ILWU-PMA BENEFIT PLANS /
International Longshore & Warehouse Union —
Pacific Maritime Association www.benefitplans.org
1188 FRANKLIN STREET • SUITE 101 • SAN FRANCISCO, CALIFORNIA 94109
PHONE (415) 673-8500
FAX (415) 749-1400

ILWU-PMA Pension Plan
ILWU-PMA Welfare Plan

ILWU-PMA Watchmen Pension Plan

June 1, 2026

TO: ILWU Longshore, Ship Clerk, and Walking Boss/Foreman Locals
FROM: Luke Enna, Manager, Pension Plans
SUBJECT: ILWU-PMA Pension Plan - MOU Pension Increases

The July 1, 2022, Memorandum of Understanding (MOU) between the ILWU and PMA provides for the following pension benefit increases to Pensioners and Survivor Pensioners effective July 1, 2026:

Pensioners

Pension Rates per month per Year of Service			
Retirees w/ Separation Dates of:	**As of 7/1/25**	**As of 7/1/26**	**As of 7/1/27**
before 7/1/1999	$124	$127 (an increase of $3.00)	$130 (an increase of $3.00)
from 1999-2002	$120	$125 (an increase of $5.00)	$130 (an increase of $5.00)
from 2002-2008	$160	$165 (an increase of $5.00)	$170 (an increase of $5.00)
from 2008-2014	$184	$187 (an increase of $3.00)	$190 (an increase of $3.00
from 2014-2022	$215	$215 (no increase)	$215 (no increase)
from 2022-2028	$225	$240 (an increase of $15.00)	$255 (an increase of $15.00)

Surviving Spouses (including surviving spouses of QDROs) or Dependent Child Survivors

Pension Rates per month per Year of Service			
Survivors of retirees w/ Separation Dates of:	**As of 7/1/25**	**As of 7/1/26**	**As of 7/1/27**
before 7/1/1999	$93	$95.25 (an increase of $2.25)	$97.50 (an increase of $2.25)
from 1999-2002	$90	$93.75 (an increase of $3.75)	$97.50 (an increase of $3.75)
from 2002-2008	$120	$123.75 (an increase of $3.75)	$127.50 (an increase of $3.75)
from 2008-2014	$138	$140.25 (an increase of $2.25)	$142.50 (an increase of $2.25)
from 2014-2022	$161.25	$161.25 (no increase)	$161.25 (no increase)
from 2022-2028	$168.75	$180.00 (an increase of $11.25)	$191.25 (an increase of $11.25)

A limited Early Retirement Incentive Window is available between January 1, 2024, and June 30, 2027, to eligible registered participants. All pensioners and survivors will receive individual notices describing their pension increase. A sample of this notice is attached.

Enclosure.

cc: Area Welfare Directors

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SAMPLE

NAME
INSERT
INSERT ADDRESS
INSERT CITY, STATE ZIP

June 2026

Local: 10
Reg. No: 12345

The 2022 Memorandum of Understanding (MOU) between ILWU and PMA provides that for the Plan Years 2022 through 2028 provides that pensioners who retired with the following separation:

After June 30, 1999, and prior to July 1, 2002

Will receive a benefit increase as follows:

Effective Date	Increases per month per Year of Service
July 1, 2026	$5.00
July 1, 2027	$5.00

Your pension qualifying Years of Service are: 35
Your Benefit Credits are: 35.00000

You will receive a separate letter detailing the amount of your pension benefit payment effective July 1, 2026. The letter will show the difference between your June and July 2026 pension payments and any differences in your tax withholding as a result of the benefit increase.

If you and/or your spouse are enrolled in Medicare, your monthly benefit payments will continue to reflect reimbursement for Medicare Part B premiums paid to you from the ILWU-PMA Welfare Plan.

SAMPLE

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