

# THE WISCONSIN LEAGUE FOR NURSING COMMUNIQUE

SUMMER/FALL 2024

FEATURED IN THIS ISSUE...

2024 Spring & Fall Conferences

WisPAN Peer Support Group

WLN Committee Updates

Prelicensure Student NCLEX® Info

Seasonal Recipes

& MUCH MORE!

WLN

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



### Diversity

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

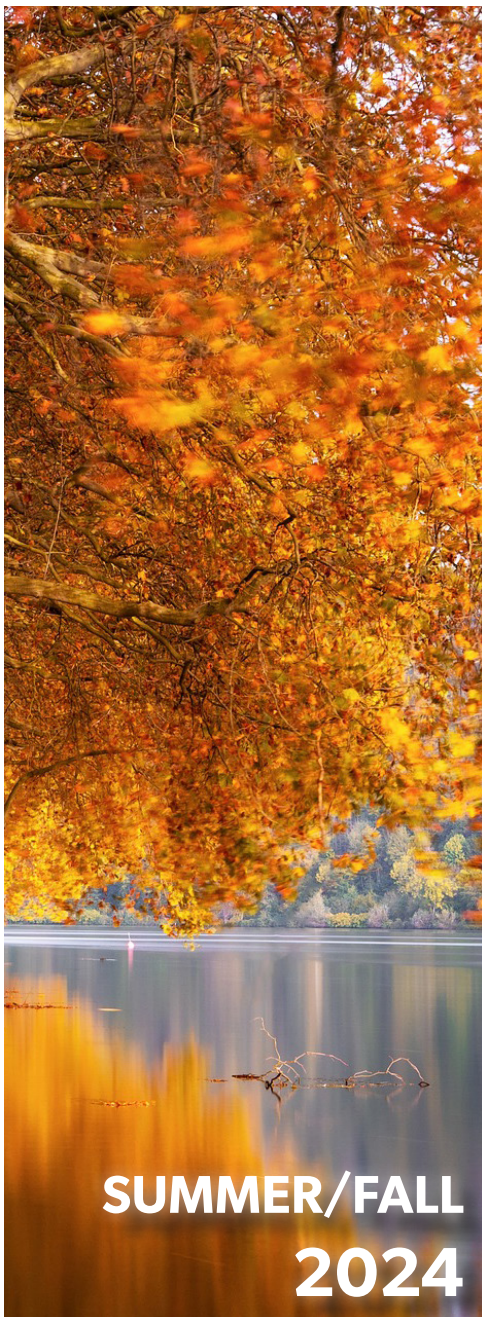


### Excellence

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

# THE COMMUNIQUE

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# PRESIDENT'S MESSAGE

*Marijo Rommelfaenger, PhD, RN, CNE*

Welcome to our 2024 Summer/Fall edition of the WLN newsletter "The Communique". 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."

Our professional development theme for the year is *Leveraging Technology to Guide Nursing Practice, Education, and Professional Practice*.

- Earlier in the year we held a three-part Lunch and Learn webinar series delving into the topic of Artificial Intelligence (AI) and how AI affects our work life in nursing education or healthcare. On April 20<sup>th</sup>, we held our Spring Conference at Marian University which focused on AI, Virtual Reality, and standardized participant training for simulation.
- Our Fall Conference will be held on November 16<sup>th</sup> at Froedtert Hospital in Milwaukee. We are very thankful to our Platinum Sponsor, Froedtert ThedaCare Health, Inc for hosting this incredible day of learning. The conference titled "Simulation Priorities & Possibilities" will include speakers Dr. Pamela Jeffries (Keynote Speaker), Dr. Kristina Dreifuerst, Dr. Katie McDermott, and Amy Cowperthwait. Registration is still open! [Click Here to register](#). This is also our celebratory conference – we will be recognizing our DAISY Honorees and Nominees, Scholarship Winners and raffle prizes!

