

**From:** [Alice Allison](#)  
**To:** [Office State Actuary, WA](#)  
**Subject:** Plan 1 COLA  
**Date:** Friday, November 4, 2022 9:13:35 AM

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With rising prices in basics like food and energy it is essential that you support a larger COLA -- at least 4% in 2023 and 2024. It is good to study the long term COLA but relief now is badly needed.

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