

THE WISCONSIN LEAGUE FOR NURSING COMMUNIQUE

SPRING/SUMMER 2023

FEATURED IN THIS ISSUE...

2023 Spring Conference Recap

Fall 2023 Conference

WLN Committee Updates

Scholarship Information

Miracles

Autumn Wellness Tips



Wisconsin League
for Nursing



OUR MISSION

Impacting the lifelong learning of nurses in diverse healthcare environments.

WHO WE ARE

We are nurses, nursing students, agencies and individuals interested in fostering the development and improvement in nursing care in a variety of collaborative healthcare environments.

WHAT WE DO

Provide collaborative educational opportunities. Promote professional development. Support writing and research. Disburse scholarship funds for nursing education.

WHO WE SERVE

Diverse populations in the state of Wisconsin.

HOW WE DO IT

Conferences, Workshops, Networking, Scholarships, Mentoring, "Communique", the WLN Professional Nursing Journal, & Community Alliances.

Caring

Promoting health, healing, and hope through the process of supporting nurse educators in the education of nurses



Integrity

Mutual respect, acknowledgment of different viewpoints, and a focus on excellence in nursing education to promote a just culture



Excellence

Fostering high standards in nursing education reflective of evidenced-based teaching/learning strategies; promoting a spirit of equity to assure quality and safety in patient-centered care



Diversity

Affirming the uniqueness of and differences among persons, ideas, values, and ethnicities





THE COMMUNIQUE

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2023

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PRESIDENT'S MESSAGE

Marijo Rommelfaenger, PhD, RN, CNE

Welcome to our Spring/Summer 2023 edition of the WLN newsletter **"The Communicative"**. The newsletter is our opportunity to update our members and others with

the activities of the WLN. As our mission states, we are the professional nursing organization in Wisconsin "Impacting the lifelong learning of nurses in diverse health care environments".

The Spring and Summer 2023 kept us busy within the WLN as we continue to meet our organization's goals.

Thanks to our collaboration with Wisconsin Association Management (WAM), our contracted non-profit association management group, we are enjoying the benefits of partnering with experts in sustaining the day-to-day and long-term activities of the WLN. In spring, we welcomed Kristin Houte to the WAM team as our new Account Executive. Kristin's experience working with large healthcare organizations is a perfect match for our needs. We sincerely thank Tina Conley for launching the collaboration between WAM and the WLN, as she onboarded and learned the ropes of the WLN.

WAM continues to offer the expertise of Kristin Houte as our Account Executive, and provides consultation with Christopher Ruditys, WAM CEO as needed. All financial oversight, bookkeeping, and accounting is accomplished by Adam Woznicki, CPA, Chief Financial Officer. Maiya Whelan, Director of Digital Marketing and Communications makes us look "great" with graphic design for our

conferences, flyers, and communications, and rounds out the WAM team whom we work with directly. WAM also provides indirect consultation and services as needed by several associates and directors, in addition to providing our WLN website. We are strong because we partner with WAM.

Our membership continues to remain steady. We actively outreach and embrace our soon to be nurses readying for their nursing practice. The WLN provides free conference registration for pre-licensure nursing students to be able to attend our conferences. In spring we provided an entire morning workshop of NCLEX prep provided by Nurse Tim where over 300 nursing students attended virtually and in person. We are committed to providing support to nursing students by strengthening and growing our relationships between nurses and nursing students. The nursing students bring a refreshed sense of energy to our conferences and our members bring a sense of welcome to the nursing students. We have a great relationship between nurses and students of all ages!

You will find elsewhere within the newsletter an overview of the activities of the WLN from this past spring and summer. At our spring conference the sponsors, vendors, and exhibitors were well received by all attendees and we encourage you all to visit the provided links to their websites within this newsletter or by visiting the conferences tab within our website. We continue to expand our Poster Presentations both virtually and in person at our conferences. We know the importance of disseminating best practices, research, and quality improvement projects at an affordable cost. We commit to continuing this important initiative within the WLN.

CALL for ABSTRACTS & POSTER PRESENTATIONS

WISCONSIN LEAGUE FOR NURSING

FALL CONFERENCE 2023

Reaching, Teaching & Launching Nurses to Practice - PART II

November 11, 2023

Northeast Wisconsin Technical College
Green Bay, WI

SUBMIT YOURS TODAY!



