



Professional Women Controllers, Inc.

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WP Membership Newsletter - January 2012

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HAPPY NEW YEAR and Greetings from your Regional Director!!!!

2011 was an amazing year for me getting up to speed with PWC and this Regional Director (RD) position. In April, when I attended the PWC National Training Conference in Portland, OR, I was compelled to volunteer to fill the vacant RD position. After receiving support from the management at OAKT (where I am a Front Line Manager) and the Board of Directors of PWC, I was on my way to learning more about our region, our facilities, our membership and the PWC organization. I was able to visit numerous facilities in our awesome region, and plan to visit even more in the upcoming year.

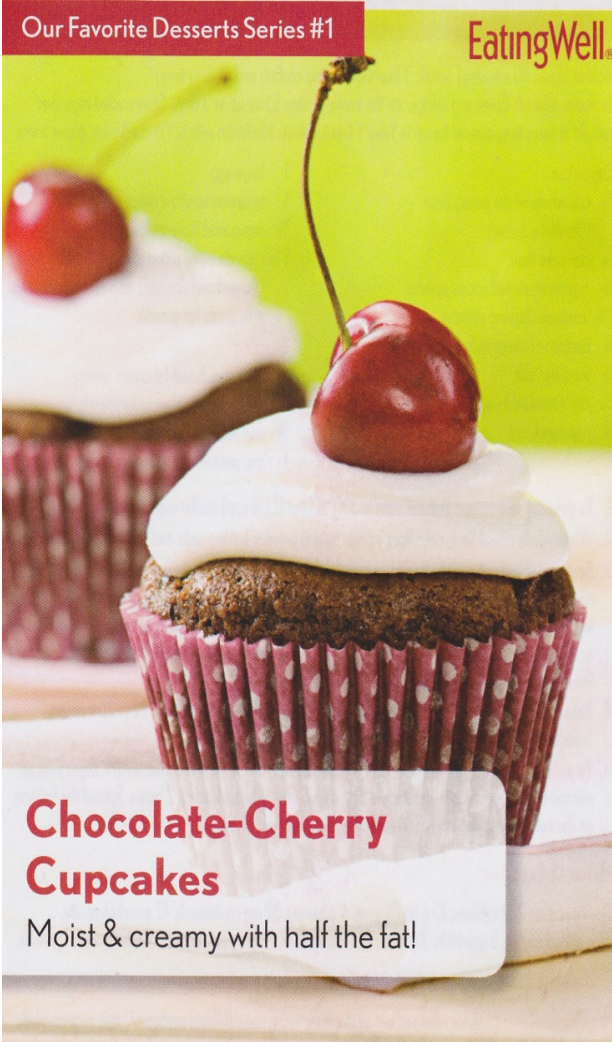
2012 is going to be a fantastic year!!! Later this month, I will attend the Board of Directors Meeting in Orlando, FL and in April, I will be attending the National Training Conference in New Orleans. This is my 1st attempt at a Newsletter.... Here goes! In this installment find: a little business, a sweet treat, an update on an event that members participated in, a request and an inspiring quote and photo. Enjoy!

A Little Business:

- 2012 PWC National Training Conference, New Orleans April 9-12, 2012 I hope to see you there! For more information, and to register go to pwcinc.org
- The PWC website was new and improved late last year, please check it out! pwcinc.org
- The current issue of "The Watch" has a lot of great information; it should be in your mailbox soon. You can also check it out on the website – pwcinc.org



A SWEET TREAT.....
 With Valentine's Day just around the corner, I thought a healthy recipe for a sweet treat would come in handy....



