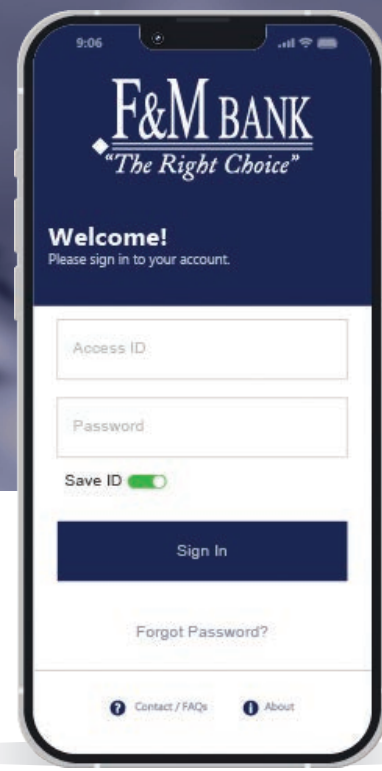


Digital Banking, made just for you.

New online & mobile banking is coming to F&M Bank consumer and business clients on Monday, May 20, 2024.



F&M BANK "The Right Choice"

101 E Main St, Manchester, IA 52057
220 W Main St, Anamosa, IA 52205
4000 1st Ave NE, Cedar Rapids, IA 52402
200 1st St SW, Cedar Rapids, IA 52404
111 E 1st St, Monticello, IA 52310
7641 Lake Dr, Lino Lakes, MN 55014
845 E County Rd E, Vadnais Heights, MN 55127

You asked. We listened.

F&M Bank is excited to bring our clients a completely transformed digital banking experience, with convenience in mind. All F&M Bank online & mobile users will transition to the new platforms on Monday, May 20, 2024.



MySpending*

Track spending categories, set spending limits, designate alerts, and review breakdowns on your online banking or mobile app.

*Consumer Only



Business Banking, Anywhere

Business clients can use their mobile devices to review and approve ACH and wire transactions. Anywhere, anytime.



ACH Positive Pay

Actively reduce ACH fraud by managing a list of approved or blocked companies and set transaction parameters for your payments.



User Privileges

Business owners have the flexibility to manage their employees' online banking access with full control over sub-user privileges.



CONGRATULATIONS! Mark Guetzko

Celebrating 19 Years on our Board



Congratulations on your retirement after 19 years on the F&M Bank Board of Directors.

Thank you for your leadership & commitment to excellence making F&M "The Right Choice"!

SAVE THE DATE

Have Lunch with us!

Friday, July 26

11 a.m. - 1 p.m.

