REQUEST TO CHANGE PAYROLL DEDUCTION

To: West Gulf Maritime Association 1717 East Loop, Suite 200 Houston, Texas 77029

I hereby request that you discontinue to following payroll deductions (please check the box of the payroll deduction to be discontinued):

Date Signatur		Signature			
ILA. L	Local #	Work Numb	er:	_	
TT A T	Address	W 1 N 1	City	State	Zip
Name:	(please print)		Social Securit	y #:	
	Professional Life Insurance C	Co.			
	PRINCOR				
	Pre-paid Legal Services, Inc.				
	EMC Insurance				
	Conseco Health Insurance Company				
	Colonial Insurance				
	CAIC Insurance				
	American Heritage Life Insu	rance			
	AFLAC Insurance				

To return by facsimile: send to 855-715-1717