PRESIDENT'S MESSAGE

Continued...

I would like to thank our board and committee members for keeping the highest standards the WLN is well known for. All the behind-the-scenes work is accomplished by a dedicated group of passionate nurses in academia and healthcare settings who volunteer their time to help the WLN reach our goals. Thank you to everyone who helps make the organization what we are today!

During this past year we implemented a quarterly board meeting schedule. The new scheduling of board meetings is possible by simultaneously strengthening our committee structure. The new meeting structure allows for independent committee work running alongside the overall association activities. The new structure also offloads the time-intensive prior monthly board meetings, which is a welcome change for busy nurses! We are better organized, work smarter, and are kept moving ahead with the assistance of Kristin, our Account Executive.

This leads me to invite you to join us either for committee work or within the board of directors. If you are interested in joining our team of volunteers, we are always ready to welcome anyone at any time. Our committees are growing, and we typically need a few extra board members to fill vacancies.

Marijo Rommelfaenger, PhD RN CNE
WLN President

Call for



Wisconsin League
for Nursing

SPONSORS & EXHIBITORS

Wisconsin League for Nursing
2023 Fall Conference

November 11, 2023

Northeast Wisconsin Technical College
Green Bay, WI

MORE INFORMATION AT
www.wisconsinwln.com



CLICK HERE TO SPONSOR TODAY!

FALL CONFERENCE

Reaching, Teaching & Launching Nurses to Practice - PART II

November 11, 2023

Northeast Wisconsin Technical College - Green Bay, WI



Wisconsin League
for Nursing

Student Center

REGISTER TODAY!

www.wisconsinwln.com

AGENDA *(5 contact hours awarded)*

7:15 – 8:30 AM

Doors & Registration Open - Breakfast Served

Poster Presentations viewing - Exhibitors/Vendor Visits

8:30 – 8:45 AM

Welcome & Announcements

8:45 – 9:45 AM

From Novice to Nurse: Fostering Professional Identity Formation in Nursing

Susan Luparell PhD, RN, CNE, ANEF

9:45 – 10:30 AM

Break: View Posters & Exhibitors

10:30 AM – 12:00 PM

From Novice to Nurse: Fostering Professional Identity Formation in Nursing

Susan Luparell PhD, RN, CNE, ANEF

12:00 – 1:00 PM

Lunch Break: Daisy Awards, Scholarship Recipients, View Posters & Exhibitors

1:00 – 1:15 PM

Nursing Escape Rooms as an Innovative Teaching Strategy to Promote Teamwork and Communication Skills

*Penny Zahl, MSN, RN & Tammy Stanislawski, MSN, RN
Northcentral Technical College*

1:15 – 2:00 PM

Group A: Escape Rooms

Group B: Ideas Round Robin

*Penny Zahl, MSN, RN; Tammy Stanislawski, MSN, RN; Stephanie Bessert, MSN/ED, RN, CHSE; Amanda Paulson-Myrblom, PhD, MSN/Ed, RN; Angela Roesler, DNP, RN, CHSE, CCPN
Northcentral Technical College*

2:00 - 2:30 PM

Break: View ARVR

2:30 – 3:15 PM

Group B: Escape Rooms

Group A: Ideas Round Robin

Northcentral Technical College Faculty

3:15 - 3:30 PM

Break

3:30 – 4:15 PM

Escape Room Debriefing, Q&A, and Close

Northcentral Technical College Faculty

MEET THE PRESENTERS



Susan Luparell
PhD, RN, CNE, ANEF
Keynote Presenter



Tammy Stanislawski
MSN, RN
Northcentral Technical College



Penny Zahl
MSN, RN
Northcentral Technical College



TREASURER'S REPORT

Katie Weis, DNP, RN, AGCNS-BC

The organization's assets have grown over the past year largely due to investment gains and success with our programs, but we have not returned to our pre-COVID-19 financial state. We remain dependent on revenue from sponsor/vendor donations, event registrations and memberships. Thank you to our members, conference attendees, poster presenters, sponsors and vendors for your ongoing financial support!

