



Ready to Shred

Our Community Shred Day is happening soon. Heartland Shredding Inc. will be on site Saturday, April 12th, 9 a.m. to 11 a.m., with their industrial shredder. You do not need to remove staples or paperclips – this truck can handle it.

We will be set up in the upper parking lot and ask that you enter from the First Street entrance. Assistance will be available for removing your items from your vehicle. We ask that you bring no more than one tote per person.

This event is open to all community members. Please share this information with your neighbors, friends and family.



Fraud Tips Discussion

At our Bankers & Biscuits event last month, discussion led to current fraud trends and tips on how to protect yourself and your information. One suggestion was to add the bank's phone number to your contact list. This ensures that if you ever receive a questionable text, email, or phone call, you can call a phone number that you can trust.



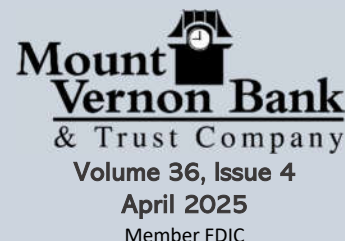
April is National Volunteer Month

Volunteering has a profound influence on individuals and our communities. It can foster a culture of generosity, encouraging people to dedicate their time and skills to causes that create positive change. By supporting local initiatives, volunteers help address social issues, education, environmental sustainability, and the arts. Their contributions strengthen communities, filling gaps where organizations may lack resources.

For individuals, volunteering offers personal growth. It enhances teamwork, leadership, and problem-solving abilities while providing a sense of fulfillment. Many volunteers experience improved mental well-being, as acts of kindness and service contribute to a sense of purpose and belonging. Additionally, volunteering can open doors to new career opportunities and social networks.

On a broader scale, volunteering influences societal attitudes by promoting empathy, cooperation, and civic responsibility. It bridges social divides by bringing people from different backgrounds together for a common goal. This fosters unity and mutual understanding, which are crucial for building stronger communities.

Ultimately, the influence of volunteering extends far beyond the act itself. It creates a ripple effect, inspiring others to give back, strengthening social bonds, and shaping a more compassionate and engaged society.



Upcoming Events

April 4th & 5th, April 11th & 12th
MVL Community Theatre presents "Calendar Girls." A matinee will be performed on Sunday, April 6th.

April 12th, Community Shred Day, 9 a.m. to 11 a.m., at the upper bank parking lot.

April 15th, Last day to make 2024 IRA or ROTH IRA contributions.

April 19th, Mount Vernon Fire Dept. Pancake Breakfast, 6 a.m. to Noon.

April 26th, Mount Vernon Cleanup Day

May 3rd & 4th, Mount Vernon's Chalk the Walk

For more information on community events, go to visitmvl.com.

MVB&T Employees in the Community

Recently we had a great group of volunteers out on US Highway 30 for roadside clean-up. This is the third year that Mount Vernon Bank has committed to picking up trash twice a year for a mile stretch along the south side of Highway 30.



Downsizing or Spring Cleaning

Are you downsizing or giving your home a good spring cleaning? Would you like to repurpose or keep items out of the landfill? Consider donating your excess to local charities. Most of the organizations accept various items to assist people in need. **Before taking donations to the organizations, visit their websites or call for policies to see if donations are being accepted (on occasions organizations may need to halt donations), and to confirm what items can be donated.**

Southeast Linn Community Center www.selinn.org 319-455-2844

Clothing: SELCC is home to Freestyle Clothing Closet. Gently used or new clothing, shoes and accessories for all ages. Open to all Lisbon and Mount Vernon residents. There is no charge for residents for the clothing, everything is free.

Cedar Valley Habitat for Humanity Restore www.cvhabitat.org 319-294-1500

Habitat ReStore is a home improvement store that accepts small and large donations of new or gently used furniture, appliances, houseware, building materials and more. Proceeds from the sales of these items help enhance Habitat's affordable housing work in Linn & Benton Counties.

Central Furniture Rescue www.centralfurniturerescue.org 319-382-2882

Provides furniture and household items at no cost to individuals and families who are transitioning out of experiencing homelessness and into their own places to live. Check their website for a list of items accepted.

Salvation Army www.satruck.org 800-728-7825

Accepts various furniture items, including couches, chairs, tables, dressers, and beds (with mattresses). Donations help fund various programs and services provided by the Salvation Army, as they sell donated items in their thrift stores.

St Vincent de Paul www.crsvdp.org 319-365-5091

Accepts gently used clothing, household and other miscellaneous items. This organization provides assistance to all people in need.

Willis Dady Homeless Services www.willisdady.org 319-362-7555

Linens, bath towels, washclothes, men's or unisex clothing, pillows, unopened travel sized shampoo, conditioner, body wash and razors.

Catherine McAuley Center www.cmc-cr.org 319-363-4993

Pots and pans, mixing bowls/serving bowls, utensils, cutting boards, can openers, box fans, brooms and dustpans, linens, pillows.

Goodwill www.goodwill.org 3 locations in Marion and Cedar Rapids

Clothing and accessories, household goods and other various items.

Some organizations may offer to pick up your items if you are unable to deliver them. If the organization is not currently able to accept donations, ask if they have an account at a resale store. For example, the charity may have an account at Stuff Etc. and any proceeds of the items sold will benefit the charity.

This is not a complete list of area organizations; please search online for more options.