## 2024 FALL CONFERENCE

**Leveraging Technology to Guide Nursing Practice, Education & Professional Practice**  
"Simulation Priorities and Possibilities"

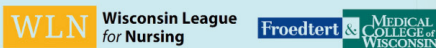
\*Poster Presentations, Exhibitor Hall, Opportunities for Networking, and Simulation demos!

**November 16, 2024**

**Froedtert Hospital**  
900 N. 92nd St., Milwaukee, WI 53226

Doors open at **7:00 AM**  
Conference starts at **8:00AM – 4:00 PM**

4.75 Contact Hours - Froedtert & Medical College of Wisconsin is approved with distinction as a provider of nursing continuing professional development by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Froedtert & the Medical College of Wisconsin is the approved provider of nursing contact hours for this activity in a joint provider agreement with Wisconsin League for Nursing.



### Speakers



**Keynote Speaker**  
**Pamela Jeffries PhD, RN, FAAN, ANEF, FSSH**  
Dean, Vanderbilt University School of Nursing

**Amy Cowperthwait, CEO, RN, MSN, CNS, CHSE-A**  
Founder of Avkin



**Kristina Thomas Dreifuerst PhD, RN, CNE, ANEF, FAAN**  
Professor, Director PhD Program, Marquette University



**Katie L. McDermott, PhD, MSN, MEHP, RN, CPNP-AC**  
Children's Wisconsin



*Register Today!*

**\*LIVE and Virtual Live Broadcasts for all main sessions**  
See [wisconsinwln.com](http://wisconsinwln.com) for more details!

The WLN has a commitment to our new nursing graduates as they enter the nursing workforce. We will offer students a free virtual NCLEX prep session on Saturday, November 23, 2024 from 8AM-Noon.

[Registration is required](#) for this virtual session. (Scan QR Code below to access registration)

We are proud to partner with NCLEX RN Mastery offered by Higher Learning Technologies (HLT) for the benefit of our nursing students.



*Continued on next page...*

# PRESIDENT'S MESSAGE *Continued...*

As we move into this season of gratitude and reflection, we want to celebrate our members and remind you to care for your own health and wellness. Your passion for teaching, providing clinical care, and guiding future nurses often leaves little time for yourself, but remember: taking moments to rest, rejuvenate, and recharge is essential for your well-being. This month, prioritize self-care, find joy in the small moments, and cherish time with loved ones. Your strength and dedication inspire so many—nurturing yourself ensures that inspiration continues to shine bright. You deserve it!

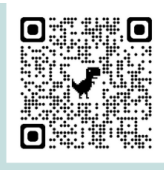
I wish to thank our dedicated group of board and committee members for their time and passion in delivering our organizational goals. I am honored to work beside a great group of nurses!

Enjoy reading the updates in the newsletter, and I look forward to seeing you at our upcoming events.

Best always!



**Marijo Rommelfaenger, PhD RN CNE**  
WLN President



## Peer Support for Nurse Mental Wellness

### REALIZING OUR IMPACT January to October 2024

All meetings are confidential, virtual, and free

Some topics included:

- Mindfulness breathing
- Remembering our why
- Even heroes need help
- Biggest challenges
- Perfectionism
- Managing work stress
- Incivility

We celebrated **3 years** of providing peer support for Wisconsin nurses in September!

- We held 40 virtual peer support meetings for nurse mental wellness
- We had 224 nurses attend those meetings

WisPAN Peer Support Meetings:  
Nurse Mental Wellness:

- Every Wednesday at 7pm cst

Contact us for the link:  
[wispan2021@gmail.com](mailto:wispan2021@gmail.com)

WisPAN is a 501c3 Non-profit Organization

# 2024 FALL CONFERENCE

**Leveraging Technology to Guide Nursing Practice, Education & Professional Practice**  
"Simulation Priorities and Possibilities"

\*Poster Presentations, Exhibitor Hall, Opportunities for Networking, and Simulation demos!



