

Check out the latest edition of PostScripts.



PostScripts

THE QUARTERLY NEWSLETTER FOR MEMBERS OF U. S. POSTAL SERVICE FEDERAL CREDIT UNION



IN THIS ISSUE

- Thank You for a Great Annual Meeting
- Congratulations to Our 2023 Scholarship Winners
- Get the Jump on Your Vacation Budget
- Where Did All the Money Go?
- Boost Your Financial Knowledge
- Your Membership Offers More



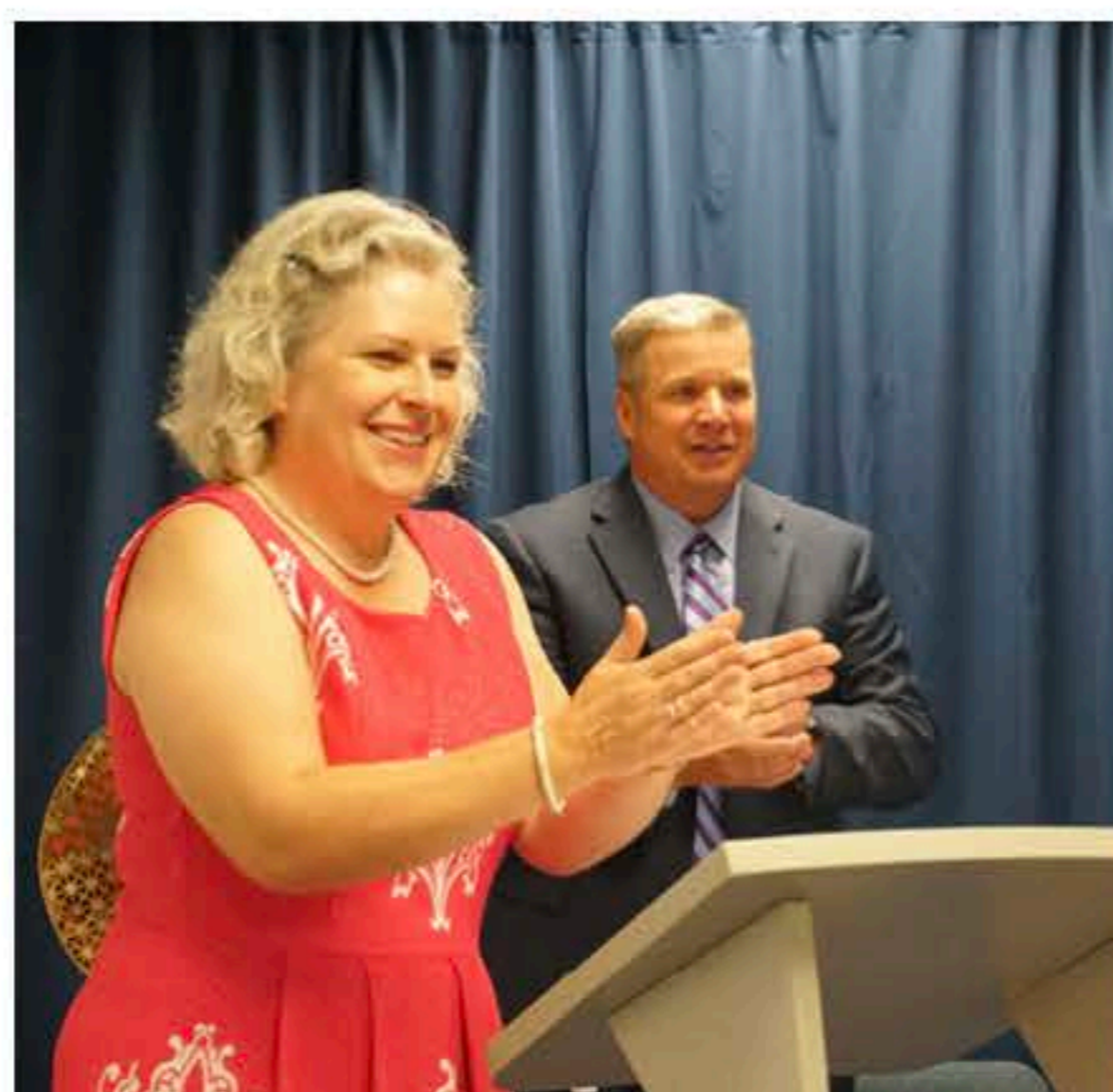
THANK YOU FOR A GREAT ANNUAL MEETING!

Our 89th Annual Meeting occurred on July 26, 2023, and had a great turnout from our valued members. This was a very special Annual Meeting for USPS FCU as it was our first in person since the COVID pandemic.

At this year's meeting, we were able to give away six \$250 Certificates of Deposit to our participating members both online and in person.

An electronic copy of the 2022 Annual Report can be viewed [here](#). Physical copies or black-and-white copies will be available upon request.

