



Healthy Recipes for Fall Foods

Apples are high in vitamin C and dietary fiber; making them an easy way to fill up on relatively few calories. Tote one as a portable snack, or use in delicious recipes, like the one below.

Baked Apples with Cinnamon and Walnuts

Makes 2 servings

INGREDIENTS

- 2 apples for baking, such as McIntosh, cored
- 1 cup unsweetened pomegranate juice
- 1 teaspoon cinnamon
- 16 halves walnut

DIRECTIONS

Preheat the oven to 350 degrees. Place the apples in a baking dish. Pour the pomegranate juice over the apples. This will become a syrup as the apples cook. Sprinkle with the cinnamon and bake for 30 minutes, basting with the syrup, or until the apples are soft, but still hold their shape. Serve each apple topped with walnuts and syrup.

Pumpkins are a nutritional powerhouse. They boast high levels of a variety of vitamins and minerals, including iron, magnesium, niacin, potassium, vitamin A, and vitamin C. The only downside is that they also contain a fair amount of natural sugar (1.6g per cup), so beware the calorie count when making it into a sweet dessert.

Bacon and Pumpkin Soup

Makes 4 servings

INGREDIENTS

- 2 slices bacon, chopped
- 1 cup applesauce
- 1 onion, chopped
- 2 tsp. ground ginger
- 1 29-ounce can pumpkin
- 1/2 cup light sour cream
- 3-1/2 cups low-sodium chicken broth
- Salt to taste
- Pepper to taste

DIRECTIONS

Sauté bacon and onion; drain fat. Add can of pumpkin, chicken broth, applesauce, and ground ginger. Add salt and pepper; bring to boil. Simmer. Add light sour cream.

Information and recipes from www.fitnessmagazine.com

your INTERESTS FIRST

Vol. 5, Issue 3 – September 2011

eBanking Upgrade

First Bank Financial Centre has begun to upgrade our eBanking service, providing increased functionality and security for you, our valued customer. The look is a bit different, but the same tools we offered before are still available, making it easy for you to bank online.

In the coming months additional eBanking upgrades will include:

- Account alerts to notify you if your balance dips below your preset limit
- Self enrollment into eBanking
- Live chat with an FBFC customer service representative
- Ability to open CD, Savings, Money Market, and Checking accounts online
- Mobile Banking

All this in addition to everything eBanking already does:

- Access your accounts and make transactions from any computer with Internet access.
- Make transactions 24-hours a day, seven days a week.
- Make transfers between your accounts.
- View your current account balances, including loans.
- Make loan payments and view payment history.
- View historical checking and savings information.
- View online images of checks you have written.
- Available for personal and business accounts.
- Perform transactions safely and securely with our 128-bit encryption and SSL (Secure Socket Layer).
- Receive eStatements.
- Transactions made before 6:00pm CST will be applied during the current business day.
- Transactions made after 6:00pm CST and on weekends and holidays will be applied the following business day.

FBFC is continually looking for ways to help better serve our customers. For more information on eBanking, please contact your nearest bank branch.

Thank you and have a great fall season.

Mark W. Mohr
President and CEO
First Bank Financial Centre



CORPORATE OFFICE

P.O. Box 1004
155 W. Wisconsin Ave.
Oconomowoc, WI 53066
262.569.9900
FBFCWI.COM
Becky Miller, Editor

To view our newsletter online, or to receive Your Interests First via email, visit our Website at FBFCWI.COM.

OCONOMOWOC

HARTLAND

HARTFORD

GERMANTOWN

WEST BEND

MENOMONEE FALLS

MADISON

Loan Office

PRSR STD
US Postage
PAID
Merrill WI
54452
Permit No 24

IN THIS ISSUE

eBanking Upgrade p1

Growing Our Communities p2

Customer Spotlight. . . . p3

Fall Home Improvements p3

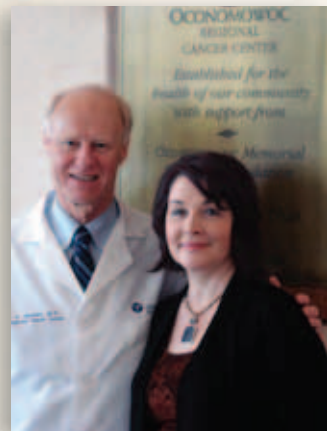
Travel Club. p3

For Your Health p4

Growing Our Communities LakeWalk Donation

On May 19, 2011, First Bank Financial Centre donated \$2,500.00 to the ProHealth LakeWalk for Cancer in Oconomowoc. Net proceeds raised at this annual event remain in the Oconomowoc community, and benefit patients at the nationally-recognized Regional Cancer Center at Oconomowoc Memorial Hospital.

Susan Behrens, a cancer survivor and recipient of LakeWalk funds (through the Regional Cancer Center), shared her story of survival and triumph. During a span of seven years, Sue painfully experienced the loss of her father, brother, and sister to three different types of cancer. Sue and her sister were diagnosed around the same time, but Sue credits the Regional Cancer Center facility, and the support she received there, as one of the main differences in her treatment. Between her private room, the extra services such as massages, flowers, and meals, and support through various types of therapy, Sue explained, "the environment surrounding you is designed solely to help you heal and become healthy."



From left: Dr. Richard Hansen, Medical Oncology ProHealth Care with Susan Behrens, cancer survivor

an advisor was provided to Sue to coordinate how her healthcare could be made affordable.