**November 16, 2024**



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900 N. 92nd St., Milwaukee, WI 53226



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for Nursing



## SCHEDULE of EVENTS

**4.75 contact hours awarded**

7:00 - 7:50 AM

**Doors & Registration Open** - Breakfast Served

Poster Presentations viewing - Exhibitors/Vendor Visits

**7:50 - 8:00 AM**

**Welcome & Announcements**

**8:00 - 9:30 AM**

**KEYNOTE: The Milestones, Trends, Gaps, and Values in Clinical Simulation**

*Pamela Jeffries, PhD., RN, FAAN, ANEF, FSSH*

**9:30 - 10:30 AM**

**Break:** View Posters & Exhibitors

**10:30 AM - 11:30 AM**

**KEYNOTE: The Essentials of Simulation Education: From Theory to Practice**

*Pamela Jeffries, PhD., RN, FAAN, ANEF, FSSH*

**11:30 AM - 1:00 PM**

**Lunch Break:** Lunch & award celebration, view posters & exhibitors

**1:00 - 2:30 PM**

**Competence... How Do You Know?: Using Simulation for Teaching, Learning, & Assessment**

*Kristina Thomas Dreifuerst, PhD, RN, CNE, ANEF, FAAN*

*Katie McDermott, BSN, RN, NP-BC, CHSE*

**2:30 - 3:15 PM**

**Enhancing Clinical Competency in Simulation**

*Amy Cowperthwait, CEO, RN, MSN, CNS, CHSE-A*

**3:15 - 4:00 PM - Pick your Activity**

- Panel Discussion Q & A: Afternoon conference speakers
- Froedtert Simulation Center tour and demonstrations

*Register Today!*

**\*LIVE and Virtual Live Broadcasts for all main sessions**

See [wisconsinwln.com](http://wisconsinwln.com) for more details!

## MEET the SPEAKERS



**Keynote Speaker: Pamela Jeffries**

**PhD, RN, FAAN, ANEF, FSSH**

*Dean, Vanderbilt University  
School of Nursing*



**Amy Cowperthwait**

**CEO, RN, MSN, CNS, CHSE-A**

*Founder of Avkin*



**Kristina Thomas Dreifuerst**

**PhD, RN, CNE, ANEF, FAAN**

*Professor, Director PhD Program,  
Marquette University*



**Katie L. McDermott**

**PhD, MSN, MEHP, RN, CPNP-AC**

*Children's Wisconsin*



# TREASURER'S REPORT

*Katie Weis, DNP, RN, AGCNS-BC*

The Wisconsin League for Nursing ended Q3 2024 with total net income (surplus) of \$26,388. This brief snapshot in time occurred as registration was open for the Fall Conference (revenue continuing to flow in) and prior to scholarship funds being disbursed. Historically, the WLN selects and disburses scholarship funds directly to the financial offices in December. Investment portfolio continues to grow following previous year's losses, with a gain of slightly over \$15,000 to the net organization surplus for this calendar year.

## TREASURER'S REPORT:

	Sep 30, 24	Sep 30, 23
<b>ASSETS</b>		
<b>Checking/Savings</b>		
Associated Bank - Operations	29,025.96	28,329.17
DWS Investment Account	88,566.91	64,700.96
Landmark Checking	7,065.31	6,564.45
Landmark Savings	5.13	5.13
<b>Total Checking/Savings</b>	<b>124,663.31</b>	<b>99,599.71</b>
<b>TOTAL ASSETS</b>	<b>124,663.31</b>	<b>99,599.71</b>
<b>LIABILITIES &amp; EQUITY</b>		
<b>Current Liabilities</b>		
Deferred Revenue	0.00	1,000.00
<b>Total Current Liabilities</b>	<b>0.00</b>	<b>1,000.00</b>
<b>Equity</b>		
Retained Earnings	98,275.11	82,608.12
Net Income	26,388.20	15,991.59
<b>Total Equity</b>	<b>124,663.31</b>	<b>98,599.71</b>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>124,663.31</b>	<b>99,599.71</b>

With an approved 2024 expense budget of about \$62,000, the organization continues to hold just under 2 full years of its expense budget in net assets/reserves. The organization remains in a strong overall financial position relative to its budget size.

