

From The Governor's Desk: A weekly column by Governor Joe Manchin.

Public Service Keeps Our State Running Efficiently

I was pleased to be a part of the West Virginia public service awards ceremony earlier this month. This annual event honors public employees for their years of outstanding service to our State. It was truly amazing to consider that the State employees that were honored during that ceremony had a combined total of several thousand years of experience working with and for the people our great State.

We all should be proud that West Virginia has made tremendous progress in recent years and people around the country and the world are taking notice. Because of the diligence of our faithful State employees – and they truly have stepped up to the plate to help us meet our goals – West Virginia is in sound financial condition, despite a bruising national economy.

Although we can never say it enough, State employees and the important work they do each day mean a great deal not just to State officials and our administration, but to the people of West Virginia who depend on them to keep government services running smoothly. Because of the dedication of our public employees, we are able to build an even better government.

I'll also point out that the hard work they have done will not end. We will continue to ask more of our State employees as we work together to build a new West Virginia. I am confident, however, that we all share the same

goals of moving our State forward and that we will continue to work together to reach them.

The effectiveness and efficiency of government requires leadership, but it depends on public employees and volunteers whose task it is to provide top-notch services to fellow West Virginians. Public employees are the backbone of our State government, and the reason our State is and will continue to be successful.

President Harry S. Truman said, "We know that helping others is the best way - probably the only way to achieve a better future for our-

[See SERVICE – Page 4](#)

SAVE THE DATES:

Oct. 19, 2009

Nov. 3-5, 2009



The West Virginia Office of Technology (WVOT) has Scheduled Two Big Events!

The October 19 event is set to be held at the West Virginia Culture Center from 9 AM - 3 PM., and will feature three dynamic presentations dealing with information and cyber security by world-class experts.

The November 3-5 event is a technology summit being held at Charleston Civic Center.

Three tracks are available:

IT & Business Leaders ♦ IT Professionals ♦ WVOT Customers

Each event is open to both the public and private sectors.

Contact the Office of Technology for more information:

www.wvot.gov/itsecurity (Oct. 19)

www.techconference.wv.gov (Nov. 3-5)

304-558-5472

Here's Your Chance to Take a Shot at Heading Off the Flu!

The Kanawha-Charleston Health Department (KCHD) will be providing employees an opportunity to receive the **seasonal** influenza vaccine at various clinics throughout the Capitol Complex and State Agencies. Please visit one of the following clinics to receive your seasonal flu shot:

WV Public Service Commission	Thur., Oct. 15	02:00 - 03:15 PM
WV Lottery	Fri., Oct. 16	09:00 - 10:00 AM
WV Consolidated Retirement	Fri., Oct. 16	10:15 - 11:15 AM
Diamond Building (350 Capitol St.)	Fri., Oct. 16	12:30 - 03:00 PM
WV Insurance Commission (Smith St.)	Mon., Oct. 19	09:00 - 10:30 AM
WV Insurance Commission (Players Club)	Tues., Oct. 20	09:00 - 10:30 AM

You can print and complete the registration form in advance at www.kchdvw.org/clinic/var_form_pf.pdf.

If you miss any of these opportunities, the KCHD, located at 108 Lee Street, East in downtown Charleston, holds walk-in clinics. These clinics are open Monday through Friday from 8:00 AM to 4:00 PM. The KCHD can bill the following insurances: Medicare Part B, Medicaid, Blue Cross, PEIA, CHIP, and Carelink. For private pay adult flu shots, the cost of the vaccine is \$30.00. The cost of flu vaccine for ages 6-35 months and for FluMist (intranasal spray) is \$14.00. The cost of the pneumonia vaccine is \$15.00. *Please remember to bring your insurance card.*

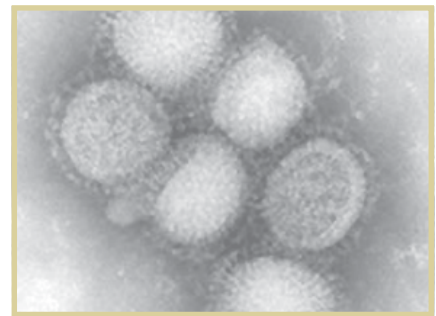
A separate vaccination will be needed to guard against the H1N1 (swine flu) virus. This vaccine should be available to the general public in the upcoming weeks, so watch and listen for news reports.

