

Plan Update

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Don't let Wall Street's drop persuade you to stop saving for retirement.

During periods of extended market fluctuations, dollar-cost averaging can be a helpful strategy to maintain investing discipline.

Dollar-cost averaging means investing the same amount of money at regular intervals.

You are already taking advantage of dollar-cost averaging. Having your Plan deferrals deducted from your paycheck is one form of dollar-cost averaging. Automatic reinvestment of dividends earned by the investment options under the Plan is another.

When the market and investment prices are down, your contributions buy more shares in the investment options in your Plan account. When the market and investment prices are up, your contributions purchase fewer shares. Over time, the result is a lower average cost per share.

While dollar-cost averaging does not guarantee a profit or protect against loss, it can help you:

- Be consistent
- Focus on the long term
- Potentially lower the cost of investing
- Cushion the impact of wide share price swings. ●

Reminder if you are age 70½ or older

Please read *What you need to know about 2009 RMD rules* in this issue.

When the law suspended Required Minimum Distributions (RMDs) for 2009, OSGP sent letters to participants who had previously elected to receive RMD payments in monthly installments, offering the choice to continue or stop receiving payments in 2009.

In calendar year 2010, RMDs are scheduled to resume. Participants who discontinued their RMDs for 2009 will receive a letter from OSGP in October 2009 to ask if they want monthly installments to start again in January 2010.

Who's your beneficiary?

Be sure to read *The importance of naming a beneficiary* in this issue. If you want to change your beneficiary information:

- Complete and return a new *Beneficiary Designation Form*
- Download the form at http://www.oregon.gov/PERS/OSGP/osgp_forms.shtml
- Send the completed form to OSGP, 800 Summer Street NE, Ste. 200, Salem, OR 97301

Upon receipt, the new form will override any previous beneficiary form on file at OSGP.

How much should you save for retirement?

In light of recent economic events, you may want to review your Plan contribution level and check your progress toward your retirement goals.

The Plan Web site offers two tools to get the answers you need to make decisions.

The **Plan Savings Calculator** can show you the impact of your savings efforts. You can use the variable input fields to model:

- Your savings growth over time
- The effects your plan contributions have on your take-home pay
- The impact that a withdrawal will have on your plan savings.

The **Retirement Income Calculator** can show you how long your savings could last in retirement based on:

- Your savings balance at retirement
- The interest rate your savings will earn in retirement
- The amount of time you expect these savings to last in retirement.

To use these calculators:

- Go to <https://osgp.ingplans.com>
- Log into your account
- Under *Balances*, choose *Plan Savings Calculator* or *Retirement Income Calculator*
- Fill in the fields to get a calculation. ●

advisory corner

Learn and serve Advisory Committee Vacancy

Oregon state law provides for a deferred compensation advisory committee for the Oregon Savings Growth Plan (OSGP). The committee has seven members selected by the PERS Board to reflect a cross-section of participant groups. The key role of the advisory committee can best be described as participant representation. It also gives information and advice to OSGP and the Board and provides a forum for feedback and an opportunity for interaction. This committee meets in Salem or Tigard four times per year.

There are two vacancies on this seven-member body. The positions are open to any OSGP participant employed by a Local Government or School District. We invite employees interested in filling this vacancy to send a letter of interest along with a brief résumé to Gay Lynn Bath, Deferred Compensation Manager.

Email: Gaylynn.bath@state.or.us
Telephone: (503) 378-6425

Mail to her attention at:
800 Summer St. NE, Suite 200
Salem, OR 97301

Applications will be accepted until May 1, 2009.

Upcoming Advisory Committee Meetings

May 13, 2009 / 9:30 a.m.
PERS Headquarters
11410 SW 68th Parkway
Tigard

August 12, 2009 / 9:30 a.m.
Archives Building
800 Summer Street NE, Suite 200
Salem

800.365.8494
<http://osgp.ingplans.com>



Going back to basics in tough times

It's hard to know how well the government's economic stimulus plans will work or when the markets will jolt the country back to health. Here are some ideas to consider for times like these.

Do give your finances a check-up.

Estimate your net worth once a year so you can compare how your assets are growing. Keep track of your assets (your home, savings, investments, etc.) and subtract your debts (the balance owed on your home, credit cards, loans, etc.) If you do this exercise yearly, you'll see how you're progressing toward your financial objectives.

Do sharpen your investing skills.

Knowing more can help boost confidence in your decisions about the future. Spend time looking at your Plan investment options. Read and ask questions about how to invest in this current market to fit your risk tolerance and time horizon to retirement. Develop or review your personal investment strategy.

Do repair your safety net.

Having an emergency fund is especially important, with jobs in jeopardy and credit tight. If you don't have an emergency fund, start one. Experts suggest saving enough to cover three to six months of living expenses. If you have a fund already, consider beefing it up to cover eight to nine months' worth of expenses.

Don't stray away from your risk comfort level.

Keep an eye on the assets in your savings and retirement plan accounts. Have you invested appropriately for the return you need, given your age, income, desired level of risk, and other personal circumstances? Carefully weigh your ability to withstand risk against your need for high returns. Don't let panic push you into a risk level that's too high — or too low — for you.

Don't lose your long-term focus.

Following the movements of the stock market can be educational. But for many of us, daily monitoring is stressful. Switch the TV or radio to something else and give yourself a break once in a while. The markets always go up and down no matter what the state of the economy.

Don't make sudden moves.

Try not to react emotionally when the market experiences short-term fluctuations. Your overall plan should be based on proven principles of long-term investing. By all means, make changes when they're called for. But dramatic changes made under pressure are a recipe for trouble. As you focus on your investments, remember you're investing toward a long-term objective: a secure retirement. ●

The importance of naming a beneficiary

You've worked hard to accumulate the assets in your Plan account.

