

Commonwealth of Virginia  
Deferred Compensation Plans  
Regional Education Meetings



Following is information regarding the Commonwealth of Virginia Deferred Compensation Plans' 2009 Regional Education Meetings. The content of the Regional Education Meetings is updated each year to address the changing needs of plan participants.

**Registration is not required for any meeting.** Presenters will be available following the last session for individual questions. Or, you may call [1-VRS-DC-PLAN1 \(1-877-327-5261\)](tel:1-877-327-5261) to speak with a local registered representative.

In 2009, the following seminars will be offered:

- **Deferred Compensation and Cash Match Plans Overview:** Provides a basic overview of the Plans and the investment options available. Appropriate for those employees who are eligible for Deferred Compensation and Cash Match Plans.
- **Guide to Defined Contribution Plans Website:** Provides a tour of the Website and reviews online capabilities and tools. Appropriate for all employees.
- **Managing Your Defined Contribution Plan Accounts:** Provides an overview of the Plans' investment options and reviews basic investment principals. Appropriate for all employees.
- **Retirement Distribution Strategies:** Reviews the Plans' distribution options and provides information on potential taxes and penalties. Appropriate for participants nearing retirement or retirees.

**2009 Schedule**

All topics will be presented at the times indicated below. Seminars are one-hour long, with the exception of the *Guide to Defined Contribution Plans Website*, which is one-half hour long.

Date	Deferred Compensation and Cash Match Plans Overview	Guide to Defined Contribution Plans Website	Managing Your Defined Contribution Plan Accounts	Retirement Distribution Strategies	Location	Presenter Information
10-Mar	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	DEQ 5636 Southern Blvd. Virginia Beach	Mackenzie Moss 1-877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com
12-Mar	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	Danville Community College RCAPT – 121 Slayton Avenue Danville	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
17-Mar	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	NoVA VDOT 14685 Avion Pkwy Chantilly	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com
19-Mar	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	Germanna Community College 1000 Germanna Point Drive Fredericksburg	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com
24-Mar	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	CCWA - John Tyler Community College 131010 Jeff Davis Hwy Rm. B116 Chester	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
6-Apr	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	University of Mary Washington 1301 College Avenue Fredricksburg	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com

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7-Apr	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Christopher Newport University</b> 1 University Place (Ballroom in David Student Union) Newport News	Mackenzie Moss 1-877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com
13-Apr	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>CCWA – Featherstone</b> 1807 Huguenot Road Ste. 108 Midlothian	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
28-Apr	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Virginia Highlands Community College</b> P.O. Box 828 Abingdon	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
	<i>Contact presenter for information on location</i>					
6-May	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Virginia Museum of Natural History</b> 21 Starling Ave. Martinsville	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
12-May	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Northern Virginia Graduate Center</b> 7054 Haycock Rd, Room 219 Falls Church	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com
12-May	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Rappahannock Community College</b> 52 Campus Dr., Room 181 Warsaw	Mackenzie Moss 1-877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com
12-May	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Rappahannock Community College</b> 12745 College Dr, Room 183 Glens <i>Video Conference</i>	Mackenzie Moss 1-877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com
16-May	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Tidewater Community College</b> 300 Granby St., Room 2502 Norfolk	Mackenzie Moss 1-877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com
18-May	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>James Madison University</b> Festival Conference & Student Center 1301 Carrier Dr. MSC 4201 Harrisonburg	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
	<i>If you are <u>not</u> a JMU employee, contact the presenter in advance for parking information.</i>					

Date	Deferred Compensation and Cash Match Plans Overview	Guide to Defined Contribution Plans Website	Managing Your Defined Contribution Plan Accounts	Retirement Distribution Strategies	Location	Presenter Information
21-May	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Library of Virginia</b> 800 E. Broad St. 1st Floor Conf. , Room A Richmond	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
12-Jun	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Frontier Culture Museum</b> 1290 Richmond Rd Dairy Barn Lecture Hall Staunton	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
13-Jun	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Blue Ridge Community College</b> 1 College Lane Weyers Cave	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
	<i>Please contact presenter for additional information on location</i>					
15-Jun	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>VDOT Culpeper</b> 1601 Orange Road Culpeper	David Detamore 1-877-327-5261 Option 2, Ext. 11 david.detamore@us.ing.com
25-Jun	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>VDOT Suffolk</b> 1700 N. Main Street Suffolk	Mackenzie Moss 877-327-5261 Option 2, Ext 12 mackenzie.moss@us.ing.com
15-Jul	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>SunTrust Center</b> 919 E. Main Street 4th Floor - Tidewater Room Richmond	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
16-Jul	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Jamestown Settlement</b> Rte. 31 South Jamestown	Mackenzie Moss 877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com
20-Aug	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Eastern Shore Community College</b> 29300 Lankford Hwy Lecture Hall Melfa	Mackenzie Moss 877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com
24-Aug	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>CCWA - John Tyler Community College</b> 13101 Jeff Davis Hwy Rm. B116 Chester	Kelly Hiers 1-877-327-5261 Option 2, Ext. 13 kelly.hiers@us.ing.com
9-Sep	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Norfolk Health Department</b> 830 Southhampton Avenue Norfolk	Mackenzie Moss 877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com

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15-Sep	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Mountain Empire Community College</b> 3441 Mountain Empire Rd Big Stone Gap	Janice Parker 1-877-327-5261 Option 2, Ext. 14 janice.parker@us.ing.com
7-Oct	9:00 a.m.	10:15 a.m.	11:00 a.m.	1:15 p.m.	<b>Chesapeake Main Library</b> 298 Cedar Road Chesapeake	Mackenzie Moss 877-327-5261 Option 2, Ext. 12 mackenzie.moss@us.ing.com