

TruNorthern Times

SERVING YOU SINCE 1972

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HOLIDAY SCHEDULE

Sept 1st, 2025

Labor Day- Closed

WORKVERSARIES

Julie: 18 Years

Charlene: 17 Years

EVENTS

Malone Community Appreciation
August 1st

EPIC Voices Podcast Launch
August 14th

Brushton Community Appreciation
August 14th

Annual Meeting
September 9th



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Business
of the
Quarter

CrossFit Malone

This quarter, we're proud to spotlight **CrossFit Malone**, a business rooted in wellness, community, and personal growth. We had the chance to catch up with Gabrielle Scott, the owner, who shared how the gym came to be and what it's grown into today.

When Malone's only CrossFit gym shut its doors in 2020, it left a gap in the local fitness community. Gabrielle saw the need and decided to do something about it. Three years later, she opened CrossFit Malone with a mission to bring wellness back to the forefront. Since then, the community has shown up in a big way.

In just a short time, the gym has grown not only in strength but in size. They've tripled their equipment and class options to keep up with demand. But for Gabrielle, growth isn't just about numbers. It's about the everyday wins she gets to witness.

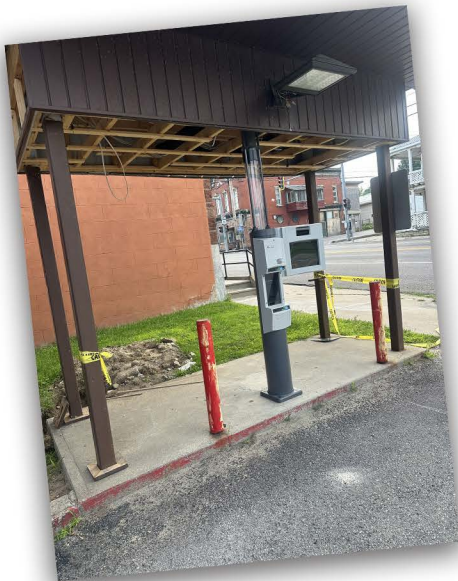
"Since opening, members have worked hard," she told us. And it shows. She's celebrated countless milestones alongside them, whether it's someone's first pull-up, running their first mile, hitting a weight loss goal, gaining strength, or improving mobility.

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What's happening in Chateaugay?

Construction is moving right along at our new Chateaugay location, and we are thrilled to share the progress with you. The building is taking shape, and our team is hard at work preparing to welcome members later this fall.

When the doors open, we will be introducing new services to the Chateaugay area, including convenient Saturday drive-thru hours. This will give members more flexibility and easier access to their accounts, especially for those busy weekend schedules.



We cannot wait to serve the Chateaugay community from our brand-new location and look forward to celebrating the opening with you. Stay tuned for more updates as we get closer to our grand opening day.



Congratulations
TO THE ANNE ANDERSON
SCHOLARSHIP RECIPIENTS

20 **25**

MADDIE D. MARI M.

AVERY M. HANNAH M. CARTER J. CHANDLER F.

EMMA R. IAN M. MARY L. TYLER L.

Introducing the **EPIC Voices Podcast**

We are excited to announce the launch of our new podcast, EPIC Voices, releasing its first episode on August 14th. Our debut guest is Derek Sprague, CEO of the PGA of America.

New episodes will be released every other week, featuring local leaders and inspiring community members.

If you know someone who would be a great guest, please reach out to us at marketing@trunorthernfcu.org.



At TruNorthern, we're proud to have an incredible team of dedicated, passionate staff who go above and beyond every day. As we continue to grow and expand our services, we're excited to celebrate internal promotions- recognizing the talent we have right here within our walls.

We're also thrilled to welcome a few new Member Service Representatives to the team. Whether you've been with us for years or just joined, we're glad you're here and excited for what's ahead!



Candi Johnston
Member Service Representative



Hunter Bergeron
Member Service Representative



Ashley Noreault
Member Service Representative



Jess MacMillan
Marketing Supervisor

information such as weather-related closures during the winter months.

The service will also allow members to text questions directly to TruNorthern and receive a prompt response during regular business hours.