F&M Bank • Vadnais Heights



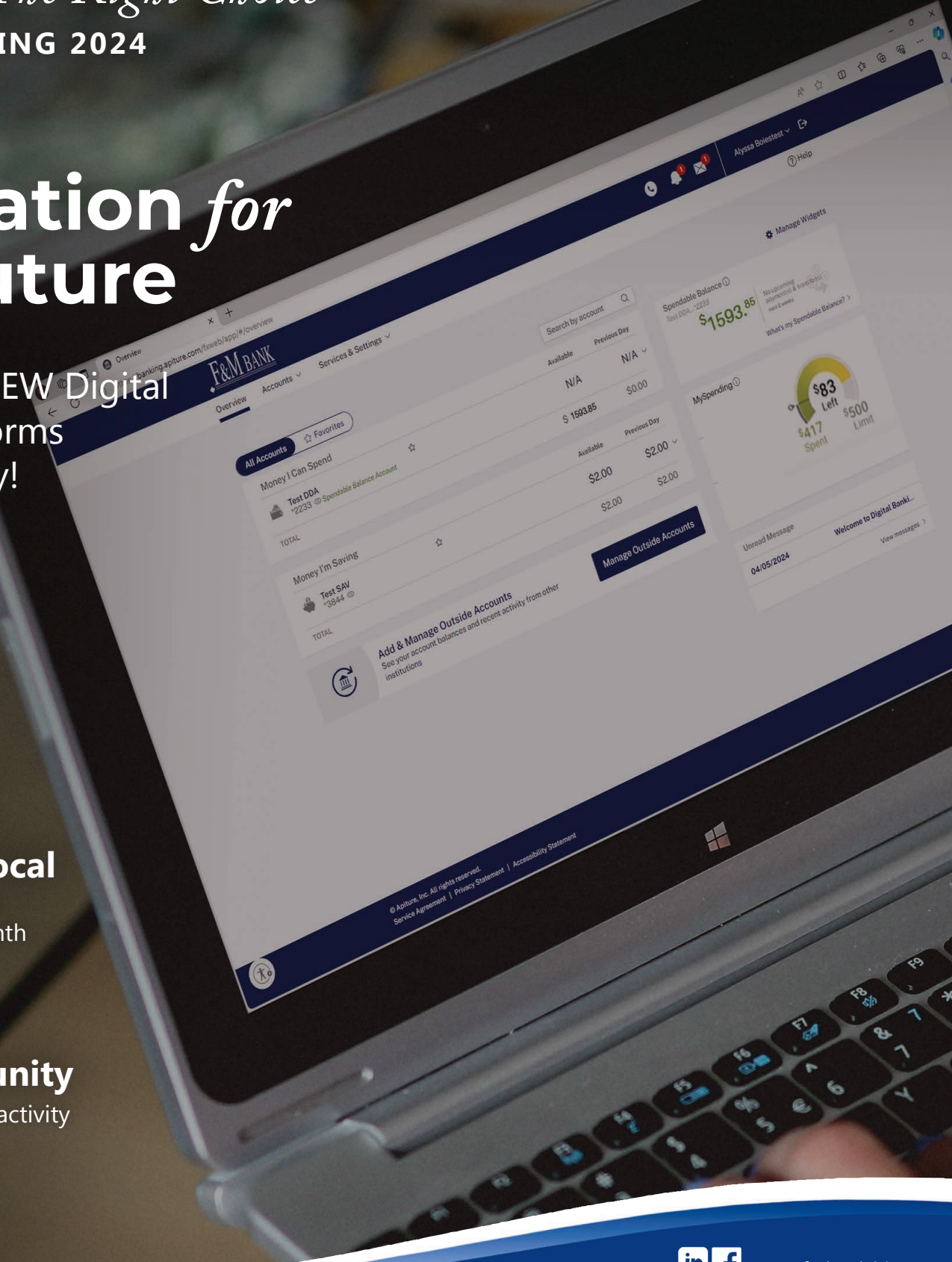
F&M BANK "The Right Choice"

Minnesota SPRING 2024

Innovation for your Future

F&M Bank's NEW Digital Banking Platforms Go Live in May!

PAGE 5



Supporting Local

Featuring F&M Bank's Businesses of the Month
PAGE 4

In the Community

Check out our recent activity
PAGES 3 & 4

Let's get started!

For news and information on the digital banking update coming in May, please follow us on social media and scan the QR code to view our website. We're looking forward to the new and improved F&M Bank online banking and mobile app!

F&M Bank clients are also encouraged to check their email in the days leading up to the go live date of Monday, May 20, 2024 for instructions on how to access the new digital banking platforms for the first time.

Be in the know.

Scan the code to learn more.





To Our Valued Clients

F&M Bank exists today for three very important reasons. First, to allow our clients to live out their personal and professional dreams. We exist to serve you, our valued clients. Second, to encourage our team members to live out their best version of themselves. Third, to make a greater impact in our communities collectively versus individually. As F&M Bank continues to build upon "One Team, One Culture with One Vision", we want to continue to keep our "Why" at the forefront.