TREASURER'S REPORT:

	<u>Aug 31, 23</u>	<u>Aug 31, 22</u>
ASSETS		
Checking/Savings		
Associated Bank - Operations	25,611.14	9,911.31
DWS Investment Account	66,953.71	55,274.28
Landmark Checking	6,564.18	17,737.95
Landmark Savings	5.13	4,020.01
Total Checking/Savings	<u>99,134.16</u>	<u>86,943.55</u>
TOTAL ASSETS	<u>99,134.16</u>	<u>86,943.55</u>
LIABILITIES & EQUITY		
Equity		
Retained Earnings	82,608.12	99,718.35
Net Income	16,526.04	-12,774.80
Total Equity	<u>99,134.16</u>	<u>86,943.55</u>
TOTAL LIABILITIES & EQUITY	<u>99,134.16</u>	<u>86,943.55</u>

WLN Nursing Heroes Scholarship

Current balance: \$3,418.48

Balance needed to be self-sustainable: \$10,000

Amount needed to be self-sustainable: \$6,581.52

During the height of the COVID-19 pandemic, on February 24, 2020, we created the WLN Nursing Heroes Scholarship Fund to highlight nursing students whose career desires align with our organization's historical mission: Impacting the lifelong learning of nurses in diverse healthcare environments. The Waukesha County Community Foundation provides the day-to-day administrative support for the fund, while the WLN maintains decision-making authority of the fund criteria and award selection.

The WLN is dedicated to this scholarship and the students it serves. Since creating the scholarship, we have awarded three \$250 scholarships but have needed to fund each of these scholarships directly from our organization's operating expenses – not from the scholarship fund itself. As of September 2023, the fund's balance was \$3,418.48. The balance needed to be self-sustainable is \$10,000. Due to unforeseen market volatility since the fund's creation, we have not been able to grow the fund to a self-sustainable status.

We need your help! To provide one \$250 scholarship each year directly from the scholarship fund, the fund balance must reach \$10,000. [Please help us achieve a self-sustainable WLN Nursing Heroes Scholarship Fund by making a tax-deductible donation today.](#)

Thank you for your support of the WLN's historical mission and nurses in Wisconsin!

Respectfully submitted by,

- **Katie Weis, DNP, RN, AGCNS-BC**
WLN Treasurer and DAISY Committee Chair



Did you know that the WLN has been around since 1954?

FUN FACT: Mrs. Edmund Fitzgerald is listed as a founding member on WLN's Articles of Incorporation!

Please help us honor our past by making a tax-deductible donation to the WLN Nursing Heroes Scholarship!



A Very Special Thank You to Our 2023 Spring Conference Sponsors & Exhibitors!

GOLD SPONSOR



SILVER SPONSORS



BRONZE SPONSORS



WLN PARTNERS



WLN COMPLIMENTARY PARTNERS



HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES



Thank You! WLN would not be the same without your support.



NOMINATIONS COMMITTEE REPORT

Spring ELECTIONS UPDATE:

Elected Members:

- SECRETARY: Vicky Swaney
- FLOAT DIRECTOR: Mary McMahon Bullis
- NOMINATIONS COMMITTEE MEMBERS: Breana Sutfin, Lisa Schmidt, Serina Johnson

Current Open Positions:

- PRESIDENT ELECT
- MEMBERSHIP DIRECTOR
- MARKETING DIRECTOR

Any interested member is welcome to join the next board meeting to gauge interest in any committees or positions we have available. We would love to have you join our leadership team!

PROGRAM COMMITTEE REPORT

Heidi Monroe, PhD, RN, CAPA, CNE, WLN Program Committee Director

The program committee has been busy in 2023! On March 10 we offered a one hour webinar titled **“Clinical Judgment: Bridging the Gap Between Classroom & Bedside”** as a precursor to our April 21 in-person and virtual spring conference, **“Reaching, Teaching & Launching Nurses into Practice”**. Over 25 nurses attended the conference in Milwaukee, WI with several more attending virtually. There were 28 of poster presentations, as well. In addition, over 200 nursing students attended our free 3.5-hour NurseThink® ReView: Preparing for Next Gen NCLEX® and Nursing.

