



Iowa Association of Student Financial Aid Administrators

# THE INFORMER

*The Quarterly IASFAA Newsletter*

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## IASFAA Election Results

Congratulations to the incoming Executive Council! The new executive council will start in their positions on July 1

**Past President:** Beth Davenport

**President:** Ean Freels

**President-Elect:** Brandi Miller

**Vice President:** Kelsey Ryder

**Treasurer:** Brittany Peterson

**Treasurer-Elect:** Sara Sroka

**Secretary:** Karna Hofmeyer

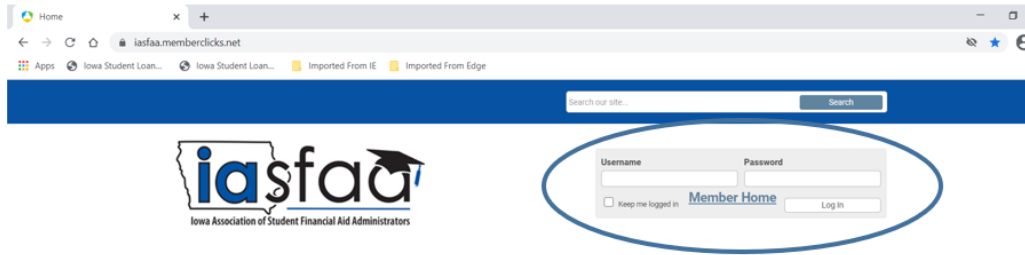
**Delegates:** Lori Evans, Sarah Freestone, Gary Adams

## Keep your IASFAA profile up to date!

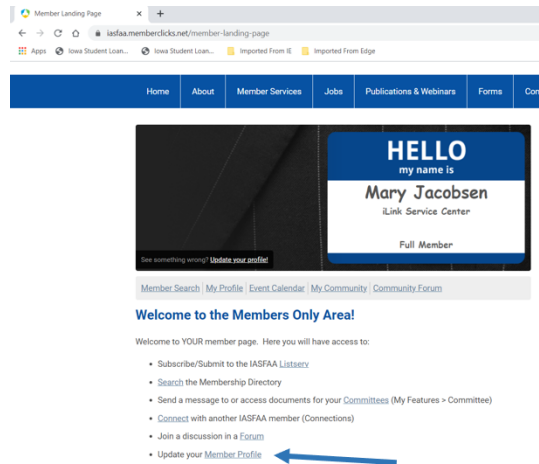
*From Mary Jacobsen, Electronic Services Committee*

The information you provide when you set up your IASFAA web account is used by the association for various things, like finding speakers for conferences and awarding Years of Service awards. With our transition to the MemberClicks platform you now have the ability to keep your profile up to date. On the next page are instructions for accessing your profile to update things like Areas of Expertise and year entered the profession. We also encourage you to upload a profile picture to make it easier for other members to identify you at IASFAA events. If you don't provide a profile picture you leave it in the hands of the Electronic Services Committee to choose one when it is needed :)

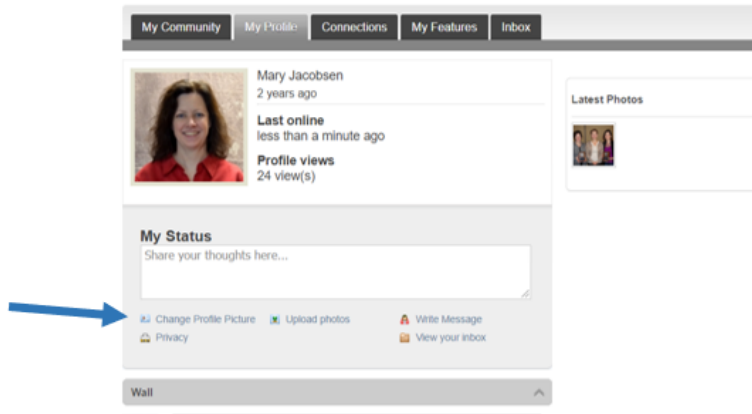
At the main IASFAA site **log in** at the box in the top right hand corner.



