

From: [Nancy Zabel](#)
To: [Office State Actuary, WA](#)
Subject: Plan 1 COLA
Date: Friday, September 16, 2022 10:41:31 PM

CAUTION: External email.

I have been retired since 2013. I'm losing the battle every year. Everything has gone up except my retirement.

Please vote to give us the cost of living we deserve

Nancy Zabel
North Thurston Public Schools

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