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:

Please return a signed copy this notice by: e-mail: 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. Additional information regarding the Plan can be found online at www.seafarers.org under About.

Sincerely,

Margaret R. Bowen
Administrator