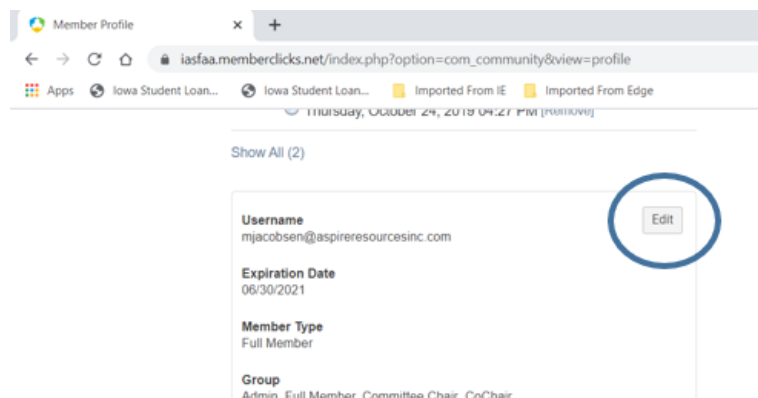
On the **Member Home** page select **Member Profile**.



On the **MyProfile** page you can update your Profile Picture.



Scroll down on the **MyProfile** page and choose **Edit** to update any of your profile information.



# Announcements

Doug and **Heather Gaumer**, Director of Business Development, Sallie Mae, welcomed Forrest Wolfgang Gaumer to the world on February 20, 2021 at 8lbs 5oz and 21.5 inches. Everyone is healthy, happy and getting some sleep!

**Jared Reed** recently started as the Financial Aid Director at Southeastern Community College. Jared comes to financial aid after having previously worked as PACE Director at Southeastern CC. Welcome to the IASFAA community Jared!

**Kathy Kerber** recently retired as a Financial Aid Counselor after 38 years in the position at Luther College.

**Dustin Reis** has been hired as a new loan coordinator at Grandview. Dustin comes with previous experience in student accounts at Upper Iowa University's West Des Moines campus.

**Gary Adams and Shelly Brimeyer** got engaged in November! The wedding will take place in July of 2021 in their backyard!



Meet Forrest Wolfgang Gaumer!



Congratulations Gary and Shelly!

## Connect with us!

Please send content suggestions or member updates to [kelsey-ryder@uiowa.edu](mailto:kelsey-ryder@uiowa.edu) or [tristan.lynn@iowa.gov](mailto:tristan.lynn@iowa.gov).



Like the IASFAA page on Facebook for more updates and photos!

# Member Voices

We asked for your cooking experiences and recipes and you all delivered!

## **Mississippi Roast** (from Pinterest)

From **Mary Jacobsen**, Aspire

1 beef Chuck roast

1 packet of Au Jus mix

1 packet of Ranch Dressing mix

1 stick of butter

½ - 1 jar Pepperoncini Peppers

1. Place roast in crock pot.

2. Sprinkle packet of Au Jus mix over roast.

3. Sprinkle packet of Ranch seasoning mix over roast.

4. Place stick of butter on top of roast.

5. Place Pepperoncini peppers on top of roast. Pour in a little juice if desired.

6. Cover and cook on low all day. (Do not add water)

From **Matt Falduto**, Kirkwood Community College:

My wife and I have been ordering meal kits the last couple of months. They send you all of the ingredients and a recipe card. The food is excellent and the best part is it's been a lot of fun for us to make the meals together. We've never been food focused people (we're both extremely picky) but they give you enough choices that we can always find great recipes that are tasty, healthy and fun to make together. And we tried some things we might have turned away from before. We use EveryPlate, but there are a whole host of options out there. So if folks are looking for an easy way to spice up dinner plans, maybe check out one of those services.

