

West View Savings Bank

“Over 100 Years of Quality Banking”

Volume 2, Issue 11

NEWSLETTER

November 2009

Preparing For The Upcoming Cold And Flu Season

A Message From Our President David J. Bursic

Annual outbreaks of the seasonal flu usually occur during the late fall through early spring. Most people have natural immunity, and a seasonal flu vaccine is available. In a typical year, approximately 5 to 20 percent of the population gets the seasonal flu and approximately 36,000 flu-related deaths are reported.

Two strains of flu, seasonal flu and the H1N1 (Swine) flu, are currently circulating in the United States. A third, highly lethal H5N1 (Bird) flu is being closely tracked overseas.

Most healthy people recover from the flu without problems, but certain people are at high risk for serious complications.

What is the flu? Flu refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms and effects, from mild

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Northland Public Library – Your Neighborhood Home For Learning And Discovery For Over 40 Years



Northland Public Library is located at 300 Cumberland Road in the Town of McCandless.

Northland Library is supported by and serves the communities of Bradford Woods, Franklin Park, Marshall, McCandless, and Ross in the northern suburbs of Pittsburgh. A total of 39,859 people held a library card at the end of 2008.

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Time to Open a 2010 Christmas Club Account!

Don't want to face Christmas bills? Open a West View Savings Bank Christmas Club account. A Christmas club account offers you a safe, convenient way to set aside money for Christmas next year.

Deposit money each payday or have money automatically transferred from your West View Bank checking or savings account and receive monies in time for your holiday needs next year.

Don't delay. Open your account today so you will be ready for Happy Holidays next year.



to lethal. Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills, and fatigue. In H1N1 flu infection, vomiting and diarrhea may also occur. Most healthy people recover from the flu without problems, but certain people are at high risk for serious complications. Two strains of flu, seasonal flu and the H1N1 (Swine) flu, are currently circulating in the United States.

What can I do to prevent getting the flu?

Get Vaccinated. Vaccination is the best protection against contracting the flu. You need two vaccines to be fully protected this year. The seasonal flu vaccine is different from the H1N1 (Swine) flu vaccine. The CDC is encouraging people to get both vaccinations. Talk to your doctor about getting both vaccinations as soon as possible.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- Stay home if you are sick until at least 24 hours after you no longer have a fever (100°F) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®).
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

What We Are Doing Here at the Bank. Banking is a contact business. Our tellers and front office staff come in contact with a number of customers on a daily basis. In order to ensure the high level of service that you expect as a customer we have taken a number of steps here at the Bank. We are training our employees to practice good flu season hygiene. Our customer contact areas will have hand sanitizers for your protection and ours.

We will be monitoring the various flu-related internet websites to keep abreast of developments.

Steps You Might Want to Consider as a Customer.

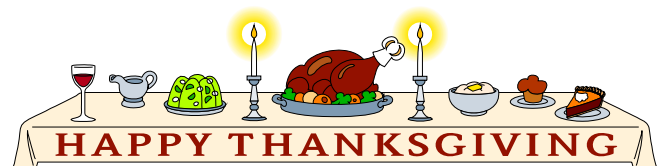
1. Direct Deposit of Recurring Checks such as Social Security or payroll checks. Direct deposit ensures timely posting to your account and eliminates a trip to the Bank if you are not feeling well.
2. Electronic Payment of Recurring Monthly Charges such as utility bills. This not only saves you postage and time, but also helps you to avoid late charges if your check gets lost in the mail.
3. Internet Banking. Our free internet banking service allows you to monitor your savings, checking, investment and loan balances and permits transfers between your various accounts.
4. Internet Bill Pay. Our free internet bill pay service allows you to pay your bills on-line to avoid mailing delays, postage costs, and trips to the mailbox.
5. Visa® ATM / Check Card. One card will allow you ready access to cash at almost every ATM throughout the world. Many of our customers use their Visa® Check Card to make purchases anywhere that the Visa® card is accepted. See any of our branch managers for further details and an application today.

