FOREMEN'S UNION
411 North Harbor Blvd., Ste. 303, San Pedro, California 90731
(310) 832-1109 • (310) 832-1079 • FAX (310) 832-2142

STOP WORK MEETING

THURSDAY, JUNE 13, 2013 7 PM @ the Cruise Terminal

Problematic Claims: Representative from Zenith Coastwise Indemnity Plan which operates our claims office will be at an office on the corner of Sixth Street and Centre in San Pedro next to Local 13's office, Monday June 3 through Friday June 7 from 9 AM to 5 PM. The purpose of their availability is to provide you with an opportunity to bring in Explanations of Benefits (EOB), Claims and Bills from providers (Doctors), and information on providers that have not received payment for services already rendered. In order to expedite the collection process, make copies ahead of time.

26th Annual Seafood Feast: Will be Wednesday June 12, 2013 from 5:30-7:30, San Pedro Fish Market (Ports O' Call). Tickets are $40 per person benefiting the ILWU/Propeller Club Memorial Scholarship Fund.

Start up Times: It is our responsibility to get the job started in a timely manner. After the Longshore personal have received their safety talks, make sure they get to their assigned location and know how to operate any equipment necessary to perform their duties. Once the job gets started and all of the fires have been put out and with due regard to the operation, find an appropriate time to do your payrolls.

Annual Health Plan Choice Period: Changes can be made during the month of May regarding your healthcare to either Coastwise Indemnity Plan PPO or Kaiser. Changes to your Dental plan can also be made. Please contact our Area Director Sam Alvarado at 310-833-5144 or you can call the plan office directly at 415-673-8500

Blue Shield Checks: Members who receive checks directly mailed to them for services rendered by their physician are required to forward those checks to the Area Benefits Director or contact the office.

Auto Jobs: It has been reported to us that there has been an increase of damage to vehicles especially to the bumpers. Please remind all Longshore personnel of how important these jobs are to the ILWU.

Hazmat Training: A 40 hour Training class will begin June 3 and continue for five consecutive Mondays. The class will be held at Local 63 upstairs in their Labor room beginning at 8 AM.

Hazmat Protocol: SCWB-0032-2011 and SCWB-0033-2011 outline the protocols of handling Hazmat at risk containers. As a reminder on how to unlash a ship with Hazardous at risk containers, first determine if the at risk container is a load or an empty. For and empty container there is a four sided rule which means the bays on both sides of the bay containing the hazardous container stays lashed. If the at risk container is a load then a two sided rule applies which means the bay on the motor side stays lashed. Have your Lasher's drop all of the lashing except for the two or the four sides and then during the meal hour have your Lasher's drop the lashing and unlock whatever containers are necessary to discharge the at risk container. After the hazardous at risk container has been discharged you can then direct your Lasher's to complete their job. If you have any questions regarding hazmat related issues please contact the office. This protocol must be followed. **No Exceptions!!**

Boys & Girls Club Luncheon: As a sponsor of this event we have 10 seats available on Friday June 14 at 12 noon. The luncheon will be held at the Boys & Girls Club on Harbor Boulevard in San Pedro. If you're interested in attending please contact the office.

Complaints: On Tuesday, June 18, 2013 at PMA Long Beach at 9 AM we will be hearing all open UC – EC complaints. Please contact the office if you have any open complaints against you so that we can make sure that you are on the agenda.

Pacific Coast Marine Safety Code Rule 907: Duties of Vehicle Operators. Shall set breaks and **shut off the motor when leaving vehicle**. This applies to all vehicles. The employer has informed us that they will be enforcing this rule and that all Foremen should include this in their safety talks. This rule also applies to all Foremen.

Port Security: On Wednesday, June 5 from 12 PM to 10 PM the Los Angeles Port Police will conduct a Homeland Security Training Exercise on the Main Channel between the USS Iowa Battleship and Evergreen terminal. The training exercise will be scenario-based using helicopters, police boats, police cars, and blank rounds being fired as simulated gunshots.