Plans for the WLN fall conference, **“Reaching, Teaching & Launching Nurses into Practice: Part 2”** are well under way. The fall conference will be held on Saturday November 11 at Northeast Wisconsin Technical College in Green Bay, WI. Our planned keynote speaker is Dr. Susan Luparell speaking on the topic of professional identity, followed by an escape room presentation presented by nursing faculty from Northcentral Technical College. So, mark your calendars! More details and information about poster presentations and registration will be coming in the next several weeks.

JOIN A COMMITTEE!

If you are interested in helping plan future WLN conferences, please reach out to me (Heidi Monroe). It does not have to be a huge time commitment. Any little bit is helpful!

 Wisconsin League
for Nursing
UPDATES CONTINUED...

Wisconsin League for Nursing Scholarships

The Wisconsin League for Nursing (WLN) Scholarship Committee is committed to our mission, which is **impacting the lifelong learning of nurses in diverse environments**. To achieve this mission, the WLN Scholarship Committee actively searches for and applies to various grants to receive funding to distribute to students enrolled in nursing programs.

Each scholarship grant has different eligibility criteria. The Scholarship Committee reviews all scholarship applications and awards available monies to individuals whose application matches the philosophy of the scholarship funds received. In order to be eligible to receive a scholarship from the WLN, students **MUST BE** a Wisconsin student currently enrolled in a Wisconsin School of Nursing. Scholarship winners are announced at the WLN Spring and/or Fall conferences and awarded **ONLY** as monies are available.

Currently the WLN has scholarship funds available for students enrolled in all types of nursing programs and for one high school student planning to attend a nursing program in the state of Wisconsin. Six one-time Deaconess scholarships will be awarded in Fall 2023 in amounts of \$1000 each. In addition, we are pleased to provide two additional scholarships, one entitled The Ruth Seris Gresley Scholarship which honors the memory of Ruth Seris Gresley, a nurse educator for over 45 years, who successfully taught at all levels of nursing education. The WLN sponsors the Nursing Heroes Scholarship to honor Wisconsin Nurse Educators who died due to COVID-19.

Scholarship Application Deadlines

Follow the WLN website for notifications of our next scholarship application timeframe next summer. Scholarship applications open late summer and close prior to our Fall Conference. If you are interested (or know someone who might be interested) please go to the WLN website and open the "Scholarship" tab to view scholarship criteria, updates and opportunities. Applications for scholarships must be made online through the WLN website. If you have further questions or encounter problems with the website, please contact Dr. Christine Laurent at cpl Laurent58@marianuniversity.edu



Wisconsin League for Nursing

UPDATES

CONTINUED...



MEMBERSHIP UPDATE

The WLN is most clearly represented by our members: *“Who We Are. We are nurses, nursing students, agencies, and individuals interested in fostering the development and improvement of nursing care in a variety of collaborative healthcare environments.”*

The WLN has had successful membership drives associated with our conferences. Our memberships continue to sustain and grow with representation from nurses, nurse educators, and other professionals within Wisconsin and throughout the United States. We continue to welcome new members and encourage our existing members to renew your WLN membership at or before your renewal date.

[CLICK HERE](#) to learn more about joining WLN.

Visit our WLN membership page for all the details and benefits of WLN membership.

We are looking for an Interim Membership Director to fill the role until our next election in Spring 2023. Please consider this role if you enjoy networking with nursing colleagues from across Wisconsin and the United States. Training is provided and your input is needed to assist the WLN in meeting our mission and goals! This is a wonderful opportunity to try out board membership and join the exciting team at the WLN.

What can you do to help us grow?

- Consider joining our leadership team! We are excited to have you join us and will provide mentoring support as you learn your new role.
- We are always looking to add to our committees with interested nurses. Committee membership is an easy way to test the waters of becoming active within the WLN.
- Spread the word! Share this information with your colleagues. They don't have to be WLN members to learn about these opportunities!
- Encourage your colleagues to join the WLN. It's easy, just follow the [Membership tab on the website](#).
- Share nominations and event information on [Facebook](#) or other social media!
- If you or anyone you know is interested in learning more about leadership opportunities in the WLN, please contact: Karen Roberts at kmroberts@marianuniversity.edu

 Wisconsin League
for Nursing
UPDATES CONTINUED...