Kudos to our Programs Committee, conference attendees, vendors and generous sponsors for their ongoing support of our organization. Because of your help the organization came in significantly under budgeted expense for our Spring Conference, and anticipate coming in under budget for the Fall Conference expenses.

Respectfully submitted by,

**- Katie Weis, DNP, RN, AGCNS-BC**  
*WLN Treasurer*

# WLN MEMBERSHIP REPORT

Month/Year	Members
July 2022	128
July 2023	141
July 2024	152



# Thank You to Our Sponsors & Partners

## 2024 SPRING CONFERENCE

### GOLD SPONSOR



### SILVER SPONSORS



### BRONZE SPONSORS



### WLN PARTNERS



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



## PROGRAM COMMITTEE REPORT

*Marijo Rommelfaenger, WLN President*

The program committee has been busy in 2024! We began 2024 with a 3-part webinar series: "Introduction to Artificial Intelligence (AI) in Nursing Practice." These webinars were a precursor to our April 20 in-person conference, "Leveraging Technology to Guide Nursing Practice, Education, & Professional Development" held at Marian University. The spring conference disseminated 31 poster presentations (20 virtual and 11 in person) and offered two different educational activity tracks in which 36 nurses participated. One of the tracks was on standardized participant training and the other track was on virtual reality and artificial intelligence. In addition to these educational offerings for nurses, we once again offered a free NCLEX review by Mastery NCLEX-RN for nursing students and had 549 students register!

We are very excited for our Fall Conference on Saturday, November 16, "Leveraging Technology to Guide Nursing Practice, Education, & Professional Development: Simulation Priorities and Possibilities". We are very thankful to our Platinum Sponsor, Froedtert ThedaCare Health, Inc for hosting this incredible day of learning. This conference will include speakers Dr. Pamela Jeffries (Keynote Speaker) Dr. Kristina Dreifuerst, Dr. Katie McDermott, and Amy Cowperthwait. The Fall Conference will be held at Froedtert Hospital in Milwaukee, WI. I want to give a special thank you to Lisa Schmidt and Samantha Scaffidi from the Froedtert Health team for co-chairing the planning for this conference.

The next free virtual NCLEX prep session will be held on Saturday, November 23, 2024, from 8AM-Noon. [Registration is required](#) for this virtual session. (Scan QR Code below to access registration)

We are proud to partner with NCLEX RN Mastery offered by Higher Learning Technologies (HLT) for the benefit of our nursing students.



Lastly, if you are interested in helping plan future WLN conferences, please email me. We are beginning the planning for the 2025 year. The Spring Conference will be on April 12th in the Eau Claire area featuring keynote speaker Keith RN.

We will be again offering our Spring Lunch and Learn Webinar Series. Watch for details and dates for two lunchtime one-hour webinars. In January, Amy Cowperthwaite from Avkin will continue the dialog from the fall conference with the theme enhancing critical thinking for nursing students. In February we will offer a webinar for peer support for nurses.



## MARKETING UPDATE

*Lynn Murphy DNP, APRN, APNP, CPNP-PC*

Constant Contact is continuing to be used and is very helpful in the process of maintaining our list of contacts which is ~ 4,180. There is about a 51% open rate (+13% of average) for our emails that are sent out.

As the fall conference approaches, there have been > 63,000 emails sent out for WLN Conference, Sponsor and Vendor Recruitment, Scholarship opportunities, and Poster presentation opportunities.

We are working on growing our contact lists of individuals that we can connect with.



Wisconsin League  
for Nursing

UPDATES CONTINUED...



