

# SEAFARERS PENSION PLAN

5201 Capital Gateway Drive  
Camp Springs, Maryland 20746-4275  
(301) 899-0675

Margaret R. Bowen  
Administrator

## Re: Suspended Pension Benefit

Dear Pensioner:

Our records indicate that you were receiving a monthly pension benefit from the Seafarers Pension Plan ("Plan") but your benefits were suspended because you failed to verify the receipt of your benefits or your checks were uncashed or returned. In order to reinstate your pension benefits, the Plan requires you to complete the section below in the presence of a Notary Public or an authorized SIU/Plan Representative at your local port:

Pensioner's Signature			
_____	_____		
Pensioner's Signature	Date Signed		
<b>THIS SECTION MUST BE COMPLETED BY A NOTARY PUBLIC OR AN AUTHORIZED SIU/PLAN REPRESENTATIVE</b>			
Notarization			
State of: _____	County of: _____		
On this the ____ day of _____, 20____, before me, _____, the undersigned,			
Day	Month	Year	Notary Public or SIU/Plan Representative's Name
personally appeared _____, satisfactorily proven to be the person(s) named in and personally signed, sealed,		Participant's Name	
and delivered this signature as his or her act and deed.			
_____	_____		
Notary Public's or SIU/Plan Representative's Signature	Date Signed		

Please return a signed copy this notice by: e-mail: [pensions@seafarers.org](mailto:pensions@seafarers.org); fax: (301) 702-6074; or mail: Pension Department, 5201 Capital Gateway Drive, Camp Springs, MD 20746.

If you have any problems completing this form or have any questions regarding this notice, contact the Pension Department at (800) 252-4674 (Option 2) or [pensions@seafarers.org](mailto:pensions@seafarers.org). Additional information regarding the Plan can be found online at [www.seafarers.org](http://www.seafarers.org) under About.

Sincerely,

Margaret R. Bowen  
Administrator