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The Shazam Bolt\$ app is enhanced with convenience and speed!

Identifying potential fraud, monitoring accounts and finding ATMs is easier and faster

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Shazam Bolt\$ provides alerts for:

- Purchases exceeding cardholder-defined thresholds
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- Suspicious or high-risk transactions

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- Send fraud alerts 24/7
- Block and unblock your card
- Locate ATMs, nationwide
- Provide account balance information

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Plover Office

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PLAN MEALS TO SAVE MONEY

Monthly menu planning can curb food waste, improve nutrition, and save money

Imagine bringing home eight bags of groceries and throwing two straight in the trash. It sounds crazy—but Americans do it all the time. Statistics vary, but some estimates have us tossing as much as a quarter of the food we buy.

A healthy plan

Menu planning is one strategy to cut down on that waste and improve our diets at the same time.

"Planning can make a huge positive difference," says Toby Smithson, a spokesperson for the Academy of Nutrition and Dietetics, Chicago. "People make healthier choices when they plan."

A month at a time

Monthly menu planning is easier that it might seem.

"I found that our family was enjoying similar meals each week and that I could easily shop and plan for several weeks at one time," says Jessica Fisher, a monthly food-planning advocate and blogger at goodcheapeats.com.

Fisher, who has been planning menus a month at a time for nearly 10 years, recommends starting with a paper or electronic calendar. She first fills in special occasions, regular taco or pasta nights, and other favorites. By the time she fills in the standards, she is often halfway done.

Cut calories, trim waste, save time

Fisher says planning ahead saves her time because she can buy in bulk, cut down on shopping trips, curb impulse buying, and resist eating out.

Lindsie Lizotte, who writes the blog Mom's Bistro (momsbistro.net) from her home in Littleton, Colo., agrees. "I always know what is for dinner, I know what is in my fridge, and I know how much money I have to spend each week," she says.

Take control

If plotting a whole month seems like too much regiment, Smithson suggests starting with a week. You can always build in nights for dining out. You also can leave nights open for flexibility.

Last, don't overlook food storage. Much of our food gets tossed because it spoils or expires. When you store food properly and use the most perishable items first, you'll waste less.

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iPhone

Scholarship Winners

Congratulations to Austin Carlson and Ashley Peplinski for each winning a \$500 scholarship from Members' Advantage Credit Union. They each wrote an essay and were judged anonymously. The essay requirements were:

Explain how membership in a credit union will personally benefit you and how the credit union movement will benefit your generation. Why are you a good candidate to receive this award?

Austin will be attending the University of Wisconsin-Madison.

Ashley will be attending the University of Wisconsin-Superior.



Austin Carlson

Ashley Peplinski

MACU now has Chip Credit and Debit Cards!

You will receive your new chip card when your current card expires.

HOW DO I MAKE CHIP TRANSACTIONS AT ATMs AND POINT OF SALE TERMINALS?

1. Insert your chip card into the ATM or point of sale terminal following the instructions on the terminal. It is important to leave your card in the terminal until the transaction is complete. If you remove your card too soon, the transaction will end and your purchase will not be processed.

- 2. The terminal may require you to input your PIN or sign your sales receipt to complete your purchase.
- 3. For sales transactions, the terminal will display your purchase amount.
- 4. When your transaction is complete, it is important to remember to remove your card.

FAQs ABOUT YOUR NEW CHIP CARD

What is a Smart Chip or Chip Card?

Your chip card comes with an encrypted microchip embedded in the card. The microchip provides an enhanced layer of security to your transactions.

How is a Chip Card more secure?

The embedded microchip provides unique data specific to your card and the transaction being processed. These security features make your new Chip card extremely difficult to counterfeit.

Why is my card being upgraded to a Chip Card?

Chip technology is already used in other countries and now is coming to the U.S. Your new chip card provides an extra level of security and is easier to use at places already using chip technology.

Can I use my card for everyday transactions or at non-chip terminals?

Yes! Your chip card will also have the usual magnetic stripe on the back so you can continue using your card at ATMs and point of sale terminals while merchants in the U.S. are transitioning to new terminals.

What to Keep and What to Toss

It's a great feeling to toss items when spring cleaning but there are a few items you'll want to be sure to keep.

* Tax returns and documentation--Keep a copy of all 1040 tax forms permanently. Keep supporting documents like W-2s, receipts, and statements for seven years.



* Receipts--Keep ATM receipts until you confirm

the transaction posted to your account. Hold onto general receipts until you're certain you won't be returning the items. If the item you purchased has a warranty, keep the receipt until the warranty expires. File receipts you'll need for tax purposes with other tax documentation.

* If you still pay bills online and receive paper statements, consider switching to automatic bill pay and electronic statements. If you still prefer paper versions, shred utility bills as soon as your account shows that you've made a payment.

* Keep credit card bills for one year unless you need them as proof of purchase.



NCUA

Successful people make money. It's not that people who make money become successful, but that successful people attract money. They bring success to what they do. -Wayne Dyer





ACROSS

3. Fill in this famous quote common among Patriots: "No

- 5. The Star-Spangled Banner was written about the American
- _____ of Independence begins with "We the people." 6. The
- 8. British tea was dumped into the harbor during the _____ _ Tea Party.
- 9. The colors of the United States are red, white and _
- is the power or right to act, speak, or think how you want.

DOWN

- 1. This general went on to become our first president.
- 2. The National _____ is sung before many sports events.
- 4. There were _____ _____ states in 1776.
- 5. These things light up the sky on the Fourth of July.
- 7. During the American ______, the colonies wanted to separate from Great Britain.
- 10. A _____ dollar bill has George Washington on it.

ANSWERS: I. Washington 2. Anthen 3. Instantion 4. University of San and San and San and San 3. Revolution 8. Boston 9. blue 10. one 11. Freedom



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PLOVER

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24 hr Drive-up ATM **No Surcharge for Members** using a MACU debit card.

WE WILL BE CLOSED

July 4, 2016 - Independence Day September 5, 2016 - Labor Day



without representation!"