

**From:** [Sandi Swanson](#)  
**To:** [Office State Actuary, WA](#)  
**Subject:** Cola  
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**CAUTION:** External email.

I am hoping for an increase of at least 4% for Plan 1 members.  
The cost of food, gas and just plain everyday expenses is way beyond my budget and making it harder to live a normal life.

Thank you  
Sandra L Swanson

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