



Volume 26, Issue 3 | Fall 2025

CLUB NEWSLETTER

First Western Bank & Trust ★ **50 PLUS CLUB**
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August 26

Club Event 1:00 pm at the Grand Hotel - George Masters with the Western North Dakota Honor Flight

The Western North Dakota Honor Flight is a 100% volunteer organization that transports veterans to Washington DC to visit memorials. George Masters will provide his personal experience volunteering with the Honor Flight and tell us all about the April 27 honor flight from Minot. The experience is provided at no cost to the veterans. All the funds raised have been generously donated by businesses, service organizations, fundraising events and personal donations from individuals across western North Dakota. Please call 852-3711 by Tuesday August 19, 2025.



September 18

Club Event 1:00 pm at the Grand Hotel

The NU Notes are retired and active teachers who love to sing and dance. They are members of DKG, a professional women educator's organization. They have been singing together for over ten years. They have performed around Minot and other cities in North Dakota. They have taken their show on the road to Medora, Spearfish SD and to the Grand Old Opry Resort in Nashville TN.

Please call 852-3711 to reserve your spot by Thursday September 11, 2025.

October 15

Club Event 1:00 pm at Oak Park Theater - Popcorn and a Movie

A private viewing of the movie "The Last Rodeo" will be shown at the Oak Park Theater at 1500 4th Ave NW. The movie will start at 1:00 pm but arrive early to get your popcorn and soda.

A retired rodeo legend risks it all to save his grandson. Facing his own painful past and the fears of his family, he enters a high-stakes bull riding competition as the oldest contestant ever. Along the way, he reconciles old wounds with his estranged daughter and proves that true courage is found in the fight for family. The movie is rated PG and should be over around 3:00 pm.

Please call 852-3711 to make your reservation by Friday October 10, 2025. As always, the movie, soda and popcorn are free.



Norsk Hostfest Volunteers Needed



The Norsk Hostfest is looking for volunteers for the 46th Norsk Hostfest September 24-27, 2025. This unique festival celebrates the rich heritage and traditions of Scandinavian culture and depends on hundreds of volunteers for its success! If you are interested in volunteering go to hostfest.com and choose get involved to sign up. If you volunteer you will receive a free general admission pass for the day of your shift, a free volunteer t-shirt and free snacks, water and a Spicy Pie pizza coupon. A volunteer may purchase one Great Hall concert ticket for the difference of the ticket and general admission price. For questions you can contact Teresa at 701-852-2368 ext. 3.

Please remember the meetings and events are for 50 Plus Club members only!

Newsletters come out at least four times a year to announce upcoming meetings and events. Would you like to receive your newsletters electronically? Email your request to: stephanie.hoffart@firstwestern.bank, to be first to get them!

(continued from panel below)

How to Stop Junk Mail

5. Keep Your Information Safe

- Never give out personal information like your Social Security number, Medicare number, or bank info online, over the phone, or in an email—unless you're 100% sure who you're talking to.
- If someone calls and says they're from Medicare or Social Security, it's probably a scam! Don't trust the caller.

Quick Tip:

If it sounds too good to be true — hang up, delete the message, or talk to a trusted adult.

Reporting Medicare fraud:

If you suspect fraud, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029 or 701-858-3580. ND SMP will help Medicare beneficiaries prevent, detect, and report fraud. For non-Medicare fraud issues, contact the ND Attorney General's Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Federal Trade Commission. (n.d.). How to stop junk mail. <https://consumer.ftc.gov/articles/how-stop-junk-mail>. Accessed 9 June 2025.



How to Stop Junk Mail

Are you getting a lot of junk mail and wondering why? You're not the only one! Many people want to know who's sending all those ads, credit card offers, and magazines they never signed up for. The good news is you can do something about it. Here's how to cut down on junk mail and protect your personal information:

1. Get Less Promotional Mail

- Go to DMAchoice.org. This website helps you choose what kinds of mail you want, like catalogs or magazines.
- It costs \$6 to sign up, and it lasts for 10 years.
- This won't stop all junk mail, but it will help a lot!



2. Stop Spam Emails

- You can also remove your email from national lists using the Email Preference Service (eMPS), found on the same site.

3. Say No to Credit Card & Insurance Mail

- Tired of getting pre-approved credit card and insurance offers?
 - Go to OptOutPrescreen.com or call 1-888-567-8688.
 - You can stop them for 5 years or even forever!

4. Be Careful with Warranty Cards

- You don't need to mail in a warranty card to be covered if your product breaks.
 - Companies often use these cards to send more ads, so it's okay not to send them in.

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on panel above)

Address Service Requested