## SCHOLARSHIP COMMITTEE REPORT

*Christine P. Laurent, PhD, RNC-OB, CNE*

The Wisconsin League for Nursing (WLN) Scholarships and Grants Committee remains committed to our mission, which is impacting the lifelong learning of nurses in diverse environments. To achieve this, the dedicated members of the Scholarships and Grants Committee actively seeks grants which provide scholarship support for Wisconsin nursing students.

Our scholarships have different eligibility criteria, clearly communicated in the application. To begin with, the applicant must be a Wisconsin student currently enrolled in a Wisconsin school of nursing. The Scholarships and Grants Committee screen the submitted applications to be sure the criteria are met, and then reviews them to select one that best addresses the specific details of the scholarship. The scholarship winners are announced and presented at the WLN fall conference, and are awarded as monies are available.

Currently we offer seven scholarships provided by the very generous support of the Deaconess Alumni Association. The application criteria vary for each scholarship and are available for every level of nursing education. In addition, we are pleased to provide two additional scholarships each year. One is entitled "The Ruth Seris Gresley Scholarship." It honors the memory of Ruth Seris Gresley who was a beloved and influential nurse educator for over 45 years. This scholarship is sponsored by John Gresley, and others who loved and respected Ruth. The Ruth Seris Gresley fund is managed by the Waukesha County Community Foundation (WCCF). Finally, the WLN sponsors the "Nursing Heroes Scholarship" to honor Wisconsin nurses who died due to COVID-19. This fund is also managed by the WCCF and is actively seeking donations to help it become self-sustaining.

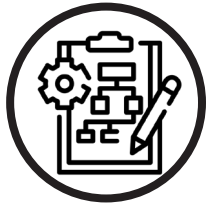
### Scholarship Application Deadlines

We start accepting scholarship applications in August. If you are interested (or know someone who might be interested) please access the WLN website and look for the Scholarships area. Here you will find scholarship criteria, updates, and opportunities. Online applications are made directly through a link found on the WLN website. If you have questions, please feel free to contact Dr. Christine Laurent at [cpl Laurent58@marianuniversity.edu](mailto:cpl Laurent58@marianuniversity.edu).



# Wisconsin League for Nursing

# UPDATES CONTINUED...



## STRATEGIC PLANNING

*Marijo Rommelfaenger, WLN President*

The NLN is changing the affiliation structure with all Constituent Leagues (CL). A new alignment agreement is underway between state leagues (formerly known as constituent leagues) and the NLN. With any new change, the opportunity for growth and positive outcomes emerges. The state leagues are collaborating with strategies for ongoing communication. The WLN's Board of Directors and Committee Members met in June 2024 to update the bylaws and determine the new WLN Logo. At the October WLN Board Meeting reviewed the updated bylaws an interim logo recommendation was reviewed and approved. The updated Bylaws reflect the drop from constituent league status to that of alignment with the goals of the NLN. The Board of Directors will vote on the updated Bylaws via electronic vote prior to January 1, 2025. We will continue to work on other changes as we move forward!

Interim WLN Logo as of October 2024:



**Wisconsin League  
for Nursing**

## Prelicensure Student NCLEX® Virtual Prep Session

**November 23, 2024 | 8:00 AM - 12:00 PM**

**Cost: Free!**

**Instructor:** Catherine Cantrell, MSN, RN, brings over two decades of experience to her role as a nursing content strategist and educator. Her background spans diverse specialized areas, including oncology, pulmonology, progressive care, intensive care, medical-surgical nursing, and hospice.

🔑 **Unlock Your NCLEX Success with NCLEX Mastery** ⭐

Join us and elevate your NCLEX journey with NCLEX Mastery, where we redefine exam preparation tailored to empower your success.