Newsletter Contributors

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Special Contributor:

Frank Gilbert of the Northland Library



DID YOU KNOW ? ? ? ? ?



Northland Library Has a Tutor Service Available?

Are you a student struggling with homework? Or an adult having a tough time trying to find the right way to put together that job-seeking resume and letter? Here's a good solution and best of all, it won't cost you anything.

Northland Public Library offers free, live tutoring assistance for people of all ages, from kindergarten students through adult job seekers, through our **Northland Library Tutor** program, which is available from 3:00pm to 10:00pm daily. Simply go to the library website at www.northlandlibrary.org, and click on **Northland Library Tutor**, where you can sign in using your library card number.

Once logged on, you will be able to access information in centers designed to assist elementary, high school and college students as well as adults. Students will be connected directly with an expert tutor for live, interactive one-on-one help in math, science, social studies and English. There are also standardized student tests used through the state in all of the core subjects. You can even get one of your own documents proofed by a certified English tutor.

Adults can receive individual assistance with continuing education projects, including preparing for the GED exam, as well as resume and work-related writing. There is also a Skills Center Resource Library on the website, which contains thousands of worksheets, tutorials, study guides, and more which can be used at any time. The Skills Center includes sample test preparation examples for college and graduate school admissions.

Northland Library Tutor can be accessed on any Internet-equipped computer in the library, or on the library website at home by anyone with a Northland Library card who is a resident of our five supporting municipalities.

Hundreds of students and adults have taken advantage of this program, which is now in its second year. It has provided students with the individual help they often times need to keep up with their school work and adults the assistance that could prove beneficial in continuing their educational journey or finding that new job in these tough economic times. Whatever the reason, we invite you to visit the library website and check out how this feature can help you or your children.

For more information on **Northland Library Tutor**, or any library program or event, please visit our website at www.northlandlibrary.org, or call the library at 412-366-8100.



KID'S KORNER



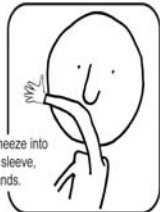
Cover Coughs and Sneezes. Clean Hands.
 Be a germ stopper at school — and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away. Clean your hands a lot.

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or



cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

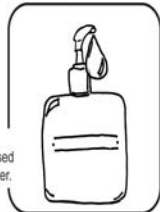
Clean your Hands

after coughing or sneezing.

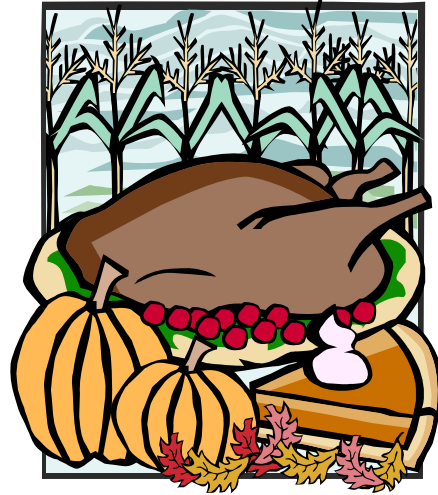


Wash hands with soap and warm water for 20 seconds

or clean with alcohol-based hand cleaner.



From the Northland Library's Kitchen



FROZEN PUMPKIN MOUSSE PIE

Ingredients

- 30 small gingersnap cookies, about 7 ½ ounces
- 2 tablespoons raisins
- 1 tablespoon canola oil
- 1 cup canned pumpkin puree
- 1/3 cup packed brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon freshly grated nutmeg
- 2 cups frozen low-fat vanilla ice cream, softened*

Directions

Preheat oven to 350 degrees F. Coat a 9-inch deep-dish pan with cooking spray.

To prepare crust: Combine gingersnaps and raisins in food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.

Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.

To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 – 30 minutes before serving.