# Member Voices cont.

From **Shelly Brimeyer**, Iowa Student Loan

I'm really lucky because Gary is really receptive to new recipes, so a few months ago, I started using the Food Network app much more consistently. I like the variety of chefs they include and their individual recipes, plus it's an easy app to use. I typically try to plan a two-week menu in advance of grocery shopping, which is really helpful for budgeting!

We try hard to eat lean meats like chicken and pork, and Ina Garten has quite a few good – and easy - recipes using both kinds of meats, although coriander seems to play a heavy role in her recipes (I usually reduce the amount). Two other frequent ingredients in Ina's recipes are lemons and dry white wine, so those are typically found in our fridge now! I also found a yummy chicken tortilla soup recipe for my dairy-free future daughter-in-law, which she loves.

I'd like to share two recipes, if I may. Often, we don't think of cooking a turkey outside of the holidays, probably because of the work and mess involved, but a turkey breast is half the size and mess and Ina's herb-roasted turkey breast recipe is amazing.

To make breakfast easy and yummy during the holidays, I've made Ree Drummond's cinnamon rolls, which everyone who's had them absolutely loves - they are melt-in-the-mouth amazing! The recipe makes a TON but they freeze well so my kids can take home about a dozen. No need to be afraid of making them if you're not a dough person, they are fairly easy to make and well worth the effort. The trouble is, however, that you rarely can eat only one...

Cinnamon rolls: <https://www.thepioneerwoman.com/food-cooking/recipes/a11914/cinammon-rolls/>

Herb Roasted Turkey Breast: <https://www.foodnetwork.com/recipes/ina-garten/herb-roasted-turkey-breast-recipe-1943552>

# Member Voices cont.

## **Instant Pot Lazy Lasagna** (courtesy of Meal Plan Addict)

From **Sue Geerts**, Clinton Community College

All the tasty amazingness of a traditional lasagna, but this is the Instant Pot Lazy Lasagna version. No messing around with boiling noodles, making sauce, and then baking it. Oh, and 4 minute pressure time for this one!

### Ingredients

1 lb lean ground beef

1 cup diced onion

2 cloves garlic minced

1 (25oz) jar spaghetti sauce of your choice

3 cups water

4 cups dry mini lasagna noodles (mafalda noodles or sub penne or rotini)

1 cup shredded mozzarella

1 cup cottage cheese or ricotta (optional)

1/2 tsp salt

1/4 tsp pepper

### Instructions

1. Press the sauté function and once the pot is hot, add the ground beef, salt, and pepper. When almost all of the pink is gone, add in the onions and garlic, and cook until the onions are translucent. Drain grease if there is any. Also scrape any bits off the bottom to prevent the burn signal.
2. Press cancel. Add in the sauce. Mix to combine.
3. Add the noodles on top of the meat and sauce mixture.
4. Add the water on top of the noodles. Do NOT mix. Gently press down any noodles that are not submerged in the water.
5. Place the lid on your pot. Secure and set to sealing. Set the time to 4 minutes (high pressure).
6. When the pressure cycle is done, quick release the pressure (you don't want the noodles to over cook). If there is foam it spurts out. Close the valve for 3 seconds, open for 3 and repeat until spurting stops.
7. Stir in the cottage cheese.
8. Add the mozzarella on top. Place the lid back on to trap the heat. Let sit until it is all melted and amazing.

# Member Voices cont.

## Mom's Best Meatloaf

From **Carin Kruger**, Scholarnet

1.5 lbs ground beef

1 egg

1 onion, chopped

1 cup milk

1 cup cracker crumb

Salt and pepper

2 tablespoons brown sugar

2 tablespoons mustard

1/3 cup ketchup

1. Preheat oven to 350
2. Sauté the onions in butter before.
3. Add 1 tablespoon of Worcestershire to meat mixture. Add dash of garlic powder to meat mixture.
4. In a large bowl, combine the beef, egg, onion, milk and cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 loaf pan.
5. In a separate bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.

