

**From:** [J CARL CARRINGTON](#)  
**To:** [Office State Actuary, WA](#)  
**Subject:** RE: draft plan pension policy  
**Date:** Monday, September 19, 2022 3:28:46 PM

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To the committee:

We are public school employees who have been retired for over 25 years. When we retired we were assured that we would be receiving COLA in retirement so that we would be able to keep up with the rise in cost-of-living. For some years that happened, but in the past 12 years there have been few, if any, changes in our retirement check (other than huge medical insurance increases). It is a sad commentary on how former teachers and many others are under-valued by state legislators.

We sincerely urge you to take a close look at the pension amounts earned by those of us who worked in the 60's through the 80's and ask yourself - could I manage to live on this?

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