

News You Can Use

January 2023 Newsletter



We hope this first newsletter of 2023 finds everyone in the Congressional Federal family safe and healthy. This time of year is about new beginnings, promise, and plans. As you look toward your 2023 finances, now is the perfect time to take advantage of one of our financial planning seminars. In addition to monthly virtual seminars, we are now pleased to offer in-person "Oakton After Hours" round-table discussions at our Oakton, Virginia branch location.

This year marks the 50th anniversary of the Credit Union Cherry Blossom 10 Mile Run & 5K known as the "Runner's Rite of Spring" in Washington, D.C. The event has adapted to our changing pace of life over time; note that this year, the 10 Mile Run and the 5K will be held on different days, and there will once again be a Virtual Run so runners can participate from anywhere.

This time of year also approaches a major milestone and rite of passage for graduating high school students. As we do annually, we are pleased to present multiple scholarship opportunities: Congressional Federal's Carleton "C.C." Jenkins Scholarship and the Credit Union Foundation of MD | DC scholarship program. We look forward to reviewing the submissions from our bright, creative young members, and sharing the winning entries in a future newsletter!

Upcoming Educational Seminars

February 22: Key Investment Strategies for Retirement >

March 16: Tax Management Strategies >

Upcoming In-Person Seminar: Oakton, VA Branch

March 1, 6:00pm – 7:30pm: Oakton After Hours

A round-table discussion with our wealth advisor Mikael Hallstrom



Capitol Hill Competition

Congressional staffers, get ready to run! This year marks the 25th annual Capitol Hill Competition. The registration period for congressional staff is **February 1-28**.

Congressional staff register here for the Capitol Hill Competition >

Virtual Run

Not a congressional staffer, but still want to run? The Virtual Run is a great option for you! Virtual Run registration is open until **April 9**.

Register here for the Virtual Run >

10 Mile Run & 5K

For all race dates and information, **visit cherryblossom.org >**



Tips to Avoid Tax Return Errors

Did you know that if there are mistakes on your tax return, it can take longer to get your refund? Avoid these common errors on your tax return so you don't delay any refund you might be due.

Watch the video >



Retirement for the Self-Employed

From gig work to freelancing to small business ownership, people are taking their futures into their own hands. Here are some steps you can take to provide a better tomorrow when you are self-employed.

Read the article >



College Scholarship Program

The Credit Union Foundation of MD | DC is accepting applications for one of ten \$1,000 essay-based scholarships, one \$1,000 video-based scholarship, and/or one \$1,000 photo-based scholarship. Deadline: April 15, 2023.

[Read more >](#)



4 Steps to Pay Down Holiday Debt

Did you go overboard with holiday spending? You're not alone. If you find yourself suddenly buried under a mound of credit card debt, here are a few methods that could help you dig yourself out.

[Read the article >](#)



Don't Ignore Your Credit Report

Hackers with access to financial accounts can do significant damage to your credit, quickly and anonymously. If you don't regularly check your credit report, you might not catch unauthorized purchases until it's too late.

[Find out more >](#)



2023 Carleton “C.C.” Jenkins Scholarship

Congressional Federal will award three \$3,000 scholarships to graduating high school seniors based on their academic standing and their answer to an essay question. Scholarship recipients must be members in good standing with the credit union and accepted at an accredited college, university or technical school. The application submission period is **February 1 - March 31, 2023**.

[More information >](#)



Visit us online: www.CongressionalFCU.org

