



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13
630 South Centre Street | San Pedro, CA 90731 | (310) 830-6116
Health & Benefits Officer - Eddie Moncado
Staff – Maria & Racheal

Benefits Bulletin #05 - 2026

MAY 2026 BENEFITS BULLETIN

MORE DAYS TOGETHER!

May is Mental Health Awareness Month. Sometimes we can identify signs that we or loved ones might be struggling, and sometimes we can't. I, for one, just shut down and get quiet. It took me all my life to recognize that, fortunately, it didn't take me another 46 years to figure it out. It's okay to not be okay; we are all human. Support, listening, and encouraging words matter. There are resources available to help.

HAPPY SPRING BROTHERS & SISTERS

I hope you're all staying safe and healthy.

I see you all covering our work and protecting our jobs. I even see you all covering work in other ports. You stand at the upper echelon when it comes to moving cargo, ESPECIALLY when equipment is maintained and operating at full capacity. Keep doing what you all are doing so every shipping company that makes the business decision to take their vessels elsewhere knows that the MEN & WOMEN of Local 13 are the best moving cargo safely and efficiently.

I have a couple of important items that are overdue for mention.

March was Endometriosis Awareness Month

A global initiative dedicated to raising awareness, improving diagnosis times (which average 10 years), and supporting the 1 in 10 women and individuals with gynecological organs affected by the condition. It highlights that painful periods are not normal and encourages earlier diagnosis of this chronic, inflammatory disease.

Key Aspects of Endometriosis Awareness Month:

- **Purpose:** To fight myths, ignorance, and bias surrounding the disease, which causes tissue similar to the uterine lining to grow outside of it.
- **History:** Instituted by the Endometriosis Association in 1993. March was selected to fall between the harsh winter and summer seasons to encourage global participation.
- **Symptoms & Impact:** It causes severe, often debilitating pelvic pain, pain during intercourse, and infertility, significantly impacting daily life and mental health.

A HUGE SPECIAL THANK YOU

To the Banning High School Baseball teams for volunteering their time to help assist our annual Turkey and Toy drive during the Thanksgiving & Christmas holidays. A heartfelt thank you to all of you and to the Pilots!

PROTOCOL FOR LACTATION ACCOMMODATIONS

1. Lactating mothers must have a reasonable rest period, which is no less than 30 minutes (and possibly more), during each four-hour work period to express breast milk for a child who is two years of age or younger.
2. If feasible, lactating mothers should take these rest periods at the same time as their regularly scheduled rest or meal periods.
3. PMA member companies must treat time used to express milk as paid rest periods, up to the amount of time they are contractually required to provide. There is no obligation to pay for additional time beyond that. However, if other employees are

paid for extended rest periods, lactating mothers needing additional time should be treated similarly.

4. PMA member companies must make reasonable efforts to provide a private location to lactate mothers within proximity to the employee's work area to express milk. This space must not be a restroom or toilet stall, and it must provide private seating. In addition to affording complete privacy, the location must have a place to sit, contain a surface to place a breast pump and personal items, have access to electricity or alternative devices (e.g. extension cords and charging stations) needed to operate an electric or battery-powered breast pump, have access to a sink with running water, a refrigerator or cooler suitable for storing milk, and be safe, sanitary, and free of hazardous materials. If a multipurpose room is used, lactation use must take precedence during that time. One example of an acceptable lactation location, other than a dedicated room in an existing structure, is a standalone transportable pod for lactating mothers.
5. Lactating mothers should be informed of whom to notify regarding their need to express milk. In the absence of any notice, it is sufficient for a lactating mother to give verbal notice to a supervisor or manager or PMA representative of their intent.
6. Lactating mothers are not required to provide documentation for this need and must not face retaliation for requesting accommodations. This protocol is meant to provide general guidance in responding to lactation accommodation requests and an overview of the Employers' obligations in this context. The administrators of this protocol and the various contract documents, including the CLRC Policy on ADA Compliance and Reasonable Accommodation, are instructed to proceed with sensitivity, discretion, and good faith in providing the accommodation needed to ensure that there is adequate support for lactating mothers.

Now some new business

Food for thought.... In [California](#), patient abandonment is classified as **unprofessional conduct** under the Business and Professions Code and can lead to severe disciplinary action by the [Medical Board of California \(MBC\)](#) or the [Board of Registered Nursing \(BRN\)](#).

For Physicians:

To avoid abandonment charges, California physicians must follow specific termination procedures when ending a relationship with a patient:

- **Written Notice Required:** Physicians must provide formal written notice of termination, preferably via **certified mail** with a return receipt requested.
- **Minimum Notice Period:** While state law requires "ample opportunity" to find a new doctor, the [Medical Board of California](#) recommends a **minimum of 15–30 days**. Some guidelines suggest up to **90 days** for practice closures.
- **Emergency Care Provision:** The provider must assure the patient in writing that they will remain available for **at least 15 days** for emergency treatment and necessary prescriptions after notice is given.
- **Referral Resources:** Include alternative sources for medical care, such as insurance provider lists or local medical society referral services.
- **Medical Records:** Patients must be instructed on how to obtain their medical records and be provided with a release form to transfer them to a new provider.

ADA JPLRC

(Americans with Disability 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, scheduled for the **first and third Tuesdays of each month** at Local 13 unless otherwise noted.

In Solidarity,



Eddie Moncado #131390

“The world needs less machinery and more humanity.”

Local 13 Health & Benefits Officer



Stay Connected!

Visit the ILWU Local 13 monthly Benefits Bulletin for more upcoming workshops!

Benefits Bulletin #05 – May 2026
OPEIU #537/MV