PRESENTED BY:

[CLICK HERE TO REGISTER](#)



# SHEET PAN DINNER RECIPE: ROASTED HARVEST VEGETABLES WITH CHICKEN AND APPLES

## INGREDIENTS:

- 2 large chicken breasts or 4 boneless, skinless chicken thighs
- 2 cups Brussels sprouts, halved
- 2 cups butternut squash, peeled and diced
- 1 large sweet potato, peeled and diced
- 1 large apple (Honeycrisp or Fuji), cored and sliced
- 1 red onion, cut into wedges
- 3 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon ground cinnamon
- ½ teaspoon smoked paprika
- 2 tablespoons maple syrup
- Salt and black pepper to taste
- 1 tablespoon fresh rosemary, chopped (optional)

## INSTRUCTIONS:

**1. Preheat your oven** to 425°F (220°C) and line a large baking sheet with parchment paper or foil.

### **2. Prepare the chicken:**

Place the chicken breasts or thighs in a bowl and drizzle with 1 tablespoon of olive oil, ½ teaspoon thyme, salt, and black pepper. Let marinate while preparing the vegetables.

### **3. Prepare the vegetables and apples:**

- o In a large mixing bowl, combine the Brussels sprouts, butternut squash, sweet potato, apple slices, and red onion wedges.
- o Drizzle the mixture with the remaining 2 tablespoons of olive oil, then sprinkle with the remaining thyme, cinnamon, smoked paprika, and a pinch of salt and black pepper. Toss to coat evenly.

### **4. Arrange on the sheet pan:**

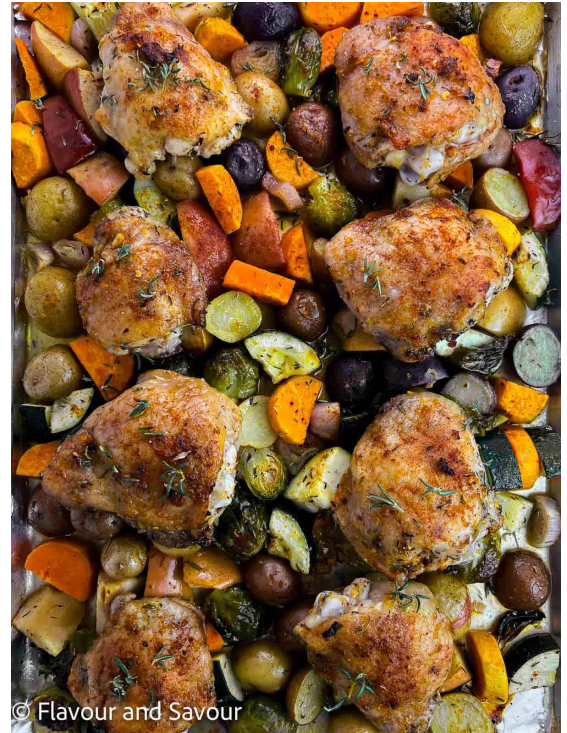
- o Spread the vegetable and apple mixture evenly on the prepared baking sheet.
- o Nestle the marinated chicken pieces among the vegetables.

**5. Drizzle with maple syrup** over the entire sheet for a touch of sweetness.

**6. Roast in the oven** for 25-30 minutes or until the chicken reaches an internal temperature of 165°F (74°C) and the vegetables are tender and caramelized. For extra browning, turn on the broiler for the last 2-3 minutes, keeping a close eye on it.

### **7. Serve and garnish:**

- o Sprinkle fresh rosemary over the top before serving for a fragrant finish.



Froedtert

# Growth.

Here, it means more.



## Never stop learning.

Froedtert Health invests in your growth with skill development opportunities and mentorships to help you become the best nurse you can be. We offer tuition reimbursement and diverse experiences across specialties to give you the flexibility to grow both personally and professionally.



**I'm proud of the things we accomplish for our community and beyond.**

We receive so much appreciation for what we do and I couldn't imagine a better team to do it with!