SOME CLARIFICATION ON H1N1 (also called Swine Flu)

The following information and photo are taken directly from the website of the Centers for Disease Control (CDC):

What is 2009 H1N1 (swine flu)?

2009 H1N1 (sometimes called "swine flu") is a new influenza virus causing



illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of 2009 H1N1 flu was underway.

Why is 2009 H1N1 virus sometimes called "swine flu"?

This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu



The Division of Motor (DMV) Vehicles celebrated Public Service Recognition Week 2009 with a luncheon for its employees who had reached 20, 25, 30, 35, and 40 years of service. At the conclusion of the luncheon, all Charleston vicinity DMV employees were invited to a dessert reception. Regional offices held local celebration activities. Photo courtesy of the DMV's Public Information Director, Natalie Harvey.

See FLU – Page 4

Employees Encouraged to Enroll in West Virginia Retirement Plus Plan

Contributed by Greg Stone of the State Treasurer's Office.

When it comes to saving for retirement, there is never a better time than today to assess your prospects toward meeting your goals. With our nation's leaders declaring October 18-24 as National Save for Retirement Week, you have a great opportunity.

Now in its second year, National Save for Retirement Week is the first congressionally endorsed, national event formally calling on employees to take full advantage of employer-sponsored retirement plans.

If you are a public employee in the State of West Virginia, a prudent step is enrollment in West Virginia Retirement Plus, our State's 457 deferred compensation plan.

Administered by ING, the plan offers handsome tax advantages, some level of matching funds – depending on date of enrollment – and an array of investment options. For more, go to www.wv457.com or call Barbara Harmon at 304-340-1563.

Employers in your workplace will hold a number of activities to highlight the importance of saving for retirement (see box at the end of this article for dates, times, and locations). You'll learn why it is essential to save for retirement and how easy it is to begin.

Experts predict that retirees will need 80 to 100 percent of their pre-retirement income to maintain their lifestyle after retirement. You already participate in our defined benefit or defined contribution plan, which will provide a foundation upon retirement. And, you may also be eligible for Social Security benefits when you reach retirement age.

But, that won't be enough. You will need to add your own retirement savings in order to have enough income to live comfortably during your retirement years – to fulfill your retirement goals.

Here are a few simple steps you can take today that will help you be ready when it's time to retire:

- ✎ If you save just \$10 a week in your 457 deferred compensation plan for 40 years and earn an average rate of return of 7 percent, you will have over \$100,000 in your account. If you start a little later, you can save more than \$73,000, by setting aside \$60 a month in your tax-deferred savings account for 30 years and earn a return of 7 percent.
- ✎ If you're saving now and increase your contributions, you can make a real difference in your final total. Over 30 years, adding \$25 to a \$100 bi-weekly contribution can increase your account from \$264,327 to more than \$330,409 (assuming you earn 7 percent).
- ✎ Saver's Credit. Sometimes saving seems really hard, especially if your income is limited. The government has a special Saver's Credit just for you. If you are eligible, you can actually receive money back when you file your tax return.

Hi. Your Future calling with an important message: Save TODAY for tomorrow!



Take advantage of National Save for Retirement Week. Save now – your retirement future starts today!