As a self-employed real estate agent prior to her diagnosis, Sue was self-insured. When the market crashed in 2008, she found herself with little work, and eventually, no health insurance coverage at all. During her six months of treatment that same year, Sue was buried under a stack of medical bills, and unable to afford necessary medications. Although the funds raised through the LakeWalk are not used directly for medications,



From left: Maureen Gerard, Executive Director of the OMH Foundation; Diane Chadwick, FBFC; Mark W. Mohr, President and CEO of FBFC; Susan Behrens, cancer survivor; Dr. Richard Hansen, Medical Oncology ProHealth Care

Today, cancer free, Sue is rebuilding her life, and feeling strong and confident. She now works for First Bank Financial Centre, where her health insurance provides coverage for her necessary medications. She is extremely grateful to the doctors and medical staff at the Regional Cancer Center for all their support and hard work; in addition to the LakeWalk for Cancer, and all the volunteers who participate in, and donate to this cause.

According to some estimates, nearly 150 people are diagnosed with some form of cancer every hour in the United States. Though there are many charitable organizations collecting funds to help this disease, Sue shares that, "you never know how important it is to have these types of funds available until it's you. To know the money that helped me came directly from my community fills me with gratitude I could never fully express in words. Though it was me who battled cancer this time, it could be you tomorrow, and this type of support is priceless."

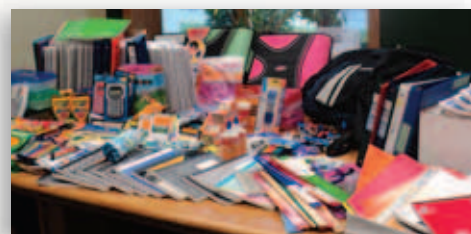
The much needed funds provided through the LakeWalk for Cancer are made possible by generous donations. For more information about the LakeWalk, or to make a donation, please contact the Oconomowoc Memorial Hospital Foundation at (262) 569-0222 or email them at omhfoundation@phci.org.

School Supply Drive

First Bank Financial Centre just finished a company-wide school supply drive to benefit our local schools. With more than 540 families in need of school supplies this year in Washington County alone, FBFC's West Bend and Hartford branches teamed up with many local businesses and organizations to maximize collections for their local communities.

With the help of FBFC employees, customers, and community members, we were able to donate more than 1,000 items including notebooks, binders, folders, glue, rulers, scissors, new back packs and much more.

We are so pleased with the results this year, and hope it gets a little better each year going forward.



School supplies donated

CUSTOMER SPOTLIGHT: T&D Lawn Service

T&D Lawn Service has been in business for more than 26 years, and specializes in lawn care, spring and fall cleanup, and gutter/downspout cleaning for commercial and residential properties.

Pete Schwefel, owner/operator of T&D, was born and raised in Oconomowoc, and enjoys the opportunity to work outdoors, thanks to his loyal customer base. Pete enjoys meeting new clients and consulting with them to meet their specific lawn care/property needs.

Since opening his first savings account as a child, First Bank Financial Centre has been Pete's financial partner. "Without the help I received from FBFC 26 years ago, I wouldn't be where I am today. They worked with me, not

because I had a big financial portfolio, but because of my strong work ethic and passion for what I do. I have one bank, FBFC, because they've always been there for me, personally and professionally."

For more information on T&D Lawn Service, please contact Pete Schwefel at (262) 567-0155.



N7304 Highway F
Oconomowoc, WI 53066
(262) 567-0155

To be considered for a future Customer Spotlight article, please contact Becky Miller in the Marketing department at becky.miller@fbfcwi.com or (262) 560-2077.

Fall Home Improvements

As summer winds down, and you work in that last trip to the beach, it's important to remember to set aside time for repair projects around the house. If you don't get to them now, you may regret it when the chill of winter sets in.



THE LEAKY ROOF You can't afford to wait until the winter to take care of this one. A lot of leaky roofs can be fixed in an afternoon. Plus, if you can do the work yourself, you could end up saving thousands of dollars!

CLEAN THOSE GUTTERS As long as you are up there, clean out the gutters. The winter months are not the time to be messing around on the roof.

CHECK THE DECK After you've taken all the patio furniture in to store for the winter, give the deck a good inspection. If it has never been treated, do it now. A simple afternoon of work will add years to the life of your patio.

WINTERIZE YOUR PIPES Ready or not, now is the time to winterize your pipes. Yes, the cold weather is months away, but it's a lot easier to do it now.

CHECK THOSE WINDOWS Dirt and debris can gather over the course of the summer months and prevent a tight seal from forming. Take the time to inspect/clean each window. If you notice the weather stripping has worn down, now is the time to replace it.

Article from www.today.msnbc.com



Travel Club

2011

2011 Travel Calendar

Trips through 2011, including the Spring 2012 extended trip, are listed here. Trips for the rest of the year can be found on our Website at FBFCWI.COM, or in any of our branches.

October 27, 2011
History and Theatre
Lake Geneva, WI

November 8 - 10, 2011
Mall of America
Minneapolis, MN

December, 2011 (Date TBD)
Christmas in Lake Geneva
Lake Geneva, WI

April 16 - 24, 2012
Extended Trip to Italy

If you would like additional information on any of these trips, or are interested in signing up, please ask a First Bank Financial Centre employee for a reservation form. If you have questions, please contact Tammy Sawvel at (262) 560-2069.