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**From:** diane visten <dvisten@yahoo.com>  
**Sent:** Tuesday, October 4, 2022 10:09 AM  
**To:** Office State Actuary, WA; Peter Diedrick  
**Subject:** COLA for plan 1 PRS AND TRS

**CAUTION:**External email.

Hello,

I am writing on behalf of myself and many others on plan 1 PRS and TRS. We have been neglected for many years with minimum or NO COLAs. I have lost about 50% of my buying power and others have lost even more. We deserve a bigger ad hoc COLA this year of at least 7%. Please consider our plights, as educators and school employees who paid into their retirement plans and now need to be able to live with dignity in retirement. Diane Visten Unit 21. Legislative district 10

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