This new feature is designed to help members stay connected and up to date with their hometown credit union, all with the convenience of a text message.



Andrew Ranieri
Lending Manager



Chantal Davenport
Vice President of Member Services



Julie Spinner
Branch Manager II



Lisa Mallette
Senior Accounting Representative



Lynn Gadway
Vice President of Finance & Compliance



Tori Gonyea
Chateaugay Branch Manager



Alyssa Poirier
Senior Member Service Representative



Alex Benware
Accounting Representative

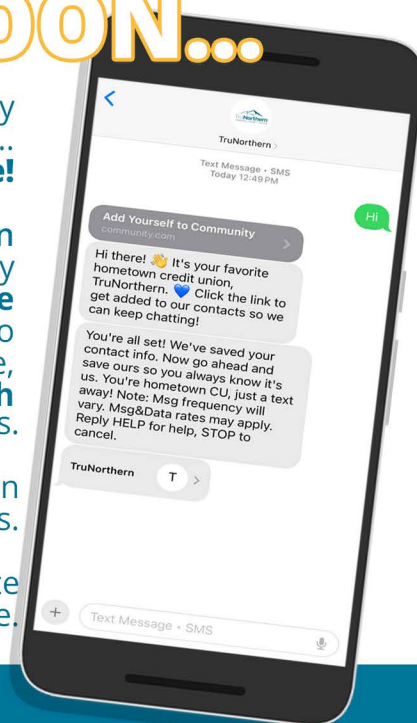


Reagan Kissane
Member Service Representative

COMING SOON...

We will soon be offering a new way for members to stay informed
by text message!

Members who choose to opt in (ages 13 and up) will receive timely updates on **special events, free giveaways**, including one to celebrate the launch of this feature, and **important branch**



Business of the Quarter continued:

One story in particular stands out. A member in her 60s joined in 2023 and couldn't do a half squat. After committing to three to four classes a week, her strength and mobility have improved so much that she now does weighted squats.

"I love to see people's successes," Gabrielle says. "I love to see their growth, their milestone achievements, and ultimately, their happiness. Our goal is to give members the best hour of their day, and that's just what we do!"

That sense of community doesn't end at the gym doors. CrossFit Malone gives back in a big way by hosting two fundraisers each year for local veterans, donating to area organizations, and sponsoring events like Fun Runs, wellness booths, and the Alice Hyde Pumpkin Run. Their events are always open to the public, including an upcoming veterans fundraiser this fall called The CHAD.

If you've ever thought about trying CrossFit but felt unsure, Gabrielle encourages you to "just take the first step, walk in!" She says everyone is friendly and focused on the same thing: better health and wellness.

It's not just for adults either. CrossFit Malone hopes to offer more pop-up kids' classes in the near future.

The support from the Malone community has meant everything to Gabrielle and her team. Being part of local events has helped them share what they're all about. CrossFit Malone is "wellness for the community."

Word of mouth has played a big part in their growth. As Gabrielle puts it, "We're more than sweat and muscles, we've got heart!"

To celebrate two incredible years, Gabrielle would love to invite everyone to CrossFit Malone's 2-Year Anniversary Open House Celebration on August 16. Whether you're a current member, a past visitor, or just curious about what they do, it's a great chance to stop in, meet the team, and feel the energy of the community firsthand.

CONTACT US!

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Audio Response System
1-800-445-0309

www.trunorthernfcu.org

**CONNECT
WITH US**



MALONE

494 East Main St. Malone

Hours:

Monday - Friday
Lobby 8:00 a.m. to 4:30 p.m.
Drive Thru 8 a.m. to 5:00 p.m.
Saturday (Drive-Thru only)
8:30 a.m. to 12:00 p.m

BRUSHTON

1274 Washington St. Brushton

Hours:

Monday - Friday
Lobby 8:30 a.m. to 4:00 p.m.

CHATEAUGAY

151 West Main St. Chateaugay

Hours:

Monday - Friday
Lobby 8:30 a.m. to 4:00 p.m.
Saturday (Drive-Thru only)
8:30 a.m. to 12:00 p.m



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