# Member Voices cont.

## Blueberry Coffee Cake

From **Deb Gossman**, College Ave

¾ cup sugar	2 cups flour
¼ cup butter	2 tsp baking powder
1 egg	½ tsp salt
½ cup milk	2 cups blueberries

Topping:

½ cup sugar	½ tsp cinnamon
1/3 cup flour	¼ cup soft butter

Heat oven to 375 degrees. Grease and flour square pan (9" x 9"). Mix sugar, butter, and egg. Stir in milk. Measure flour. Blend dry ingredients, stir in wet items. Carefully fold in blueberries. Spread batter in pan.

Sprinkle top with mixture of topping.

Bake 40-50 minutes.



# Member Voices cont.

From **Rachael Koehler, Iowa Valley Community College District**

Not exactly cooking but I absolutely enjoy baking! Here are a few of my cake designs from over the years. In our house, we enjoy traditional vanilla. This is our go-to cake recipe with browned butter glaze.

Vanilla Cake with Vanilla Bean Browned Butter Glaze

Cake

- 1 cup all-purpose flour
- 3/4 cup granulated sugar
- 2 teaspoons baking powder
- pinch salt, optional and to taste
- 1 large egg
- 1/2 cup buttermilk
- 1/3 cup sour cream, lite is okay (plain Greek yogurt may be substituted)
- 3 tablespoons canola or vegetable oil
- 2 teaspoons Extra Rich Pure Vanilla Extract

Glaze

- 1/4 cup unsalted butter, browned
- 1 heaping cup confectioners' sugar
- 1 teaspoon vanilla bean paste
- pinch salt, optional and to taste
- about 1/4 cup cream or milk, or as necessary for consistency



# Member Voices cont.

Vanilla Cake cont.

Make the Cake

1. Preheat oven to 350F. Line an 8-by-8-inch baking pan with aluminum foil, spray with cooking spray; set aside.
2. In a large bowl, whisk together flour, granulated sugar, baking powder, optional salt; set aside.
3. In a separate small bowl, whisk together the egg, buttermilk, sour cream, oil, and vanilla.
4. Add the wet mixture to the dry, mixing lightly with a spoon or folding with a spatula until just combined. Small lumps will be present, don't overmix or try to stir them smooth.
5. Turn batter out into prepared pan and bake for about 29 to 32 minutes, or until center is set and not jiggly, and a toothpick inserted in the center comes out clean or with a few moist crumbs, but no batter.
6. Place pan on a wire rack and allow cake to cool. While cake cools, make the glaze.

Make the Glaze

1. Brown the butter. Cook butter over medium-high heat in a small saucepan until it's amber to brown in color, about 5 minutes depending on pan size, but watch it closely so you don't burn it. I swirl the pan in the last minute or so to make sure I can really see the color changes. Butter will go through stages of hissing, sputtering, and making noise until the water cooks off at which point the browning occurs. Butter will smell nutty and aromatic.
2. Transfer butter, including brown bits at the bottom of the pan (they're flavor powerhouses, keep them) from pan to large mixing bowl which stops any carryover cooking.
3. Add the confectioners' sugar, vanilla bean paste, optional salt, and slowly add the milk, whisking until smooth or beat with a handheld electric mixer. As necessary, add additional cream (or confectioners' sugar) to reach desired glaze consistency. Glaze should be of medium thickness and easily pourable.

Assemble the Cake

1. Evenly pour glaze over cake (doesn't have to be fully cooled), smoothing it lightly with a spatula if necessary, but glaze will likely just slide into place.
2. Allow cake to cool in pan uncovered for at least 2 hours (or overnight and cover with a sheet of foil) before slicing and serving so glaze can set up.
3. Cake will keep airtight at room temperature for up to 5 days, or in the freezer for up to 6 months.