In Solidarity:

Daniel G. Miranda	**Edward Alexander**	**Mike Trudeau**
President	**Vice-President**	**Secretary-Treasurer**

REGISTER AS A BONE MARROW DONOR

United Against Blood Cancer

International Longshoremen, Warehouse, Clerks, and Foremen join the fight to Delete Blood Cancer

Inspired by the story of baby Giovanni as told by his father Michael at the April ILWU caucus, the ILWU would like to join the fight to Delete Blood Cancer and save lives by asking our members, families, friends and the community to register as a lifesaving bone marrow donor. Be a hero, save a life. Michael is speaking at the ILWU Local 13, 63, and 94 meetings Thursday, June 13 asking the ILWU members to help register 1000s of people to delete blood cancer. Members can register as a lifesaving bone marrow donor at their union meetings. Family, friends and the community can also register for free from 9am to 4pm on Friday, June 14 and Saturday, June 15, at the Local 13 Office, 630 Centre St, San Pedro. All its takes is a one page application, two cotton swabs rubbed inside your mouth, and you could be someone's lifesaver.

Delete Blood Cancer DKMS is the world's largest bone marrow donor center. We've registered more than 3 million potential donors and facilitated over 30,000 bone marrow transplants. And we're not stopping there. Every day we work with patients, families and communities to recruit more donors and save more lives.

DELETE BLOOD CANCER | DKMS

deletebloodcancer.org

Delete Blood Cancer DKMS I 33 East 33rd Street I Suite 501 I New York, NY 10016
p: 212.209.6700 I f: 212.209.6710 I info@dkmsamericas.org

FACTS ABOUT BONE MARROW DONATION

WHAT IS DELETE BLOOD CANCER?

Delete Blood Cancer DKMS is the world's largest bone marrow donor center. We lead the fight to defeat blood cancer by empowering people to take action, give bone marrow and save lives.

HOW CAN I MAKE A DIFFERENCE?

You can register to become a bone marrow donor and increase the chance that a patient can find a match and receive a life-saving transplant. The donor and patient should share at least 8 HLA tissue characteristics, but ideally having 10 in common would be a good match. With more than 7,000 known HLA types that occur in millions of combinations, finding a match is like winning the lottery. Every new donor raises the odds.

WHO CAN BECOME A BONE MARROW DONOR?

You must be 18-55 years old, in good general health, weight at least 110 pounds, have a maximum body mass index of 40, and be willing to donate to any patient in need. If you meet these requirements, you can sign up by completing a registration form and swabbing the inside of your cheeks to collect cells for HLA tissue typing.

WHAT IS MY COMMITMENT?

Registering is the first step toward saving a life. Once your HLA information appears anonymously on national registry, you must be willing to donate to anyone in need. You might be a match for someone at any point after registering, so it's important that you keep your contact and health information updated at deletebloodcancer.org. Your information will stay on the registry until you are 61 or ask to have it removed.

WHAT HAPPENS IF I'M A MATCH?

If you are a match for a patient, someone from Delete Blood Cancer will contact you with the great news. At that time, we ask you to complete a health questionnaire. We will arrange for you to provide a blood sample and possibly undergo additional testing to determine if you are the best possible donor for the patient. If we've determined that you are, you will be asked to donate in one of two ways selected by the patient's doctor. You must be willing to donate using either method. There are no costs to you at any point.

TWO WAYS TO DONATE

PERIPHERAL BLOOD STEM CELL DONATION:

Cells are collected via blood stream during an outpatient procedure. Blood is drawn from one arm into a machine that filters out the stem cells for the patient and then returns the remaining blood through the other arm. This procedure takes about 4-8 hours over the course of 1-2 consecutive days. On the four days before and on the day of the procedure, you will receive a daily injection of filgrastim, a synthetic protein that boosts your stem cell production. While taking filgrastim, many donors experience flu-like symptoms such as headaches, bone and muscle aches and fatigue. Most side-effects subside within 48 hours of donating.

BONE MARROW DONATION:

Marrow cells are collected from the backside of the pelvic bone (not the spine) using a special syringe. You will receive general anesthesia so no pain is experienced during the 1-2 hour procedure. Most donors are discharged from the hospital the next day or earlier. You may experience some pain, bruising and stiffness for up to two weeks after the procedure, however most donors are back to their regular routines within a week. Your marrow will completely replenish itself within a few weeks.

WHAT ELSE CAN I DO TO HELP?

- Contact us to organize a donor drive in your community, office or school.
- Encourage friends and family to register at a drive or deletebloodcancer.org
- Fund our efforts. It costs us $65 to register each donor.
- You can contribute via deletebloodcancer.org or fund raise via FirstGiving.com/DKMS

HELP US SAVE MORE LIVES!

Make a $ donation and select code: :
www.deletebloodcancer.org/donate

CONNECT WITH US

It's a great way to help us spread the word:
Like us at Facebook.com/deletebloodcancer
Follow us on Twitter.com/getswabbed

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