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**From:** A P <nostampz@outlook.com>  
**Sent:** Wednesday, November 9, 2022 10:34 AM  
**To:** Office State Actuary, WA  
**Subject:** Plan 1 COLA

CAUTION:External email.

Hello to you at the Select Committee on Pension Policy,

I am a retired public school nurse. I am a member of WSSRA and I want to urge you to endorse a permanent Plan 1 COLA at a fair annual percentage. A 3% COLA is not enough this year!

Please consider at least a 7% one time increase or a two year plan for 4% increases in 2023-2024 for the Plan 1 COLA.

I urge you to do this because it is very much needed!

Thank you for the work you do and for considering increasing the COLA for Plan 1 members.

Sincerely,  
Alice Flegel RN

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