As we turn the page on another Midwest winter, there is a phrase we all continue to hear (which I believe is being overused), "New Normal." This term is contradictory to, "the only constant in life is change," (Greek philosopher Heraclitus), or "when you are finished changing, you are finished," (Benjamin Franklin). In life, we are all constantly adapting to change, whether it's weather patterns, relationships, interest rates, inflation, or even health circumstances. There isn't much in life that remains constant

without at least some change. The term 'new normal' doesn't really have a given longevity. It might be "normal" for a day, week, month or maybe even a year... but there is likely change right around the corner.

Let's talk about a couple important topics in our world: inflation and interest rates. Whether you are a borrower of money or simply have assets with no debt, inflation and interest rates have affected us all in different ways. With the steep increase in interest rates we experienced throughout 2022 and into 2023, the Federal Reserve was bound and determined to get inflation back under control by increasing interest rates. For the most part, they have achieved this. Metrics continue to show we are getting closer to their target inflation number of 2.0%. With the U.S. Fed Prime Rate leveling off at 8.5% in July of last year, we have since been in the "wait and see" camp as the Federal Reserve continues to ponder their next move. Late last year and early this year, the talk was of five to seven rates cuts in 2024. That has now shifted all the way back to two, maybe three. There are some (including myself) that don't believe rates are coming down at all this year. We will see whose best guess ends up being right. We are all adapting to higher costs of goods and services, while understanding the cost to finance debt is at a new level (not a 'new normal'). Of course, this will likely change at some point and a few small rate decreases may actually be a good thing. My advice is to prepare yourself for more of the same, potentially for a longer period of time.

Speaking of change, you have read about Project Vision in the past couple newsletters, and your F&M Team is still hard at work making innovative changes to exponentially improve our clients' experience. Some of those changes went into effect last November. Due to these updates, you are experiencing later cut-off times, real-time deposits, and more up-to-date financial information. On Monday, May 20th, our clients will see another positive change. F&M has chosen to partner with Apiture, our new internet banking provider. With this new service, our clients will experience a new single sign-on feature for both business and consumers; ACH & check positive pay; "My Spending", a tool for consumers that will help budget and track expenses; on-the-go cash management tools for businesses; and a myriad of other features and benefits. Stay tuned for more communication from your F&M Team prior to our "Go-Live" date of May 20th.

Among all this change, there is one thing you can always rely upon. Your F&M Team is here to Exceed Expectations, while serving you, our valued clients. While BIG banks are reducing their footprints and leaving the communities we serve, F&M continues to support the communities in which we live and work. We are successful when the clients and communities we serve are successful. Maybe you know of someone who currently banks with an institution that is no longer present in our marketplace. If so, we would appreciate an introduction or warm referral. After all, word of mouth is the best form of marketing, and change is a good thing.

With Gratitude,

Nathaniel W. Dunn • President & CEO
ndunn@fmbank.biz

WELCOME NEW TEAM MEMBERS



Joel Isenberger

Joel joined F&M in December as Vice President & Commercial Banking Officer, with a focus on business development in the Twin Cities market. Joel graduated from Winona State University and brings over 7 years of banking experience. He and his wife, Jessica, reside in South Saint Paul. He enjoys traveling to see family and friends and hanging out with their nephew, Graham.

Find me on
LinkedIn



Darin Zielsdorf

Darin joins the F&M team as Executive Vice President & Market President. Darin brings over 31 years of banking experience. He and his wife, Monica, live in Arden Hills. The couple have three children: Nicole, Natalie, and Nathan. He enjoys playing golf and maintaining a good exercise routine.

Find me on
LinkedIn



CELEBRATING MILESTONES



Tirzah Wedewer

25
years
OF SERVICE

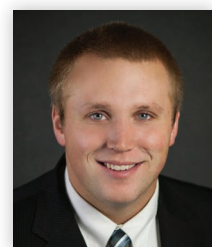


Keith Kramer

20
years
OF SERVICE

F&M Bank would like to recognize Tirzah Wedewer (Executive Vice President, Chief Financial Officer) and Keith Kramer (Executive Vice President) on their years of outstanding commitment to excellence. Congratulations!