DAISY UPDATES

GREAT NEWS! WE ARE PUBLISHED IN NURSE EDUCATOR!

The process of designing a new DAISY Nurse Leader Award for Nursing Clinical Educators (DNLANCE), developed in collaboration with the DAISY Foundation and the Wisconsin League for Nursing, is now published in a recent edition of Nurse Educator!

Here is the citation and link for the journal article, available online:

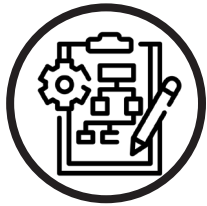
Ulmen, B., Rommelfaenger, M., Bullis, M. M., & Weis, K. (2023). Recognizing Excellence: The Development of a Statewide Meaningful Recognition Award for Clinical Nurse Educators. *Nurse educator*, 10.1097/NNE.0000000000001478. Advance online publication. <https://doi.org/10.1097/NNE.0000000000001478>

The national outreach continues to grow as we were recently approached to participate in a Nurse Educator video abstract for the article including information regarding the problem that led to writing the article and implications for nurse educators. As we all know, meaningful recognition for nurse educators is sorely needed and oftentimes missed or neglected in the midst of meeting the needs of nursing education and professional development. Additionally, an interview is forthcoming in a podcast format with Brenda Ulmen, PhD, RN, article first author and WLN DAISY Committee Co-Chair and Marilyn Oermann, Nurse Educator Editor in Chief.

We are incredibly proud and honored to have achieved national recognition for the dedicated work of our WLN DAISY Committee. We recently completed the third year of our pilot program with the selection of our DAISY honorees for 2023, to be announced at the 2023 WLN Fall Conference on November 11.

Year three of the pilot program continued to grow the outreach of the award within the NLN Constituent Leagues. Three state leagues in addition to the WLN awarded their own DNLANCE this year: New Jersey League for Nursing, Arizona League for Nursing, and Ohio League for Nursing. Alabama League for Nursing is ready to join next year as the outreach for this long-overdue recognition for nursing clinical educators continues to expand.




**Wisconsin League
for Nursing**
UPDATES CONTINUED...


STRATEGIC PLANNING

Our June 2023 board meeting was held at WAM headquarters in Milwaukee for a strategic planning retreat. Board members gathered to plan for the upcoming year and addressed the needs of the WLN. Kristin Houte, Association Executive, led the activities of the day. Christopher Rudity, WAM CEO and President offered an overview of non-profit organizations with attention toward goal setting, financial sustainability, and membership development. The discussion was lively and informative.

In August 2023 the NLN invited all Constituent League (CL) presidents and executive directors to attend a zoom meeting with Bev Malone, NLN CEO. The purpose of the meeting was to inform the Constituent Leagues of upcoming changes to the legal relationship between the NLN and the Constituent Leagues. After a lively discussion, the NLN agreed to hold a follow up meeting with the CLs during the Annual NLN Summit in September 2023. The meeting held during Summit led to Bev Malone agreeing to the formation of a short term "committee" or work group taking place during the fall of 2023 with the intention of providing recommendations for restructuring the alignment with the CLs and the NLN. There will be limited spots available for CLs to join the work group, which will be advisory in nature and not policy making. No further details are available at the time of publication. The WLN board of directors will be apprised of recommendations and decisions made by the NLN. The WLN will offer to join the work group, designed as invitation only by the NLN.

A very positive outcome has developed because of the upcoming restructuring of the CLs and the NLN. The CLs, previously disconnected from the work of each league, have now established strong lines of communication between each league. Networking of ideas, programs, and collaboration between the state leagues is ongoing. Plans are underway for formal information pathways and development of a shared webspace presence for all leagues. The leagues are communicating actively! We share similar goals, all representing nurses from WI, IL, IN, IA, NY, NJ, PA, MD/RI, AL, TX, AR, OH (those leagues present at Summit) and more to follow!



Congratulations

to Board of Directors Member, Mary McMahon Bullis on obtaining her Ph.D. in Nursing from the University of Wisconsin-Milwaukee in May 2023!

MIRACLES.

Betty McManus, *WLN Inspirational Author*

Miracles. If you're not sure you believe in them, think about the birth of a child. Miracles happen all the time; we just need to pay attention.

