



**Sturdy Savings Bank Holds Annual Employee Meeting
Featuring Inspirational Speaker Aron Ralston**

**Photo 1: The Sturdy Savings Bank Executive Team with Guest Speaker Aron Ralston
Photo 2: American Mountaineer, Mechanical Engineer, and Motivational Speaker, Aron Ralston**

FOR IMMEDIATE RELEASE

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Stone Harbor, NJ – May 18, 2026 – Sturdy Savings Bank recently held its Annual Employee Meeting at Harbor Square Theatre in Stone Harbor, bringing together employees from across the organization for an afternoon focused on teamwork, accomplishments, and the future of the Bank.

The meeting included presentations from members of the Bank’s senior leadership team, who shared updates on the Bank’s performance, strategic initiatives, community involvement, and continued commitment to serving customers throughout southern New Jersey.

As part of the program, employees also heard from special guest speaker Aron Ralston, whose remarkable story of perseverance and resilience inspired audiences around the world. Ralston is widely known for surviving a life-threatening hiking accident in Utah in 2003, during which he was forced to amputate his own arm in order to free himself and survive. His experience was later chronicled in the film 127 Hours.

“Aron’s message about perseverance, resilience, and overcoming adversity strongly resonated with our team,” said Gregory M. Matuson, President & CEO of Sturdy Savings Bank. “Our employees face challenges every day while serving our customers and communities, and his story was a powerful reminder of the importance of determination, teamwork, and maintaining perspective.”

For more information about Sturdy Savings Bank, visit www.sturdyonline.com or call 609-463-5220.

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About Sturdy Savings Bank

Founded in 1922, Sturdy Savings Bank is a full-service mutual savings bank serving individuals, families, and businesses throughout southern New Jersey. With a reputation built on trust, stability, and community involvement, Sturdy is proud to remain a strong and reliable financial partner.