

**From:** [Nancy Zabel](#)  
**To:** [Office State Actuary, WA](#)  
**Subject:** Plan 1 COLA  
**Date:** Saturday, October 21, 2023 3:40:56 PM

---

**CAUTION:**External email.

Please vote to increase our COLA to 3%. That isn't much because since my retirement 10 years ago, I've lost thousands and thousands of dollars when we were denied any COLA increase. I had many great years teaching and gave so much of myself to my students. I'm well educated and still earn much less than most people of my age, service, and education. Please raise this to the cost of living each year. Even Social Security raised it 3.2%.

Nancy Zabel

**CAUTION:** This email originated from outside of the Legislature. Do not click links or open attachments unless you recognize the sender and know the content is safe.