

A note from Dave,

Happy 2019 Everyone! On behalf of the staff and board of directors of Mount Vernon Bank & Trust Company, I would like to take this moment to thank you, our customers, for your business and your continued support over the past year. The technology of banking has changed dramatically since I started in Waterloo in 1989, however, what has not changed are the continued good relationships forged between staff and customers. Over the years, my younger kids and now my younger grandkids ask what I do at the bank everyday...my response, "I help people and make friends." Some may chuckle at this simplistic answer, but it truly is at the essence of what the staff at MVB&T sets out to do every day. Put it another way, we hope to provide value in the business of banking, with quality products and solutions that will assist you now and in the future. If we are fortunate to get to know you personally along the way, well, those good relationships are what make community banking rewarding. Please don't hesitate to stop in the bank in 2019 and say hello to our staff, they would love to see you.

David M. Bar

New Year, New Look

It is time to freshen things up a bit as 2019 marks the 30th anniversary of Friends Plus and the 135th anniversary for the bank. We are very proud for these benchmarks as it speaks to the continued support we receive from you. We take your loyalty very seriously and strive to offer you genuine, quality, customer service each time we serve you.

Join us throughout the day on Friday, January 18th, as we will have a small celebration for our 135th in the lobby.

Bank Training Day

We will be closed on Monday, January 21st, for our annual staff training day. Remember you can always access your account through On-Line Banking, Mobile App, or our 24-hour ATM.

December Activities

The weather was beautiful for our Holiday Open House and the breakfast buffet was delicious. We hope you liked the changes. If you have any suggestions, please let us know. Thank you to all who came, spending time with you is always enjoyable.

Mount Vernon's Magical Night kept the bank staff hopping as they prepared for Santa's visit. The transformation from a working environment to a winter wonderland must happen within a 45-minute time frame. The Mount Vernon High School Choir volunteers added to the ambiance of the evening. We are grateful they are willing to share their time and talent with the community. Our photographer, Dave Thackery, took close to 300 photos that night.



Holiday Open House Fun



Spending Time with Friends



Dix Family Photo

Winter Blahs

With shorter daylight hours and the colder temperatures of winter it is not uncommon for people to get the Winter Blahs. There are several things you can do to help combat this seasonal affliction:

Stay Active, Exercise

A short walk outside will help invigorate your mood. If outdoor activity is not an option, try an indoor yoga class or follow along with a workout DVD in your own home. Just keep moving.



Get Some Sun

As little as 20 minutes a day can help improve your mood. We can take a lesson from cats by sitting or lying by a sunny window to gain from the sun's energy. There are special lamps available to help replicate the sun's effects on your body if you have limited access to natural light.

Feed your Body a Variety of Foods

In the colder months we tend to eat heartier, carb heavy, comfort food. Don't forget to eat fresh vegetables and fruits as well as protein to keep your body in balance.

Learn Something New

Keep your mind active, learn a new hobby, read, teach yourself how to play an instrument, take an online class. Set small attainable goals for yourself to help keep you motivated.

Socialize

Get out and spend time with other people. Interaction with others will give you something to look forward to and help boost your spirit. We are very fortunate in Mount Vernon and Lisbon as we have several organizations offering a variety of activities to participate in:

Southeast Linn Community Center

In conjunction with the Lisbon Library, SELCC is offering free movie matinees every Thursday, at 12:30 pm. If you would like to have lunch before the movie contact Nicole at 455-2844 for details.

SELCC is also offering a free light breakfast and bingo on Fridays from 9:30 to 11:00 am.

Cole Library

Offers a Tuesday morning book club, from 9:30 to 11:00 am, room 310, every third Tuesday of the month. To learn more about the group you can call Sherene at 319-535-1105.

On Monday, January 28th, 1:00 pm, Cole Library will be offering a free movie matinee in room 108. You can go to their website, www.colelibrary.org, or call 319-895-424-71 for more details.

Cornell College

Also, on Monday January 28th, 7:30 pm, Kings Chapel will be the venue for Music Monday with the Rod Pierson Big Band, featuring Craig Boche. This is a free concert.

Remember Spring is just around the corner.

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