**Cady O,**  
Registered Nurse at Froedtert Health



Explore a career  
in Nursing at  
Froedtert Health

[jobs.froedtert.com/nursing](https://jobs.froedtert.com/nursing)

# RECIPE FOR SELF-HEALTH

“Happy November to all nurse educators! As we move into this season of gratitude and reflection, we want to celebrate you and remind you to care for your own health and wellness. Your passion for teaching and guiding future nurses often leaves little time for yourself, but remember: taking moments to rest, rejuvenate, and recharge is essential for your well-being. This month, prioritize self-care, find joy in the small moments, and cherish time with loved ones. Your strength and dedication inspire so many—nurturing yourself ensures that inspiration continues to shine bright. You deserve it!”

## RECIPE FOR SELF-HEALTH

### INGREDIENTS:

- 1 cup of daily movement (walks, stretching, yoga, or exercise)
- 2 cups of balanced nutrition (whole foods, fruits, and vegetables)
- 8 glasses of water
- A dash of mindfulness or meditation
- 7-8 hours of restful sleep
- 2 tablespoons of connection with loved ones
- 1 spoonful of gratitude practice
- Optional: hobbies and activities that spark joy



### INSTRUCTIONS:

1. **Start your day** with a moment of mindfulness: Take 5-10 minutes to focus on deep breathing or set an intention for the day.
2. **Move your body** in a way that feels good for you. Whether it's a brisk walk, dancing, or stretching, find a way to get your heart pumping.
3. **Nourish yourself** with a balanced diet full of colorful, nutrient-dense foods. Be mindful of portion sizes and eat without distractions to truly enjoy your meals.
4. **Stay hydrated** by sipping water throughout the day. Aim for at least 8 glasses to keep your body energized and your mind clear.
5. **Rest and recharge** by prioritizing 7-8 hours of quality sleep each night. Create a bedtime routine that allows you to wind down and prepare for restful sleep.
6. **Connect with others**, whether it's through a phone call, a shared meal, or a simple text to let someone know you care.
7. **Express gratitude** daily. Take a moment to reflect on at least one thing you're grateful for, helping to cultivate a positive mindset.
8. **Engage in activities** that bring you joy and fulfillment. Read a book, listen to music, garden, or pursue any hobby that lights up your spirit.

### TIPS:

- Adjust the recipe to fit your unique lifestyle and needs.
- Be gentle with yourself on days when the recipe isn't followed perfectly—it's the effort and intention that count.



**SAVE** *the* **DATE**

**4.12.25**

# SPRING CONFERENCE

**WLN** Wisconsin League  
for Nursing

**Saturday, April 12, 2025**

**7:30am-4:00pm | Eau Claire, WI**

*Registration Information  
Coming Soon!*

**Keynote Speaker:**

Keith Rischer, PhD, RN, CCRN, CEN  
Founder/CEO, KeithRN



## BOARD OF DIRECTORS

PRESIDENT

**Marijo Rommelfaenger**

PRESIDENT ELECT

**Open**

TREASURER/SECRETARY

**Katie Weis**

DIRECTOR: MEMBERSHIP

**Liesette Rendell**

DIRECTOR: PROGRAMS 1

**OPEN**

DIRECTOR: SCHOLARSHIPS & GRANTS

**Christine Laurent**

DIRECTOR: MARKETING

**Lynn Murphy**

DIRECTOR: ANEW LIAISON/FLOAT

**Teri Kaul**

DIRECTOR: FLOAT

**Vicki Swaney**

DIRECTOR: FLOAT

**Karen Roberts**

DIRECTOR: PROGRAMS 2 (POSTER PRESENTATIONS)

**Catherine Schmitt**

DIRECTOR: FLOAT

**April Folgert**

DIRECTOR: FLOAT

**Mary McMahon Bullis**

DIRECTOR: FLOAT

**Diane Vanderlin**

STUDENT NURSE REP

**OPEN**

## COMMITTEES

### EXECUTIVE COMMITTEE

**Marijo Rommelfaenger**, *President, Chair*  
**Katie Weis**, *Treasurer/Secretary*

### NOMINATIONS COMMITTEE

**Karen Roberts**, *Chair*  
**Serina Johnson**  
**Breana Sutfin**  
**Lisa Schmidt**

### DAISY COMMITTEE

**Brenda Ulmen**, *Co-Chair*  
**Mary McMahan-Bullis**, *Co-Chair*  
**Katie Weis**, *Academic Partner*  
**Marijo Rommelfaenger**, *Academic Partner*  
**Erika Janssen**, *Academic Partner*  
**Lisa Schmidt**, *Clinical Justice Partner*