We want to give a special thank you to all of the attendees, both virtual and in person! We look forward to seeing you all again next year.



ANNUAL MEETING ELECTION RESULTS

There were four vacancies for the Board of Directors this year. No printed ballot was distributed, as there was only one nominee for each position. The following nominees were elected by acclamation at the Annual Meeting to serve a two-year term.

Thomas Dale, Jr.

Richard Gatewood

Charles McCullough III, Esq.

John Rosato

[Congratulations to the winners, and many thanks to everyone who participated in the meeting.](#)

Your Board members for 2023 are Chairman Michael E. McCartney; Vice Chairman Christina Lewis; Secretary/Treasurer Thomas E. Dale, Jr; Directors John F. Rosato; Gilbert A. Ford, Jr.; Richard E. Gatewood; Brady Hayden; Richard Yessian; and Charles A. McCullough, II, Esq.

Congratulations to Our 2023 Scholarship Winners

Thank you to those who entered our annual Scholarship Contest for 2023, and congratulations to our winners:

Kalei Serra, Upper Marlboro, MD – 1st Place – \$1,000

Diego Basahanda, Orlando, FL – 2nd Place – \$750

Rebecca Audette, Burbank, CA – 3rd Place – \$500

This year, we also awarded three \$100 honorable mention awards. These awards went to:

Alyssa Gayson, LaPlata, MD

Jonathon White, Debary, FL

Kennedy Williams, Greensboro, NC

The winners were notified by email, and the funds were deposited to their Credit Union Savings account.

We encourage all our high school and college members between the ages of 18-21 to enter this contest in the spring of 2024! We look forward to reading your interesting essays.



INVEST TODAY FOR A STRESS-FREE FUTURE

Relax with a 5.0% APY* 1-Year IRA Certificate!

[Learn More](#)

Talk to us about opening an Individual Retirement Account today!

*APY=Annual percentage yield, effective 9/1/23. Penalties may reduce earnings. Your savings are federally insured by NCUA to at least \$250,000 and backed by the full faith and credit of the United States Government.



GET THE JUMP ON YOUR VACATION BUDGET

Whether you're thinking about a future holiday or planning a vacation months down the line, the costs can creep up on you before you know it. Taking time to plan and save can help you avoid the stress that comes with overspending. Here are some tips:

- **Set aside just \$10 or \$20 a week** and watch your budget grow! If you start months ahead, you may be able to give yourself \$200 to \$400 by the time you need it. A [Club Account](#) from USPS FCU is the perfect way to set this money aside – plus, it'll earn dividends!
- **Set a budget.** You definitely want to make sure you don't come up short on bills or rent, so if you haven't already, create a budget and track your regular expenses.
- **Make a list and start shopping NOW.** It can be easy to get carried away. Making a list can help with both holiday gift shopping and vacation plans and make sure you stick to your budget. And if you start shopping around now, you can take advantage of any sales that crop up and ease your stress later.
- **Keep track of your money.** Just like you wrote down your lists to keep track of what you need to buy, you could also keep track of what you've spent. Periodically check to see if you are sticking to your budget.

WHERE DID ALL THE MONEY GO?

Are you ever surprised how empty your wallet is when you open it at a store? Do you ever wonder where all your money went when you check your account balances?

Even if you have a budget, you may find you fly through your flexible spending allowance. Check out these seven tips to successfully manage your money and stop the financial bleeding.

1. Track your spending. Perhaps the most obvious and the most tedious suggestion, tracking your spending even for just a month or two can help you spot where your funds are going. Keep receipts or enter your purchases into a spreadsheet or notebook as you go.

2. Follow a budget model. If you're struggling to structure your monthly budget in a way that makes sense for you, try following a model. We recommend either the "50/30/20 budget" (where 50% of your income goes to basic necessities and bills, 30% goes to wants and 20% goes to savings and debt repayment) or the "60% solution" (where 60% goes to fixed expenses and the last 40% is divided equally among retirement savings, long-term savings, emergency expenses and entertainment).

3. Resist impulse buys. Even if something is on sale, you can save more money by not buying it at all. If you've successfully left yourself some wiggle room in your budget, decide if it's truly worth spending your "fun money."

4. Treat saving like a bill. If you can, start by saving 10% of your income. It's okay to start with a smaller amount if needed – saving some is better than nothing at all.

5. Watch for sales. Unless there's a deadline for your purchase, wait for a sale or keep an eye out for discounts and coupons.

6. Use credit wisely. Don't spend more with a credit card than you can afford to pay on a monthly basis. If you struggle to be responsible with credit cards, try carrying cash so you can visually see how much money you have left on a given day or week.

7. Review your plan as necessary. Involve the family and make sure you review your plan once a month or so. Stick to your plan... but don't be afraid to alter it if you think it needs improving.





