

**From:** [Donn and Val Martinson](#)  
**To:** [Office State Actuary, WA](#)  
**Subject:** COLA Plan 1 retiree request  
**Date:** Friday, October 14, 2022 3:44:39 PM

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To the state actuary,

My name is Valerie Martinson. I am a retired teacher in the 2004 under the Plan 1 TRS system. Due to increasing inflation and very few COLA increases since 2004 I am requesting, please, that we have a COLA permanently put into place for all retirees, Plan 1. I taught 33.5 years and the last six or 7 years of my teaching I saw one increase in salary. The year I retired it was taken away by Governor Locke. Please know we all worked very hard and were very sincere with many additional hours teaching our students. I am in the system where we paid for our required 5<sup>th</sup> year. I took two additional years of classes beyond that to stay current in various teaching methods and curriculum adoptions. It took me ten years to pay off my school loan when I first started teaching, so I have always been watchful of our house income and the responsibilities that are before all of us who own a home. Please help us out with the rising property taxes (the greatest increase this year in the 29 years we have lived in our home), the food prices, gas prices, and medical premiums that increase each year. Yes, our house is paid off but it was with a lot of sacrifice over the years that we continue to make. We want to be able to stay in our home and not be priced out. We still drive cars 20 years old. Thank you in these times for working on our behalf to work on a permanent COLA increase. Your time and efforts will be so appreciated by all in Plan 1.

Bests regards,

Valerie Martinson, retired teacher of 33.5 years in the TRS 1  
And her husband, Donn Martinson

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