional future. Pull out a whiteboard or your journal and jot notes about where you want to go. Add pictures, quotes, plans, projects, ideas, connections, accomplishments and goals. Anything that comes to mind jotdown or pin on your board. This is a great mood elevator and confidence booster as you visually design your and where you want your career to go. You may even find yourself working on a few of these ideas while you have more time.
3. Continue to learn: Read, watch & listen. Three great ways to keep you learning and working on your professional development plan. Stream a few podcasts, open inspiring books, enroll in virtual classes and watch some ted talks. And don't forget, this is the perfect time to catch up on your leadership IQ training: <https://www.gvsu.edu/hro/leadership-iq-155.htm>
4. Document everything. Whether you'll transition these accomplishments to your resume or ePDP
5. Work with your coach. Let's keep your momentum going, work on your goals and talk about what's important to you. I have over 25 virtual coaching appointments available for you each week. Take advantage of as many of these as you would like. Check out the BLUE LINKS @ <https://calendly.com/kbmcoaching>

You will see that there are THREE BLUE options for in-person and phone meetings. At this time, there are over 30 Higher Education Tele-coaching sessions available each week. These sessions can be easily rescheduled or cancelled if you need to.

I wish you continued health and wellness during this stress-filled time, and I look forward to chatting with you soon.

Warmly,
Kim

BENEFITS AND WELLNESS, CON'T

Call: 800-788-8630 | Visit: MyLifeExpert.com | Company Code: gvsuni



Encompass Resources - My Life Expert

Encompass recently updated their online resources at MyLifeExpert.com!

First time users can create a profile using the code: **GVSUNI**. The website will continue to be updated with the most recent information related to COVID-19. My Life Expert offers helpful articles such as, [How to Talk to Children About COVID-19](#) and more. For instructions on how to make an account and to learn about what's new, [view the flyer](#).

Encompass Resources - Normal Reactions to Abnormal Events

Encompass, your Employee Assistance Program (EAP), recognizes that unexpected events can create heightened emotional reactions for employees. Encompass offers a wide array of online and telephonic resources, including remote counseling. Encompass is available to support all service options in a telephonic format for both intakes and clients who are currently engaged in services. Encompass services are available via phone 24/7 at 1-800-788-8630.

To help support employees who may be experiencing reactions, Encompass has compiled a packet entitled [Normal Reactions to Abnormal Events](#).

Encompass Resources - Encompass Soft-Skills Course Feature: Working in a Home Office

Working in a home office and maintaining work-life balance requires preparation and regular evaluation of your work practices. By following a few guidelines, you can avoid burnout as you take advantage of working at home. This course includes tips on setting boundaries, dealing with distractions, and making a schedule and sticking to it.

Once logged into MyLifeExpert.com, scroll all the way to the bottom, there will be a "Soft Skills Courses" link (as shown below). The skills course is called "Working in a Home Office" and should be featured in the top row.



Soft Skills Courses  New Feature!

Learn effective soft skills with our online courses

UNION NEWS



Shawn Evans - Coreen Bedford recently resigned her position as Chairperson of the APSS Bargaining Team. I offered to fill this position and have been selected by our team to serve in this capacity moving forward. I have been working closely with Coreen and the COTA and APSS Bargaining Teams since 2005 - through five contract negotiations, two contract reopeners, and working with a variety of perspectives from leadership and participants on both sides of the bargaining table. I previously served the COTA as Vice President (Pew Campus), MEA/RA Delegate, and led union representation on the Reclassification Review Committee. Following some years of disillusionment with our local group's affiliation with the MEA/NEA, particularly as MEA/RA delegate, I led our efforts through the National Labor Relations Board to disavow our local union from these umbrella organizations and assisted with the formation of our local Alliance as an unaffiliated independent labor union. In our most recent bargaining sessions (2017), I took the lead role for negotiations on financial matters.

The Bargaining Team is planning on a virtual meeting on Thursday, April 2 to discuss our analysis of qualitative and quantitative survey data and the contractual language. We thought it would be helpful to re-introduce the Bargaining Team in the newsletter, and encourage members to email all members of the APSS Bargaining Team with any questions, concerns, or ideas at apssbargaining@gmail.com

2019-2020 BARGAINING TEAM

CHAIR

SHAWN EVANS

EX OFFICIO

BECKY BAKALE

MEMBERS

CHERYL FISCHER

MICHELLE HOLSTEGE

TAMI JOHN

RHONDA LEMIEUX

LEGAL COUNCIL

JOHN KARAFI

EMAIL

apssbargaining@gmail.com

Be well!

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 | |
| VACANT POSITION | |
| 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

Last day of classes - April 18

Commencement - Postponed

Semester ends - April 25

UPCOMING ISSUE

Share any encouraging and positive news with **Megan** at edingme@gvsu.edu by 5:00PM on Monday, April 27.

APRIL DATES

BIRTHDAYS

- 3 - Rodney Hawkins
- 6 - Judy Conroy
- 9 - Leah Thomas
- 17 - Michelle Holstege
- 20 - Janet Potgeter
- 21 - Tami John

GVSU ANNIVERSARY

- 9 - Judy Conroy
- 18 - Kellie Knight
- 24 - Julie Noto

WEDDING ANNIVERSARY

- 5 - Sherri Nelson (3 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 Koeman-Eding** at edingme@gvsu.edu.