

September 7, 2022



[Read in browser](#)



FEATURED STORY

Wellness Warriors: **Lots of activities and tips as we head into fall**

Content includes: Make time for yourself, how to change your mind, the Star Card challenge, participate in National Cleanup Day, Gympass upgrade, and much more.



TMAW is nearly here!

It's Team Member Appreciation Week

Sept 12-16. Bookmark the dedicated event site where you can share photos and make shout-outs.

[Read more](#)



Technology: Secure Transport Storage Solution Unavailable

The Secure Transport Storage Solution, VNX (Tumbleweed), will no longer be available as of Sunday, 9/11, 10:30 PM PT.

[Read more](#)

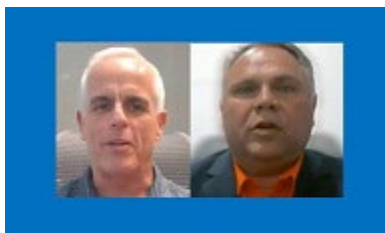


Upgrades to LiveHealth Online

New upgrades for healthy back and joints, weight loss and tobacco cessation for employees with Anthem/Blue Cross health insurance plans.

[Learn more](#)

HEADLINES



PEOPLE

Get to Know BMO: Meet Larry Zelvin and Brian Barnable

Hear from Larry about BMO's Financial Crimes Unit and from Brian about BMO's integrated physical security programs.

[Meet Larry](#) [Meet Brian](#)



DIVERSITY

Upcoming PRIDE Festivals & More!

Come celebrate with us at one of these Pride festivals or at the next Divas & Drinks event!.

[Join us](#)



CAREER DEVELOPMENT

Nandita is keynote speaker at Ascend Canada conference

The theme for Ascend Canada's event was "United We Move Forward", and how to build unity among the Pan-Asian community and its allies.

[Watch Video](#)



SUSTAINABILITY

We're ahead of the game

Bank of the West is highlighted in an *American Banker* [article](#) on sustainable finance and how some banks and fintechs are trying to slow climate change. Bank of the West is described as “ahead of the game”, particularly for launch of the 1% for the Planet checking account.

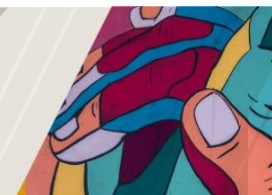


SUSTAINABILITY

From the archive: Beach Clean-up at Mission Beach & Park, San Diego

BOTW employees made a [direct impact](#) in this beloved coastal community. Imagine the impact if everyone picked up just one piece of litter on [National Cleanup Day: Saturday, 9/17](#). You can also search [BOTW Volunteer Opportunities](#) for events.

ALL
ABOUT US



PEOPLE

Key Dates in September and October

September and October include some key activities: Team Member Appreciation Week (Sept. 12-16), employee survey (Sept. 19-30) and open enrollment (Oct. 17-31). Mark your calendars so you can plan ahead.

[Read more](#)



How'd we do this week?



[TheBEAT Archive](#) [Read More News](#) [Social Media Tips](#)