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**From:** Russell Ames <ramouse2@gmail.com>  
**Sent:** Tuesday, October 26, 2021 6:22 PM  
**To:** Office State Actuary, WA  
**Subject:** Plan 1 cola

**CAUTION:**External email.

I retired in 2001 from 31 years of state service....what would you do if you depended on you're retirement to pay your bills & everything else you need to live on & try to find a new job at the age of 74 ? Not very many employees will hire someone that old to make enough money to support their families.....and to think one day you may be in this situation too.....kind of scary huh ! Thnx for listening to me & my family & have a great evening & please think about this situation.

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