



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13  
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Health & Benefits Bulletin #8 - 2025

# AUGUST 2025 HEALTH & BENEFITS BULLETIN

## A MESSAGE FROM THE HEALTH & BENEFITS DEPARTMENT

Happy August Brothers & Sisters, our office continues to be open to serve you, your dependents, and our Pensioners who laid the foundation for all we have.

I hope you all are enjoying the summer while being safe, as you continually and impressively move the World’s cargo, better than any “clanker” could.

I wanted to give a friendly reminder of actions to avoid:

- Asking a boss to cut you when you are supposed to be on a comeback.
- Anytime you call two (2) reaps in a row (including elevation reaps), it is a reap for the job & you can’t check in until the job is done.
- Mechanics’ Board – must cover your board & accept comebacks that are given to you “No asking to get out.”
- Wait for your start time to accept an elevation.
- Not cover your job before your reap or elevation reap show up.
- Not adding your hours correctly.
- Using the excuse “Everyone else is doing it.”
- Bypassing the Dispatch Hall
- Using disrespectful language and/or violence
- Picking up jobs and showing up at ridiculous times.
- Take care of the job.

## MENTAL HEALTH FAIR



**WEDNESDAY**  
**August 13, 2025**  
**11 am – 2 pm**  
**ILWU Memorial Hall**  
**231 West C Street**  
**Wilmington, CA 90744**

Supporting the mental health and wellness of waterfront workers and their families with resources, knowledge, and support to help them thrive.

Come by & be Informed!

### Resources available for:

- Trauma & PTSD
- Anxiety & Depression
- Grief & Suicidal Thoughts
- Relationship & Marital Issues
- Substance Use & Addictions
- Adolescent Support Services
- And much more!



## HEALTH TIP

August is observed as National Wellness Month in the United States. This month aims to raise awareness about mental health, promote self-care practices, and reduce the stigma associated with mental health conditions.

### **Key Points:**

**Focus on Self-Awareness:** August encourages individuals to focus on their mental well-being and gain self-awareness.

**Promote Wellness Activities:** Engage in activities that support mental health, such as exercise, healthy eating, mindfulness, and relaxation techniques.

**Break the Stigma: Challenge** negative stereotypes about mental health and encourage open conversations about mental health issues.

**Support Mental Health Services: Highlight** the availability of mental health resources, such as therapy, support groups, and hotlines.

**National Minority Mental Health Awareness month:** August also coincides with National Minority Mental Health Awareness Month, emphasizing the importance of addressing mental health disparities among minority populations.

*Remember, mental health is essential for overall well-being. Let us use August as an opportunity to prioritize our mental health and create a supportive and stigma-free environment for all.*

## BROUGHT TO YOU BY Ticketsatwork:

Soak up the last days of summer with huge savings this August! From travel to family-fun essentials, enjoy exclusive end-of-season deals you will not want to miss! More employee discounts, and less work for you.

**To register visit [ticketsatwork.com](https://ticketsatwork.com) and use Company Code Local 13**



## WORD OF ADVICE

“I’m standing by on health & safety” Simply those words do not let management, or any supervisor try to fool you by asking, “So you are refusing to work?” they will try to play games with words to get you to say you are refusing to work. Do not play into it. Simply say “I feel this is unsafe, I am standing by on health & safety.” Let them know you are ready to work and want to work, but in safe conditions. If the foreman cannot make it safe for you, then call the BA (310) 830-1877.

We are still in the summer months, please take extra precautions at work, stay hydrated. Take extra time if needed, so you do not overheat.

## ADA JPLRC

*(Americans with Disability Act Labor Relations Committee (ADA LRC))*

### **Americans with Disabilities Act Labor Relations Committee (ADA LRC)**

If you have been cited to appear or if you would like to revise your existing accommodation(s), please plan to attend, meetings are scheduled for the **first and third Tuesdays of each month at Local 13** unless otherwise noted.

*The world needs less machinery and more humanity.*



*Eddie Moncado #131390*  
*Local 13 Health & Benefits Officer*