National Save for Retirement Week Activities

10/19	10 AM - 1 PM	Capitol Rotunda Reception	10/21	10 AM - noon	Lobby of Bldg 3
10/19	1:30 - 3 PM	Treasurer's Office, Room E-145	10/21	1 PM - 3 PM	Lobby of Bldg 5
10/20	10 AM - noon	Public Service Commission	10/22	10 AM - noon	Lobby of Bldg 6
10/20	1 PM - 3 PM	Culture & History	10/22	1 PM - 3 PM	Lobby of Bldg 4
10/23	10 AM - noon	WV Housing Development Fund			

A Free Retirement Seminar

FullCircle

OCT. 28
in
LOGAN

Learn what benefits you can expect from Social Security and any supplemental plans you may have in order to maintain your lifestyle after retirement. It's never too early or too late to plan for retirement, and if you have any questions, this is the conference for you!

- Have you started saving for retirement?
- Do you have other plans besides Social Security?
- Will you have enough income to be fully funded?

Details/Register: www.wv457.com or 1-800-422-7498

A program by State Treasurer John Perdue

Let the State Museum Shop Help with Your Gift-Giving Quandaries!

Have you made it to the West Virginia State Museum Shop yet? If not, you're missing out on some great West Virginia items and collectibles ... and it could be the answer to finding that perfect Christmas, Hanukkah, Kwanzaa, or other holiday gift.

The new, 1,700 square foot West Virginia State Museum Shop, which opened this past summer features West Virginia juried artist and artisan products from Tamarack: *The Best of West Virginia*, and West Virginia State Museum souvenirs and collectibles. Offered are books, music, prints, note cards, toys, games, dolls, jewelry, pottery, textiles, wood products, basketry, gourmet foods, t-shirts, mugs, Civil War collectibles, and many, many more crafts and items. **As an added bonus, the staff at the shop can prepare custom packages and gift boxes for customers, and they'll have access to Tamarack's inventory in Beckley to place special orders or request additional products.**

According to Culture and History Commissioner Randall Reid-Smith, guests can enhance their visit by being able to purchase mementos and other fine arts and crafts. "Opening the shop adds another dimension and opportunities for visitors at the State Capitol Complex," he said.

The shop manager is Sandy Eads. She and Tamarack: *The Best of West Virginia* General Manager Cheryl Hartley boast of the wonderful quality and variety of the items offered. Hartley tells us that more and more people are looking for local arts and crafts for both gifts and personal collections, and Eads adds that, "We have a wonderful opportunity here to showcase the creativity and quality work of State artists and artisans."

The shop is located on the north side of the Culture Center's Great Hall, and is open Tuesday through Saturday from 9:30 AM to 5:30 PM, and Sunday from noon to 5:00 PM. The shop is closed on Monday. For more information, call 304-205-7911.

FLU – Continued from Page 2

viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a "quadruple reassortant" virus.

The timing and duration of flu seasons vary. While flu outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. During the past 26 flu seasons, months with the heaviest flu activity (peak months) occurred in November one season, December four seasons, January five seasons, February 12 seasons, and March four seasons.

For more information, please call the Kanawha County Health Department Flu Hotline at (304) 348-6882, or visit the websites for the KCHD (www.kchdvw.org) or the CDC (www.cdc.gov/flu).

SERVICE – Continued from Page 1

selves." This statement is true, especially for State workers, because they are helping to build a better State for our children and grandchildren.

I am proud to acknowledge the dedication, talents, and contributions of public employees at all levels of government. I want each State employee to be proud to call the State of West Virginia their employer.

Pencil In ...



The Department of Health and Human Resources's Environmental Health Services Office maintains an updated **website of "boil water" notices**. Check this website if you ever question the quality of your water: www.wvdhhr.org/oehs/oehs-eed/boilwater.asp. If no notice is posted but you still have concerns, check with your local water company and media.



Does your teenage driver wear his/her seatbelt? According to George Washington High School Principal Melissa Ruddle, 39% of students were found not wearing their seat belts during a random seatbelt check (information obtained from WSAZ Channel 3 website at: www.wsaz.com/news/headlines/63007607.html).



A favorite day of the year for many ... **the end of Daylight Saving Time** ... is November 1. Enjoy an extra hour of sleep!