

MANDAN OFFICE

1006 E Main St | 701-667-9500
Monday-Friday 8:30am - 4:30pm | Drive-Up 7:30am - 5:30pm

BISMARCK OFFICE

112 S 24th Street | 701-222-8736
Monday-Friday 8:30am - 4:30pm | Drive-Up 7:30am - 5:30pm

QUARTERLY NEWSLETTER | AUGUST 2020

**“Autumn leaves don’t fall, they fly.
They take their time and wander on this
their only chance to soar.”**

~ Della Owens

2020 has been a very different year compared to those in the past. As we look into the future, we want to let you know that we are here for **you**.

Make sure we have your current email address so you can stay connected to the latest happenings at RCU. Give us a call or stop in and say ‘hi’!

NO ONE HAS EVER BECOME POOR BY GIVING.

~Anne Frank~

**We miss you! RCU wants to show our
appreciation to our Senior Express
members.**

**Senior Express members in the
Bis-man area will be entered into
RCU gift basket drawing.**

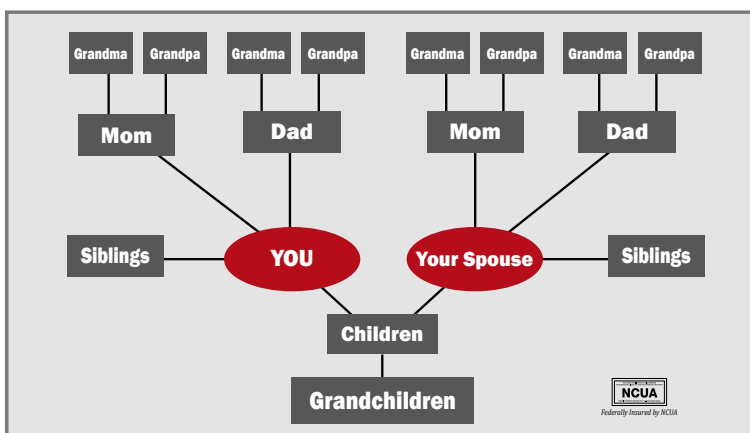
Gift Baskets will be delivered during the month of August
with respect to social distance guidelines.

Health & Wellness Tips

**Most of the focus based around COVID has
been around avoiding risk and what to do if
you become sick, however, it’s important to
look beyond the physical as well. To help
prevent stress from taking a toll on your
health here are some tips to promote health
and wellness.**

- **Take breaks from news stories and social media. When watching the news, focus on the helpers and positive stories that highlight our community.**
- **Help relax by taking deep breaths, stretching or meditating**
- **Eat healthy, well-balanced meals.**
- **Exercise regularly, get plenty of sleep.**
- **Make time to unwind with activities you enjoy.**
- **Connect with others at a distance over the phone, with FaceTime, even stand on the front porch and shout to neighbors next door!**
- **Talk with people you trust about your concerns and how you are feeling.**

YOUR IMMEDIATE FAMILY BELONGS WITH US TOO!



Call 701-667-9500 or have them visit railwaycu.com to apply for membership

Mark your calenders!

Member Flu Clinic
October 14, 2020
11:30 - 1:00 - Mandan Board Room

**Get
flu shot**

**Call 701-667-9500 to
schedule an appointment.**

Bring your insurance cards.
Medicare and most insurance plans cover the cost of the shot.

Cajun Angel Hair



Ingredients

Salt
12 oz. Angel hair
1 tbsp. Extra-virgin olive oil
1 lb. Chicken sausage
2 tbsp. Butter
3 Cloves garlic, minced
1/3 c. Sliced green onions, plus more for garnish
1 tbsp. Cajun seasoning
2 tsp. Paprika
1/4 c. Dry white wine
1/2 c. Heavy cream
1/2 c. Grated parmesan, plus more for garnish
1/3 c. Shredded cheddar

Instructions

1. In large pot of salted boiling water, cook angel hair according to package.
2. In large skillet, heat oil. Add sausage and cook until seared, then push sausage to the side and add butter. Let melt, then add garlic and cook until fragrant (2 minutes). Add green onions and cook until soft (2 minutes). Stir until combined with sausage.
3. Add Cajun seasoning and paprika, stir together. Add white wine and heavy cream, let simmer until thickened (5 minutes).
4. Add Parmesan and cheddar and still until melted and creamy, then add angel hair and toss until completely combined.
5. Garnish with more green onions and Parm and ENJOY!

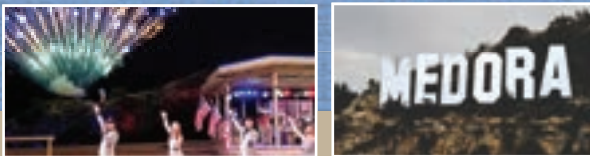


YOUNG SAVER'S CLUB

Helping credit union kids learn about smart spending and saving money!

Open a Pee Wee
Account For Your
Grandkids Today!

- Savings Account – Kids 0-11 Years Old
- Earn Dividends
- Exclusive Club Events



Medora Musical Tickets

August - September (Mondays - Fridays only)

Up to 6 tickets per Senior Express Club Member

Not all dates are available, seating location is limited

Call Aurora to reserve your seats: 701-557-7151

*Must have a Senior Express Account to RSVP tickets



RAILWAY
CREDIT UNION

1006 E Main St
Mandan, ND 58554
www.railwaycu.com

PRSRT STD
US POSTAGE
PAID
PERMIT #222
BISMARCK ND
58501

T L E R R I U Q S S C A R E C R O W E W U X V T W
N S M C K X Y N Z G K I J V W Z L B W E F R B N G
X G L A T W M H E Y B S Z Y A N E V F G N Z N I W
J O E S L U Y E E F J I B D N R U Q X N H I O I L
U F G U T D S K A A K V B S A E W B T A O B J L O
S N H U Z E R E R P I B D N I B B X R R X T R F R
C V A R J U L Z C S S O Y K D M O V M O Y E D V J
C F F D T U A O X G B A X U A A E X K L J V U K I
K O C G N N V D J P G D C O S S W N W O R B S A I
R D S W E A T E R X V K Y Q T C Y A K P S U C W E
V X K X Y L H T K N S H V V O W H H C T X W N W S
T B R G E Y B G S F Q A V A B Q X O R A D U E W K
F B O N F I R E I O O O K F W G F M O M D H J X R
M L K Z L C D W R J L C S Y L V S V X L P T Q L I
A E M X R D O V B A Q E B L B V H U M P S M N K C
G H X I A X Y Q N U X N B E E R U E T C N U H P T
K K I M Y O B F I M B S L G D C C Q B B K X M A U
S S B P E H A N Z G C S D I J C J W Q Y J Y D A T

Word List

AMBER	DUCKS	SCARECROW
AUTUMN	GEESE	SCHOOL
BONFIRE	HARVEST	SQUIRREL
BRISK	LEAF	SWEATER
BROWN	ORANGE	TURKEY

