


# ILWU-PMA BENEFIT PLANS /

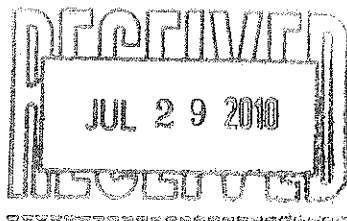
International Longshore & Warehouse Union —  
Pacific Maritime Association

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ILWU-PMA Pension Plan  
ILWU-PMA Welfare Plan

ILWU-PMA Watchmen Pension Plan  
ILWU-PMA Supplemental Welfare Benefit Plan



July 27, 2010

**TO:** ILWU Southern California Locals 13, 26, 29, 46, 63 and 94  
**FROM:** Kate McClure, Executive Director  
**SUBJECT:** Southern California Area Welfare Director

The Trustees of the ILWU-PMA Welfare Plan have announced the appointment of Sam Alvarado to the position of Southern California Area Welfare Director effective immediately.

The location and telephone number of the Area Welfare Director's office remain the same:

28924 S. Western Avenue, Suite 202  
Rancho Palos Verdes, CA 90275  
(866) 833-5144 (toll-free) or (310) 833-5144

We extend congratulations to Sam and look forward to working with him.

cc: Area Welfare Directors