### FINANCE COMMITTEE

**Katie Weis**, *Chair*  
**Norman Brooks**

### SCHOLARSHIP & GRANTS COMMITTEE

**Christine Laurent**, *Chair*  
**Jim Bumby**  
**Catherine Schmitt**  
**Kari Steinbeck**

### PROGRAMS COMMITTEE

**Megan Holz**  
**Katie Weis**  
**Catherine Schmitt** - *Poster Presentations*  
**Heidi Monroe**  
**Karen Roberts**  
**LaRee Savlan**  
**Sireen Jaber**  
**Nancy Noble** - *WSNA advisor/liaison*  
**Susan Poppele**  
**Vicki Swaney**  
**Lynn Murphy**  
**Terri Kaul**  
**Lisa Schmidt**  
**April Folgert**

### STRATEGIC PLANNING COMMITTEE

**Marijo Rommelfaenger**, *Interim Chair*  
**Teri Kaul**  
**Norman Brooks**  
**Lynn Murphy**, *Marketing Director*  
**Liesette Rendell**, *Membership Director*

## ACKNOWLEDGMENTS

### NEWSLETTER CREDIT:

Editors: Marijo Rommelfaenger, Kristin Houe & Maiya Whelan

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

# PUMPKIN PIE CUPCAKE RECIPE

## INGREDIENTS:

### For the Cupcakes:

- 1 ¾ cups all-purpose flour
- 1 cup granulated sugar
- ½ cup packed light brown sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 ½ teaspoons pumpkin pie spice
- 1 teaspoon ground cinnamon
- ½ cup vegetable oil (or melted coconut oil)
- 2 large eggs
- 1 cup pumpkin puree (not pumpkin pie filling)
- ¼ cup whole milk or plant-based milk
- 1 teaspoon pure vanilla extract

### For the Cream Cheese Frosting:

- 8 oz cream cheese, softened
- ½ cup unsalted butter, softened
- 3 ½ cups powdered sugar
- 1 teaspoon pure vanilla extract
- Pinch of salt

### Optional Garnish:

- Ground cinnamon for dusting
- Mini pumpkin candies or sprinkles



## INSTRUCTIONS:

**1. Preheat your oven** to 350°F (175°C). Line a 12-cup muffin tin with cupcake liners.

### 2. Make the Cupcakes:

- o In a large bowl, whisk together the flour, granulated sugar, brown sugar, baking powder, baking soda, salt, pumpkin pie spice, and cinnamon.
- o In a separate bowl, combine the vegetable oil, eggs, pumpkin puree, milk, and vanilla extract. Mix until smooth.
- o Gradually add the wet ingredients to the dry ingredients, stirring until just combined. Be careful not to overmix.
- o Divide the batter evenly among the cupcake liners, filling each about 2/3 full.

**3. Bake** for 18-22 minutes, or until a toothpick inserted into the center comes out clean. Let the cupcakes cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.

### 4. Prepare the Frosting:

- o In a large bowl, beat the cream cheese and butter together until smooth and creamy.
- o Gradually add the powdered sugar, beating on low speed until combined. Increase to medium-high speed and beat until fluffy.
- o Add the vanilla extract and a pinch of salt, mixing until incorporated.

### 5. Frost the Cupcakes:

- o Once the cupcakes have cooled completely, use a piping bag or a spatula to frost the cupcakes with the cream cheese frosting.

**6. Garnish** with a light dusting of cinnamon or add mini pumpkin candies on top for an extra festive touch.



*Enjoy your pumpkin pie cupcakes  
with a warm beverage, and savor the cozy flavors of fall!*