So remember to choose a Plan beneficiary who would receive your benefits in the event of your death.

You want to ensure that your Plan benefits will be paid to the individual or people you intended. In certain situations, if you haven't named a beneficiary, there could be a delay in payment of your Plan benefits or other complications for someone you care about.

Look at your beneficiary information periodically. It may be appropriate to review it once a year, or sooner, if there are changes in your family or relationships, laws or your health. You may change the beneficiary named for your account anytime to reflect your current wishes. ●



Avoid common investing mistakes

All investors make a mistake at some point.

It happens. The key is not to make the same mistake twice.

Here are three errors often made by retirement plan participants and retirees, and tips to help you avoid them.

Jumping on the bandwagon.

Since the market downturn last fall, people have poured money into U.S. Treasuries, even though interest rates are very low. In investing, what's hot today may be cold tomorrow.

Tip: Make your own investment decisions based on what's best for your financial future in keeping with your overall strategy and asset allocation. As a long-term investor, avoid investing according to current trends or the "what's hot today" mentality.

Investing on impulse.

A single headline can drive a person to shift money from one fund to another. Unfortunately, that often leads to buying into popular funds at a high price and selling off less popular funds at a price below what was paid originally. Remember the investment mantra, "buy low, sell high," and keep track of the fund's original unit price.

Tip: Stay committed to your long-term retirement savings plan strategy. Stick with the investments you've selected because they suit your long-term objectives, time frame and tolerance for risk.

Taking advice from non-professionals.

If investment professionals don't have the power to predict what the markets will do next, why would your uncle or neighbor?

Tip: Do your own research on the investment options your Plan offers or consult with an investment advisor. ●



What you need to know about 2009 RMD rules

For 2009 only, there will be no Required Minimum Distributions (RMDs) from retirement accounts.

Q. What does this mean for me?

A. You are normally required by law to begin annual withdrawals from your retirement accounts in the year you reach 70½, or in the year you retire, whichever is later. In 2009, this requirement has been suspended.

Q. Why are the rules different in 2009?

A. A new law was enacted in December 2008 so individuals would not be forced to take distributions from Plan account balances that were significantly affected by the economic downturn.

Q. Do these rules apply to my first RMD payment for 2008 that I deferred until April 2009?

A. No, because it is a 2008 payment.

If you have other questions about Plan distributions, call your Plan Information Line or speak with your financial or tax advisor. ●



Small savings can really add up

If you could pass up buying a soft drink and snack to save just \$5 a day, you would have \$1,825 in a year.

If you're having trouble saving, see if you can start by figuring out where your money is going. Keep tabs on what you spend for at least a week — a month is preferable.

Carry a notebook and jot down everything, from that morning cup of coffee to dinner out on Saturday night. There are also free services available online to help you track your spending: quicken.com, geezee.com, mint.com and wesabe.com.

Look at how much you spend in total — and then look at how much you spend on frills. Then see where you can cut back. By making changes that free up a few dollars here and there, you could build up a cash cushion — and develop a habit of saving. ●

Travel plans on a shoestring budget

Summer's not far off, so it's not too early to start your travel plans. By thinking ahead and carefully watching how you spend your money, you can create a great trip without breaking the bank.



Take a stay-cation.

This is a popular choice that the Urban Dictionary defines as "a vacation spent close to home." Instead of traveling to a pleasure destination, explore your area's attractions. It may be a good option if you're short on money or have work commitments that have prevented you from enjoying all that your hometown area offers.

Ask to receive.

Travel discounts are plentiful, so don't forget to ask for them. No one will volunteer them to you. Speak up if you're a member of AAA or AARP. For travelers age 50 or older who pay a small fee, seniordiscounts.com gives access to a database of thousands of discounts.

Be a flexible flyer.

Instead of insisting on a specific travel date, consider a range of dates and finalize your trip after you secure the best flight price. [Farecast.com](http://farecast.com) is one place to research your options. When they're available, Farecast suggests cheaper options than your first flight choice, shows you alternate airports and alerts you as to whether fares are rising or dropping so you can plan accordingly.

Don't forget about travel agents.

Although many consumers now research and book their own travel arrangements online, there's still reason to check in with a good agent. Travel agents have access to consortium deals and wholesale databases that often are even better than Internet prices. Ask agents about fees for their services.

Get hotel coupons once you arrive.

If you're driving and don't mind booking your hotel once you're at your destination, stop at a convenience store or supermarket and ask for a hotel discount coupon book for the area you're visiting. Be sure to get to the hotel fairly early in the day (no later than 6 p.m.) because it may not accept coupons later in the evening.

Bypass hotels.

Particularly in Europe, renting an apartment or vacation home on a short-term basis can be much cheaper. Do a Web search for rental sites. Homeaway.com and homeexchange.com are solid options.

Eat from the grocery store.

You don't need to rely on restaurants, even if you don't have a kitchenette in your hotel. Supermarket delis offer fresh, inexpensive sandwiches, soups, drinks and snacks. Eat breakfast and lunch this way, and save your dining-out dollars for dinner.

Go by train or bus.

If you've got a little time, you'll save money by taking the train or bus versus flying or driving and paying for gas. See amtrak.com for fare and scheduling information. ●



OSGP Web site:
<http://osgp.ingplans.com>

OSGP Information Line:
800.365.8494

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www.oregon.gov/PERS/OSGP

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This newsletter is not intended to provide legal, tax, or investment advice. For such advice, participants should contact their legal, tax, or investment advisors.

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quarterly calendar

The New York Stock Exchange is closed on the following days:

- Monday, May 25, 2009
- Friday, July 3, 2009

Transactions made on these days will be processed the following business day.