

Spot the Red Flags

Cybercriminals send more phishing emails now than ever before. When you receive an email, it's important to look for any red flags.

What is phishing?

Phishing is a type of social engineering cyberattack that uses deceptive message, such as email, texts, or websites to trick people into revealing sensitive information like passwords, credit card numbers, or financial details. Attackers impersonate a trustworthy source so that the victim's guard is down, often creating a sense of urgency or fear to get them to click on malicious links, download malware, or provide personal information.

How does it work?

The attacker sends a message pretending to be a legitimate or reputable company, a known contact, or a figure of authority (such as a police officer). These messages can come as emails, text messages, or phone calls. The goal is to lure the victim into taking a specific action, like clicking on a link to a fake website or opening a malicious attachment.

What can I do to protect myself against phishing?

Learning to spot red flags in phishing messages can help you stop the attack before it starts. When in doubt, don't click the link. If you're ever worried that it might be legitimate, call the business or person at a trusted phone number to confirm.

What do I do if I fell victim to a phishing scam?

Call F&M Bank immediately if you think you have fallen victim to a phishing scam. The earlier our Fraud team is involved in fraud situations, the more likely we are to recover funds or cancel fraudulent transactions before they go through.

6 Phishing Red Flags

1 Urgency

Applies pressure and authority to intimidate the recipient to act quickly.

2 Domain

Check the email address: Slight variations or too generic are suspicious. Ex: @microsft.com (missing the "o")

3 Tone & Typos

Contains spelling errors and/or poor grammar. Does it sound like the sender that you know?

4 Too Vague

Message may be really short, succinct, and lack context.

5 Gift Cards

Payment is demanded by gift cards, wire transfer, or cryptocurrency.

6 "Off" Vibes

Trust your gut and your instinct. If a message doesn't feel right, don't click or reply. Call a trusted source to confirm.



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



Happy Holidays!

The F&M Bank team wishes you and your family a Merry Christmas and Happy New Year!

Christmas

Wednesday, December 24 Closed at 12:00PM
Thursday, December 25 Closed

New Years

Wednesday, December 31 Closed at 3:00PM
Thursday, January 1 Closed

More information on cut-off times for transactions can be found at www.fmbank.biz/holiday-hours



Jones County WINTER 2025

Spot the Red Flags

How can you protect yourself against scam emails?

In the Community

Check out our recent activity

Voted one of the

C O O L

COOLEST PLACES TO WORK

www.fmbank.biz



A MESSAGE FROM OUR PRESIDENT



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.

2025 was certainly a very special year for our F&M Family. We spent the entire year celebrating our 100th Anniversary, through many different events. We kicked things off in Manchester with an EPIC Block Party Celebration in June. The city graciously allowed us to close a full city block, where we treated over 2,500 guests to a band of locally grown talent,

Not Quite Brothers. Along with the band, guests were treated to local street vendors and local businesses pitching in to make it a unique celebration. Certainly, a night that will be remembered, forever.

Next was our Cedar Rapids Metro Economic Alliance Biz Mix which we hosted at our 1st Avenue location. This was another special event which featured live music from a local musician, Billy Heller, and a local food truck. Mayor Tiffany O'Donnell and the President of the CR Metro Economic Alliance, Juliet Abdel, were there to support our event, while sharing a few words with our audience. Our team truly enjoyed connecting with our clients and community members.

We once again hosted our “Lunch with Us” events in Anamosa, Manchester and Vadnais Heights, with 100-year celebration themes. Understanding that our clients look to F&M as a trusted advisor, we decided to host two “Building a Legacy Business” events, one in Iowa and one in Minnesota. Guests were treated to a panel discussion of local legacy business owners, and a presentation by Joe Micallef on how People, Products and Processes can help you build a roadmap to become a legacy business.

We topped the year off with a special celebration at our annual Bankwide Training in Mason City, Iowa. Team members were treated to a full day of celebration and a special 100-year gift, while enjoying one another's company. These different events have all been built around the century celebration, but more importantly, they have deepened our connection between our team, our clients and the communities we proudly serve.

Thank you to everyone who helped us celebrate in one form or fashion, this year. 2025 will truly be a year to remember.

As we look forward to 2026, the Federal Reserve seems to be in the mode of cautiously lowering interest rates, while continuing to monitor inflation and the labor market. Tariffs and their long-term effects will continue to be discussed and monitored by all business owners, while everyone is in a “wait & see” mode, as negotiations continue. The local economy in general seems to be in pretty good shape, but there are always pockets or industries dealing with unique challenges.

Your F&M Team is here to Exceed Expectations, while serving you, our valued clients. 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 or unhappy with their service, if so, we would appreciate an introduction. After all, word of mouth is the most flattering form of marketing. Wishing you all a very Merry Christmas and a Happy New Year.

With Gratitude,

Nate

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



100 Year Block Party
June 7, 2025

WELCOME NEW TEAM MEMBERS



Madison Rubner

Madison, Customer Service Representative, joins F&M Bank in our Monticello branch. She loves to travel and enjoys playing golf in her free time. Welcome to the team, Madi!

TEAM CELEBRATIONS



Ashley Faust

Congratulations to Ashley Faust on celebrating 10 years at F&M Bank! Ashley is an Assistant Vice President, Compliance Specialist, and CRA Officer.

OUR CLIENTS SAY

"F&M customized their banking products and services to fit **my** business — not the other way around. Trevor goes above and beyond to provide a personalized, tailored experience."



Melissa Paulsen
RISE Counseling & Consulting

IN THE COMMUNITY



Treats for Educators

F&M partnered with Two Scoops to treat staff at Monticello teachers and staff at the high school, middle school, and elementary as they were preparing for the school year.



Monticello Fire Department

F&M Bank was proud to support the Monticello Fire Department's Steak Dinner. Funds raised will support future fundraising efforts along with new clothing and equipment.



Monticello Treats on the Streets

Thanks for stopping by for Treats on the Streets!



Junior Achievement

Ashley Faust had a great time with Springville Elementary students, teaching about spending and earning money.

F&M BANK EVENTS

Sustainable Success

As F&M Bank celebrates a century in business, we have learned many valuable lessons along the way. In October, we hosted a luncheon featuring a panel of local business owners and F&M Bank President and CEO Nate Dunn, as well as keynote speaker Joe Micallef, a business consultant.



Joe spoke on the three pillars that define a legacy mindset, including Product, Process, and People. "People bring your purpose to life," said Joe. "Business don't build relationships - relationships build businesses."

F&M would like to thank Duane Smith and Joe Schmitt for taking the time to share their experiences

and hard-earned life lessons with our guests. Duane is currently a Chairman of TrueNorth Companies and First MainStreet Insurance. Joe Schmitt is the CEO of Rapids Foodservice Contract and Design.

Food Truck Friday

Thank you for celebrating our 100 year anniversary with us with delicious food and sweet treats from Two Scoops and Chuckies!



Duane Smith, Nate Dunn, and Joe Schmitt were the panelists at our event, answering submitted questions and sharing their wisdom and thoughts on building and sustaining a legacy business.



F&M Bank is the Coolest

Congratulations to F&M Bank for being named one of the Coolest Places to Work by the Corridor Business Journal! The 2025 awards were held on Wednesday, November 19 at Big Grove Brewery & Taproom in Cedar Rapids.

