

APSS NEWSLETTER

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

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Visit our website:

apssgvsu.org



MEMBER SHARES

Kimberly Reeves-Jorgensen - [Broccoli Salad](#) and [Any Bean Burgers](#)! Apparently any beans will work, but I always use black beans. I actually make these every weekend – my husband grills them for me and I crumble them up and put them in my salads for lunch every day.



MEMBER SHARES, CON'T

Sarah Kozminski- I love this recipe a friend shared with me last summer: [Fresh Greek nachos with herbed tahini sauce](#).



Delicious!

Jenna Stehouwer - Creamy Grape Salad! It's a summer favorite of mine - sweet and refreshing! Great for picnics and summer potlucks!

- 1 package (8oz) cream cheese, softened
- 1 cup sour cream
- 1/3 cup sugar
- 2 teaspoons vanilla extract
- 2 pounds seedless red grapes
- 2 pounds seedless green grapes
- 3 tablespoons brown sugar
- 3 tablespoons chopped pecans

Directions:

1. In a large bowl, beat the cream cheese, sour cream, sugar and vanilla until blended. Add grapes and toss to coat.
2. Transfer to a serving bowl. Cover and refrigerate until serving. Sprinkle with brown sugar and pecans just before serving.

Other Tips for this recipe:

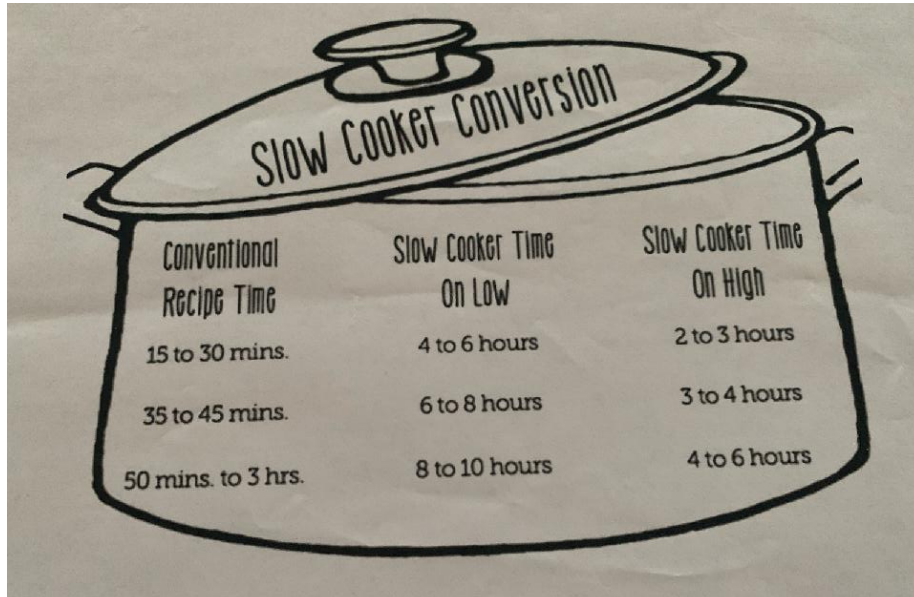
- In many recipes, thick and tangy Greek yogurt stands in beautifully for sour cream and lightens things up.
- Mix in chopped candy bars. Crunchy Snickers and Heath bars play particularly well with the juicy grapes.

Nutrition Facts:

3/4 cup: 131 calories, 6g fat (3g saturated fat), 17mg cholesterol, 35mg sodium, 19g carbohydrate (18g sugars, 1g fiber), 2g protein

MEMBER SHARES, CON'T

Becky Bakale - I once found this guide online and often refer to it when doing crockpot cooking.



3 ingredient Peanut Butter cookies

1 egg

1 cup peanut butter

1 cup of sugar-I have cut this to 1/2 cup to cut back in the sugar

Preheat oven to 375. Grease cookie sheet or line with parchment. Stir together ingredients and drop rounded teaspoons on prepared cookie sheet. If desired roll in sugar before placing on sheet. Flatten with a fork. Bake 10 mins or until center is set. I also add a few chocolate chips on the top when they come out of the oven.

Keto Pizza

Crust:

2 cups shredded mozzarella cheese

2 cups fresh grated cauliflower

2 large eggs

Mix together-make sure you do not have any big chunks of cauliflower. Press on a pizza pan or a cookie sheet lined with parchment. We like a thin crust so I use a small cookie sheet.

Bake at 450 for 15 mins. Cool slightly

Brush lightly with pizza sauce-you do not want to use much it will make the crust soggy.

Then add your favorite pizza toppings. We add: *Italian sausage-cooked, sautéed onion and peppers pepperoni, parmesan cheese, and more mozzarella cheese*

Bake again under broiler until golden on top-be sure to watch this goes fast.