Dr. Amit Sood is an Associate Professor of Medicine, Director of Research and Practice, and Chair of the Mind Body Initiative at Mayo Clinic. He is the author of, "Train Your Brain, Engage Your Heart, Transform Your Life." He believes coping with stress and finding happiness requires a change in mindset. One exercise he asks his patients to do is to open their eyes and their hearts using his "FOND" method.

FOND is an acronym for **F**ind **O**ne **N**ew **D**etail.

Sood invites his patients to take a closer look at the miracles of life – plant life, animal life, human life, earth life. He suggests starting with a flower, inviting his patients to spend one minute, just 60 short seconds, closely examining and concentrating on the details of the pedals – really see the veins that feed the thin membranes, the vibrant colors, a detail never noticed before. Inhale.

I invite you to try the FOND method – and if you like it, do it every day. We can all spare 60 seconds! Closely examine something new each time and you just may find you've been surrounded by miracles without even knowing it.

As the saying goes, we need to stop and smell the roses, and as always, remember to breathe – stretch – dance – laugh – love!

CUPCAKES
ARE
MUFFINS
THAT
BELIEVED
IN MIRACLES

AUTUMN WELLNESS TIPS TO KEEP YOU HEALTHY THIS FALL

Alyse Ruriani, 2015, adapted by Marijo Rommelfaenger

The transition to the shorter and busier days of fall can be a challenge. To help ease the change, here are some Autumn Wellness Tips to get you ready for the colder months and keep your mental and physical health in check.

Here are some highlights for busy nurses and professionals:

- As the periods of our natural exposure to sunlight diminishes naturally in the fall and winter, consider increasing your intake of Vitamin D by taking a supplement. Vitamin D can boost your mood and immune system.
- Speaking of boosting your immune system, eat plenty of nutritious foods, drink lots of water, and don't forget to wash your hands more often.
- Take some time for yourself. Autumn and winter are nature's way of telling us to slow down. Enjoy moments typically spent outdoors to pick up valuable quiet and relaxing activities you might have set aside during the busy summer months. Try going to bed earlier as the longer hours of darkness may guide you to picking up a bit more sleep!
- Get your flu shot now to ward off influenza.
- Plan for lesser availability of active exercise. Get out and move around by taking brisk walks outdoors when you can and return to the warmth of the indoors.
- Do some "spring cleaning" during the fall and winter months. Organizing closets, offices, and extra spaces boosts your mood when the projects are finished.
- Be prepared for extreme winter conditions. Always keep an extra set of warm weather accessories in your vehicle, check the batteries in a flashlight, and make sure your furnace is in good working condition.
- Keep a schedule. As the days are long and the cold months seem to drag on, stay on track with a schedule and plan things in your day you like to do.
- Be kind to yourself. The holidays can cause weight gain, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts into positive ones.

BOARD OF DIRECTORS

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Marijo Rommelfaenger

TREASURER

Katie Weis

SECRETARY

Vicki Swaney

DIRECTOR: SCHOLARSHIPS & GRANTS

Christine Laurent

DIRECTOR: PROGRAMS

Heidi Monroe

DIRECTOR: POSTER PRESENTATIONS CHAIR/FLOAT

Catherine Schmitt

DIRECTOR: FLOAT

April Folgert

DIRECTOR: NOMINATIONS/FLOAT

Karen Roberts

DIRECTOR: ANEW LIAISON/FLOAT

Teri Kaul

DIRECTOR: DAISY CO-CHAIR/FLOAT

Mary McMahon Bullis

COMMITTEES

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Katie Weis, Treasurer

Vicki Swaney, Secretary

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Karen Roberts, Chair

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Serina Johnson

Lisa Schmidt

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Brenda Ulmen, Co-Chair

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Norman Brooks

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James Bumby

STRATEGIC PLANNING COMMITTEE

Marijo Rommelfaenger, Chair

ACKNOWLEDGMENTS

NEWSLETTER CREDIT:

Editors: Marijo Rommelfaenger, Kristin Houe & Maiya Whelen

CONTRIBUTORS:

Betty McManus

Questions and comments for the next newsletter can be submitted [HERE!](#)