CELEBRATING PROMOTIONS



Ben Stutt

F&M Bank is pleased to announce the promotion of Ben Stutt, Chief Credit Officer. "It is such a privilege to be a part of a team and an organization that I can be truly proud of and passionate about," said Ben. "I'm very excited about what the future holds". Congratulations, Ben!

IN THE COMMUNITY



Employees Give Back

In 2023, F&M Bank employees established the F&M Bank Employee Charitable Organization Match Program, a program in which F&M Bank employees voluntarily donate an amount of their choice with each paycheck. F&M Bank then matches the funds collected dollar for dollar, up to \$5,000.

The White Bear Lake chapter of Sleep in Heavenly Peace was chosen as the 2023 recipient, receiving an amount of \$4,140. Sleep in Heavenly Peace is a nonprofit organization that builds and delivers beds to children who do not have a bed. The donation covered the costs of 20 beds for kids in need.

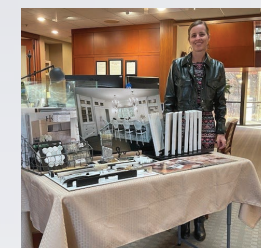


Sponsoring the Arts

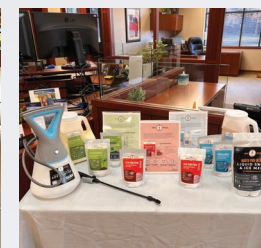
F&M Bank is proud to be a sponsor of the White Bear Center for the Arts, a nonprofit community art center serving people of all abilities and generations. WBCA offers art classes, showcases exhibitions from a diverse range of artists, and connects the community to art resources.

F&M BANK SUPPORTS

Businesses of the Month



Kitchens by Design



Northern Salt



THIS DAY Floral



Atlas Painting

FEBRUARY

Kitchens by Design offers complete kitchen and bath design and remodeling services for homeowners, contractors and designers in the Minneapolis and Twin Cities area.

Northern Salt provides products for year-round activities. From large scale municipal snow and ice management and bagged road salt to summertime dust control.

MARCH

Atlas Painting specializes in residential, commercial, and industrial painting. Delivering quality painting results through solid communication, high painting standards, and conscientious pricing.

THIS DAY Floral is the result of falling in love with growing Dahlias about 12 years ago. Over the years it has expanded into many other kinds of flowers.



In February, F&M Bank's Joel Isenberger spoke to a group of current/aspiring entrepreneurs about business banking and the importance of building a relationship with their financial institution at the February bossUP! workshop through You're Carrying Something

Great, a consulting firm in Minneapolis. They also touched on SBA lending and other practical banking tips.

F&M BANK Regency Club Presents...

GREECE

April 22 - May 2, 2025

Experience the history and awe of Athens, Mykonos, Santorini, and more! **Scan the QR code to learn more.**



The Fraud Corner

Keeping you in the know about fraud protection and the latest scam activity.

5 Tips to Avoid Wire Fraud

Wire transfers are a fast and convenient way to send money from your account to pay an invoice. However, because wire transfers are irreversible, they can also be the target of fraud schemes.

1 Remember, wire transfers are like sending cash.

Once sent, wire transfers cannot be reversed. If you make a mistake or are scammed, you may not be able to get your money back.

2 Know the warning signs.

Always be cautious if you receive requests to wire funds when you're not expecting an invoice. Also be aware of last minute changes to wiring instructions, especially if you've sent money to the source before and the account information has changed.

3 Ask yourself a few questions.

Did you verbally call and verify with a known phone number (not from an email request)? Do you owe this person/company for a service or goods? Did you get wire instructions from the bank?

4 Don't be rushed.

Scammers often change legitimate instructions to trick. If you've been asked to act immediately, slow down and take time to think the process through.

5 When in doubt, stop & get help.

If you feel unsure or suspicious, give us a call! Contact us immediately if you think you've fallen victim to a scam.