

# News You Can Use

Newsletter Q3 Vol 01 2022



Serving the community is the core of Congressional Federal's mission. In that spirit, we are excited to announce the addition of an E-Recycling day to our popular community Shred Event initiative! Take advantage of this secure way to dispose of data-storing electronics and protect yourself from identity theft and fraud. Not all electronics will be accepted; please see our website for eligible and ineligible items.

Also be sure to register for the educational seminars for the rest of the year, listed below. Check out other educational resources with articles and videos on a variety of topics: wealth building, fraud prevention, and ways for renters to reduce energy bills as inflation continues to drive up costs.

Lastly, some reminders to enjoy competitive fun for good causes. The Congressional Football Game is just around the corner, and the Balance Track "Back on Track" Summer Sweepstakes is still running through October 31st. Don't miss out on your chance to win big while boosting your financial know-how!

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## Upcoming Educational Seminars

**September 21:** [Tax Management Strategies >](#)

**October 25:** [Long Term Care: Protection Strategies >](#)

**November 17:** [Managing Your Thrift Savings Plan >](#)

**December 14:** [Principles of Preserving Wealth >](#)

## Congressional Federal's E-Recycling Event

Saturday, October 8 | 9am – 12pm

## CFCU's E-Recycling Event!

Need to dispose of used electronics that stored sensitive data (e.g., old laptops and cell phones) safely and securely? Join us for our E-Recycling Event on Saturday, October 8, 2022 from 9am – 12pm at our Oakton, VA location. Please review the list of accepted items; some types of electronics will not be accepted. [List of acceptable items >](#)



### Daily Habits That Make Building Wealth Easier

Building wealth is not an easy process, but with discipline and hard work, it can be possible. In this article you will find a few strategies and everyday habits that can make wealth building easier.

[Read more >](#)



### Utility Services Phone Scam

Find out how a targeted victim of a utility services scam was lucky and hung up before they got her info. Her story points out how easy it is for criminals to call pretending to be from utility companies.

[Watch the video >](#)



### Ways for Renters to Reduce Energy Bills

For most people who rent, installing solar panels and other major changes to the home to save on energy bills is not an option. Here are some ways you can save energy & money as a renter.

[Click for more information >](#)



## Congressional Football Game

CFCU proudly supports the 13th annual Congressional Football Game on September 21, 2022 (Kickoff at 7:25 PM). This event honors and supports the men and women of the U.S. Capitol Police and the families of fallen officers.

[More details >](#)

*The BalanceTrack*  
**BACK ON TRACK**  
*— Summer Sweepstakes —*  
**ENTER TODAY!**  
**\$500 GRAND PRIZE**  
**+ MONTHLY GIFT CARDS!**

## The Balance Track "Back on Track" Summer Sweepstakes

Enter the "Back on Track" Sweepstakes, featuring big prizes for our BalanceTrack users! Begin your journey to good financial health today with BalanceTrack modules from BALANCE. Contest runs until Oct 31, 2022.

[Click for more information >](#)



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