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**From:** Jan Rowe <protectkats@yahoo.com>  
**Sent:** Tuesday, May 10, 2022 9:49 AM  
**To:** Office State Actuary, WA  
**Subject:** COLA for Plan 1 retirees

CAUTION:External email.

>  
> Dear Members:

> Inflation continues to climb. It is extremely important to me that you include a Plan 1 COLA in your next budget. Retirees are on a limited income, and I'm having difficulty meeting the bills each month. We're counting on you to continue to stand up for retirees.

>  
> Sincerely,  
Janice Rowe  
1022 178th St SW  
Lynnwood, Wa 98037

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