MONEY MINDFULNESS: PRACTICING FINANCIAL SELF-CARE

By [*GreenPath Financial Wellness*](#)

The prevalence of self-care messaging reminds us to nurture our physical and mental well-being with mindfulness practices, exercise routines and virtual detoxing. But what about financial self-care?

When we cultivate positive money habits and plan for our future, we are (quite literally) investing in ourselves. Financial self-care is rooted in self-awareness, discipline and intentionality. Here are several ways you can practice financial self-care, starting now.

Build a Budget

Building a budget is akin to giving yourself the gift of clarity: it allows you to track expenses, identify potential areas where you can trim spending and allocate funds to help you achieve financial goals. Rather than seeing budgeting as a restrictive practice, frame it as a tool that grants you freedom to spend where it matters. Connect with your financial institution to see what budgeting tools they offer and check out this [interactive budgeting worksheet](#) in the meantime.

Create an Emergency Fund

More than half of Americans fear they wouldn't be able to cover daily living expenses for a month if they lost their income tomorrow, according to a recent [Bankrate survey](#). Invest in your future peace of mind: set up an automatic, recurring savings deposit with the goal of setting three to six months' worth of living expenses aside. If you're living paycheck to paycheck, you can start small by setting aside 2% of your net income and gradually increasing your contribution rate when possible.

Tackle Debt

With recent federal interest rate hikes, borrowing costs have reached historic highs, which means even your debt is costing you more money. If you're feeling overwhelmed, you're not alone. Taking proactive steps towards debt reduction can improve your financial health and significantly reduce your stress. Unsure where to begin? Explore a [Debt Management Program](#), designed to pay off your debt in three to five years and deepen your financial resilience.

Plan for Retirement

If your employer offers a 401(k) retirement plan, take advantage of this benefit (especially if your company matches part or all of your contribution). Don't have a workplace retirement account? You can still open a [Roth IRA](#) – a tax-advantaged retirement savings account. If you find it challenging to save throughout the year, consider setting aside part or all of your tax refund as a way to begin investing without impacting your day-to-day budget.

Get Educated

One of the most empowering aspects of financial self-care is education. Chat with your financial institution about what resources they offer. If you want to explore courses and are worried about costs, take advantage of [free financial education online](#). Whether you're preparing to buy a home or navigating your auto loan, these sessions offer jargon-free, shame-free guidance to help you reach your financial goals.

Boost Your Financial Knowledge

As a valued member of our Credit Union, you have free access to our financial wellness educators at GreenPath, offering a plethora of resources available to you for the sole purpose of financial awareness and helping you achieve your goals.

[Learn More](#)

Consider taking advantage of GreenPath's free LearningLab+! Explore GreenPath's LearningLab+ for all things financial, with well-researched courses and tools to enable a better understanding of money for a healthy financial life.

[Learn More](#)

Don't miss out on all the free workbooks, guides and more that GreenPath offers! These tools and resources can help you manage your finances in a way that works for you.

[Learn More](#)

Upcoming GreenPath Webinar:

Cumpla el Sueño de Comprar una Casa – Achieve Your Dream of Owning a Home

This webinar will take place Wednesday, September 13, from 3:00 to 4:00pm EDT, and will be hosted entirely in Spanish. In it, we'll help you better understand homebuying and mortgages and help you navigate the system with confidence. We'll help you figure out where you are in the process and help you purchase the home you've got your eye on.

[Register Today!](#)

Sinking Funds: Your Savings Strategy for (Un)Expected Expenses

This webinar will take place on Wednesday, October 11, from 1:00 to 1:30pm EDT. It's never enjoyable when unexpected expenses pop up in our day-to-day financial situation. What if we can turn unexpected expenses into expected expenses and remove some stress from these situations? Join us as we discuss the concept of sinking funds and how you can structure your savings to prepare for the unexpected.

[Register Today!](#)

Here are some GreenPath webinars that you may have recently missed:



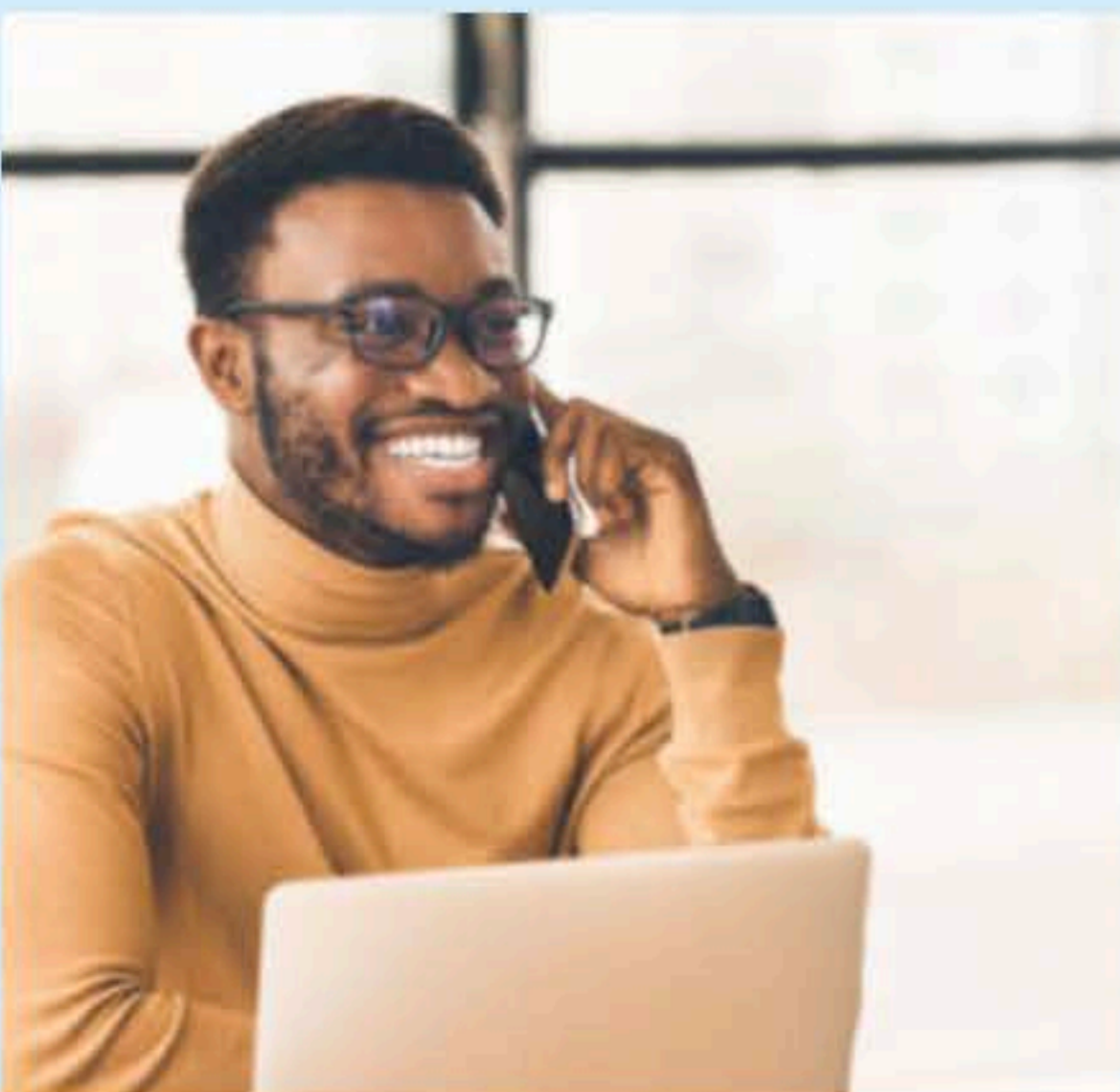
[Set Yourself Up for Financial Success in 2023](#)



[GreenPath's Best-Kept Secret](#)



[Understanding Credit Reports & Scores](#)



[It's Time to Prepare for Student Loan Payments to Resume](#)



[Navigating Medical Expenses](#)



YOUR MEMBERSHIP OFFERS MORE

As a member of U.S. Postal Service FCU, you have a no-cost **\$3,500 Accidental Death & Dismemberment** benefit. This AD&D benefit and other items listed below are provided jointly through U.S. Postal Service FCU and American Income Life Insurance Company (AIL).

If you have not done so already, please return the card you should have received in the mail so you may receive your certificate of coverage and name your beneficiary.

When you return the card, you can also receive a no-cost membership in the recently introduced **AIL Plus program**, your connection to convenient discounts on dental care, prescriptions, diabetic supplies, vision care and supplies, telemedicine, chiropractic care and more.

You will also have access to free Child Safe Kits for your children and grandchildren. These kits help you gather vital data, photos and fingerprints for authorities in the event of an emergency.

AIL has other supplemental insurance benefits that may be available to you and your family. If you have questions, please call American Income Life Insurance Company at 1-800-495-1213.

To respond online and see a message from your Credit Union, visit mybenefits.ailife.com and enter this access code: SGQCU



HOLIDAY CLOSINGS AND EVENTS

Labor Day

Monday, September 4

Columbus Day

Monday, October 9

Veterans Day

Friday, November 10 (observed)

Thanksgiving Day

Thursday, November 23



(301) 856-5000 · (800) USPS-FCU (877-7328)

NMLS ID: 501858 · Routing Number: 254075441



Federally Insured
by NCUA

Catch up on all the news at USPS FCU by visiting our [PostScripts newsletter archive](#).