Chocolate-Cherry Cupcakes

Active time: 40 minutes | **Total:** 3 hours (including cooling and chilling time)
To make ahead: Cover and refrigerate the frosting (Step 5) for up to 3 days. Store cooled cupcakes airtight at room temperature for up to 1 day. | **Equipment:** Muffin tin with 12 (½-cup) cups, paper liners

Cupcakes

¾ cup whole-wheat pastry flour (see Note, below)	1 large egg
¾ cup cake flour	1 teaspoon vanilla extract
½ cup unsweetened cocoa powder	½ cup nonfat buttermilk
1 ½ teaspoons baking powder	1 ½ cups chopped pitted cherries, fresh or frozen (thawed and drained), plus 12 fresh cherries with stems for garnish
½ teaspoon baking soda	
½ teaspoon salt	
¾ cup granulated sugar	
¼ cup canola oil	

Frosting

6 ounces reduced-fat cream cheese (Neufchâtel), at room temperature
½ cup reduced-fat sour cream
1 cup packed confectioners' sugar

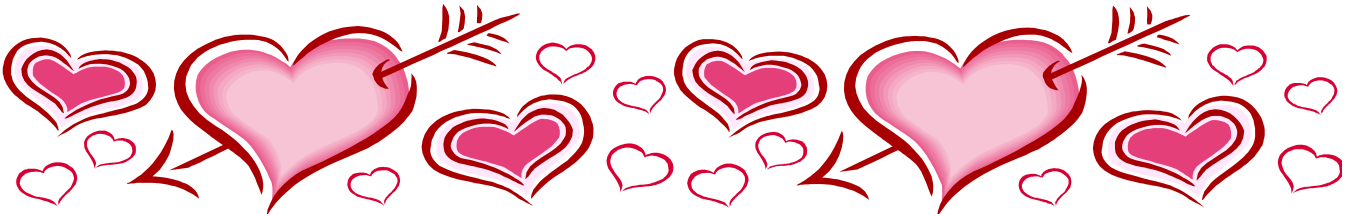
- To prepare cupcakes:** Preheat oven to 350°F. Line 12 (½-cup) muffin cups with paper liners.
- Whisk whole-wheat flour, cake flour, cocoa, baking powder, baking soda and salt in a medium bowl.
- Beat granulated sugar and oil in a large mixing bowl with an electric mixer on medium speed until combined. Beat in egg and vanilla until well combined. With the mixer on low, alternately mix in the dry ingredients and buttermilk, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined. Fold in chopped cherries until just combined. Divide the batter among the prepared cups (they will be full).
- Bake the cupcakes until a toothpick inserted into the center comes out clean, 22 to 26 minutes. Transfer to a wire rack and let cool completely.
- To prepare frosting:** Meanwhile, beat cream cheese, sour cream and confectioners' sugar with an electric mixer until smooth. Refrigerate the frosting until very cold, about 2 hours. Spread the frosting on the cooled cupcakes and decorate with a cherry on top, if desired.

Makes 12 Cupcakes

Per cupcake: 269 calories; 10 g fat (3 g sat, 4 g mono); 32 mg cholesterol; 42 g carbohydrate; 23 g added sugars; 5 g protein; 3 g fiber; 286 mg sodium; 150 mg potassium; 3 Carbohydrate Servings.

Exchanges: 3 carbohydrates (other), 2 fat

Ingredient Note: Look for whole-wheat pastry flour in the natural-foods section of large supermarkets and in natural-foods stores. Store in the freezer.



An Event Update:

PWC and Zonta Club members of the Greater Sacramento, CA area participated in a volunteer opportunity at the Wellspring Women's Center in Sacramento on January 10, 2012. The Wellspring Women's Center provides a nutritious breakfast daily to over 200 women and their children. The Center also offers referrals for needed services and outreach to local agencies that provide community resources. Photo below.



Left to right: Mary, Carrie, Halinka, Melissa, Crystal, Sister Judy, Mary (center), Inga (the photographer, not pictured)

THANK YOU FOR VOLUNTEERING LADIES!

A request: If you would like to host a PWC sponsored training event at your facility, or if you have suggestions for training that you would like to have presented - Please let me know at pwcawp@gmail.com. PWC is your organization! We are here to bring you training, support, encouragement and camaraderie.

I really enjoy being the PWC WP Regional Director, and I will continue reaching out and getting to know as many of you as I can. Health and Happiness in 2012! - Kate Davis

And finally, the inspiring photo and quote:

