

News You Can Use

June 2023 Newsletter



School's almost out, temperatures are warming up, and the season of fun has begun. In that spirit, we're excited for an action-packed week of annual sporting events that support important causes in our communities. The Congressional Soccer Match takes place Tuesday, June 13th, and the Congressional Baseball Game for Charity is up to bat on Wednesday, June 14th. We hope you can join us for one of these events supporting organizations that mean a lot to us and make a big difference with their work in the Washington, DC area.

We are proud to share the three winning essays for our Carleton "C.C." Jenkins College Scholarship for graduating high school seniors. As always, we are inspired by the creativity and financial savvy that our young members display in their writing. Best wishes to all 2023 graduates for their bright futures ahead. If your teen is starting their first job this summer, we have included some tips for them as well!

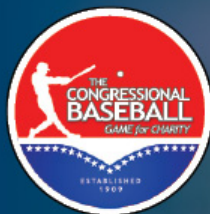
Whatever your plans may be, Congressional Federal wishes you a happy, safe summer.

Upcoming Educational Seminars

June 22: [Managing Your Thrift Savings Plan >](#)

July 12: [Long-Term Care Protection Strategies >](#)

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



Congressional Baseball Game For Charity



Proud Sponsor

Congressional Baseball Game for Charity

Join us on Wednesday, June 14, as we once again sponsor this beloved Capitol Hill tradition to benefit local charities such as the United States Capitol Police Memorial Fund and Boys and Girls Clubs of Greater Washington.

[Visit the website >](#)



Travel Hacks for Vacations with Kids

Traveling with kids can certainly come with challenges. Here are a few tips to help you maximize your time together and have the most fun for the whole family this summer.

[Read the article >](#)



First Jobs: What Teens Should Know

There are a few things your teen probably doesn't know about their very first job, that they should. Here are some topics you may want to discuss before your teen starts their new position.

[Learn more >](#)



Fake Update Ads Steal Passwords

Cyber-cheats are always out there, ready to use every trick in the book to steal our money, identities, etc. Read this article, and maybe next time you're alerted to an update, you'll take a closer look before you download.

[Read the article >](#)



8 Ways to Save on Your Gas Bill

Gas bills can be a significant expense for households, but there are some ways to reduce your costs. Here are eight ideas that can help save money on your gas bill.

[Read more >](#)



Congressional Soccer Match

CFCU proudly sponsors this charity soccer match benefiting children living in underserved communities. Join us Tuesday, June 13, at Audi Field, Washington, DC for this fun event.

[Learn more >](#)



Scholarship Winners

Congressional Federal has awarded \$3,000 scholarships to three high school seniors based on their academic excellence and thought-provoking essays. We're proud to call them Members.

[Read the winning essays >](#)



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