HR WORKSHOPS

The following two (2) workshops have been approved for PSS Development Credit:

***Please note that although they are not listed in Sprout as approved for PSS Development Credit, HR has approved them. Remember to enter them in the PSS Development Credit website after taking the training!**

1) Young Professionals in Higher Education Community of Practice

Presented by Human Resources

Approved for **non-technical** credit

Young Professionals in Higher Education invites you to a virtual networking event that will give you an opportunity to engage in meaningful dialogue with leaders in higher education from the West Michigan area. We hope this event will leave you feeling more informed and energized about your future in higher education!

We invite all attendees to join with their fresh cup of coffee and breakfast treat in lieu of our traditional breakfast format.

Thursday, April 8

8:30AM - 9:30AM

Virtual

2) Queer and 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 virtual 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.

Join us and learn more about your own power to create positive change on our campus, in the community, and in the world.

Friday, April 9

1:00PM - 3:00PM

Virtual



Register today for these workshops on [Sprout](#).

BENEFITS AND WELLNESS

GVSU Parenting Network: Moms

Tuesday, April 20

12:00PM - 1:00PM

Join GVSU Faculty and staff parents and caretakers for monthly discussions, presentations, and fellowship. We strive to create a positive place and space for learning, sharing and balancing professional and caretaking responsibilities. All meetings are virtual. Register in [Sprout](#) for Zoom meeting link.

GVSU Elder Care Network

Wednesday, April 21

3:30PM - 4:30PM

This group is an authentic space for elder care givers to connect with each other, share stories, and talk about resources. Register in [Sprout](#) for Zoom meeting link.

Happy
April

BENEFITS AND WELLNESS, CON'T

THRIVE @ GVSU

This April Benefits and Wellness is rolling out a campaign to highlight the Thrive @ GVSU wellness coaching program for faculty and staff. A postcard will be mailed to your home the first week in April as spouses are eligible for the program too!

The current 2021 program started in October with sign up through open enrollment but faculty and staff can continue to sign up for the program through June 30.

Increase confidence to achieve your goals. Effectively manage stress. Improve your health.

Grand Valley employees who engage with a Priority Health wellness coach through THRIVE @ GVSU report increased levels of confidence in achieving personal wellness goals and the ability to effectively manage stress. They also report improved states of health after participating in the three-month program.*

96% of participants successfully complete the 3 month program**

Earn \$100 for participating! Learn more about the voluntary, confidential, free three-month program and \$100 reward eligibility at www.gvsu.edu/hro/benefitswellness/thrive.

Ready to Thrive? GVSU employees and spouses, schedule your free, no-obligation consult with a Priority Health coach by calling 1-800-998-1037 ext. option 7 or emailing ph-healthcoachteam@priorityhealth.com.

*Priority Health Annual Wellness Report, GVSU 2020

**n=819

THRIVE @ GVSU
A Wellness Coaching Program

*Increase confidence to achieve your goals.
Effectively manage stress.
Improve your health.*

Grand Valley employees who engage with a Priority Health wellness coach through THRIVE @ GVSU report increased levels of confidence in achieving personal wellness goals and the ability to effectively manage stress. They also report improved states of health after participating in the three-month program.*

96%
OF PARTICIPANTS
who enroll in the THRIVE @ GVSU wellness coaching program successfully complete the three-month program*

Learn more about the voluntary, confidential and free three-month program ~~open to all~~ **medical-benefit-eligible faculty and staff and covered spouses/household members at www.gvsu.edu/hro/benefitswellness/thrive.**

READY TO THRIVE?
Schedule your free, no-obligation consult with a Priority Health coach by emailing ph-healthcoachteam@priorityhealth.com.

BENEFITS & WELLNESS
gvsu.edu/hro/benefitswellness

GRAND VALLEY STATE UNIVERSITY
HUMAN RESOURCES

* Priority Health Annual Wellness Report, GVSU 2020

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Check out the new [Community Resource Page](#) for faculty/staff!

UNION NEWS



Student Employee Appreciation Week - Indulge Day
Thursday, April 15
11:00AM - 2:00PM
KC Lobby (ALL) & EC 101 (PEW)

Let your student employees know that the APSS Union is sponsoring an ICE CREAM GIVEAWAY! Student employees can pick up their frozen treats in either the Kirkhof Center Lobby (Allendale Campus) or the PCEC Advising Center (EC 101 on Pew Campus) anytime between 11:00AM - 2:00PM.

While supplies last.



APSS Virtual Town Hall

Becky Bakale - Look for an email invitation for a virtual APSS town hall with representatives from the Executive Board and the Bargaining Team to be held in mid-April.

APSS Bargaining Team Update

The APSS Bargaining Team continues to meet weekly and are actively engaged in contract language review, survey analysis, and an exploration of language in other employee group contractual agreements in preparation for when we are invited to the bargaining table. We appreciate your comments of concern, support, and feedback at apssbargaining@gmail.com.

The APSS Executive Board recently approved the addition (return) of Cheryl Fischer to the APSS Bargaining Team in an ex officio advisory role. I am grateful for Cheryl's willingness to continue this work in her retirement. Her experiences and insights are invaluable and we continually learn from her unique perspective - welcome back Cheryl!

On behalf of your Bargaining Team,

Shawn Evans
 Bargaining Chair
 Alliance of Professional Support Staff (APSS)
 e. evanssha@gvsu.edu; apssbargaining@gmail.com

2020-2021 BARGAINING TEAM

CHAIR

SHAWN EVANS

EX OFFICIO

BECKY BAKALE

CHERYL FISCHER

MEMBERS

MICHELLE HOLSTEGE

TAMI JOHN

SARAH KOZMINSKI

RHONDA LEMIEUX

LEGAL COUNSEL

JOHN KARAFI

EMAIL

apssbargaining@gmail.com

UNION NEWS, CON'T

Get to know your APSS Building Reps

This month, we've put the spotlight on Building Reps Matt Collver (CHS & RFH) and Autumn DeRoo (EC, IDC, & KEN).

Matt Collver, CHS and RFH Building Rep

Health Simulation Assistant - *Simulation Center*

I grew up in Jackson, Michigan and lived in Fort Myers, FL for nine years before moving to the Grand Rapids area in 2013. I graduated with a degree in history from Florida Gulf Coast University, and was blessed to work there for the majority of my time in SW Florida. I started working at Grand Valley in the Simulation Center, in August of 2018. Prior to that I worked for a marketing and design firm in Grand Rapids. In the Simulation Center, we assist Nursing and College of Health Professions' faculty in enhancing curriculum goals by providing experiential learning through simulations and traditional labs. With simulation events, students interact with advance technology (high-fidelity) mannikins, or community members that portray various patient roles. We are able to program any medical scenario to help teach vital clinical skills.

My wife, Liz, and I have two amazing boys. Cameron is 4 ½ and Bryce will be 3 on April 22nd. They are my joy and when I am not working I can be found playing sports or with toys, wrestling or building something. I enjoy the outdoors (camping, hiking, hunting), travelling and love sports. My wife is a Buckeye and of course I am a Michigan fan so that keeps things extra interesting.



UNION NEWS, CON'T

Get to know your APSS Building Reps

Autumn DeRoo, EC, IDC and KEN Building Rep

Media Services Assistant - *Information Technology*

I have been at GVSU for 16 years. I started out at the technical support on the Holland campus in 2005 and moved to my current role on the Grand Rapids campus in 2008. This is my first civilian career, prior to GVSU I was in the United States Air Force 7 ½ years active duty and another 3 years in the Air National Guard while working for GV.

I didn't know much about the union but became more interested the year we became APSS. There is so much to know and understand about our union and appreciate the knowledge of our leadership team. I enjoy learning from all the representatives and it keeps me connected to the rest of the university.

I'm an awkward introvert so if I seem weird it's because I am. I am also an angler so that adds to my charm as well. I have two littles, 8 & 6, who occupy most of my free time. We're dormant during the winter but during the summer months we love spending time outside, at the pool or at the beach.



2020-2021 BUILDING REPS

CHERYL BRONNER	X13327
STU, 1ST FLOOR	
TAMI JOHN	X12350
CAC & KC	
MATT COLLVER	X15583
CHS & RFH	
BARB ELLIS	X18611
KHS & LMP	
LINDSEY BURNS	X12186
MAK & NLC	
DEB ROTMAN	X12297
AGS, LHH, LSH, & PAC	
HOLLIE RAGO	X13426
CON, JHZ, LMH, & NMH	
KATIE HAYNES	X13006
HHLC, HRY, & PAD	
JOYCE SULLIVAN	X13730
ASH	
AUTUMN DEROO	X15936
EC, IDC, KEN	
RAYSHENA WILSON	X17130
DEV, 1ST & 2ND FLOORS	
PATRICK MURDOCK	X19188
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	
IRINA GROUGAN	X17606
TC REGIONAL CENTER, HOLLAND, & MUSKEGON	
VACANT POSITIONS	
AH, CUB, FH, MAN, SER	

MEMBER RELATIONS TEAM

RHONDA LEMIEUX	X13268
CHAIR	
VACANT	

IMPORTANT DATES

Break Day (no classes) - April 1
Classes End - April 24
Exam Week - April 26-May 1
Commencement - April 30-May 1

UPCOMING ISSUE

Spring is in the air! Share your favorite springtime outdoor activity with **Megan** at edingme@gvsu.edu by 5:00PM on Tuesday, April 27.

APRIL DATES

BIRTHDAYS

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

GVSU ANNIVERSARY

18 - Kellie Knight
24 - Julie Noto

WEDDING ANNIVERSARY

5 - Sherri Nelson (4 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, wedding anniversary, job change, and/or retirement notice published in the newsletter, or if you have suggestions for an upcoming issue, email **Megan Koeman-Eding** at edingme@gvsu.edu.