

LABOR UNIONS 401(k) PLAN

3444 Camino del Rio North Suite 101 * San Diego, California 92108 * (855) 958-4015

Participant
Labor Unions 401(k) Plan

Re: Application for Distribution of Benefit

Dear Participant:

Pursuant to your request, enclosed please find an application for the distribution of your benefit in the Labor Unions 401(k) Plan. Please follow these general guidelines in completing and signing the application:

1. Complete all of Part I. Attaching a copy of a termination or lay-office notice, if you have one, may help speed up the process;
2. Complete Part II as to your preference of distribution. Be sure to execute both the tax and release sections.
3. Have the application notarized with your signature, and your spouse's signature, if applicable.

Twenty percent (20%) of your account balance will be withheld for taxes if you are requesting a lump sum distribution. You may incur additional taxes resulting from the distribution, as well as penalties for early withdrawal if you have not reached age 59½. Direct rollovers are not taxed. ***Please refer to the Special Tax Notice attached.*** You will receive an IRS Form 1099 at the end of the year as a result of your distribution.

The distribution process generally takes three to four weeks. If you have any questions in completing this application, please do not hesitate to call our office.

Very truly yours,

Labor Unions 401(k) Plan

SPECIAL TAX NOTICE

A payment from the Plan that is eligible for a rollover can be taken in two ways. You can have *all* or *any portion* of your payment either (1) PAID IN A DIRECT ROLLOVER or (2) PAID TO YOU. A rollover is a payment of your benefits to your individual retirement arrangement (IRA) or to another qualified plan. This choice will affect the tax you owe.

If you choose a DIRECT ROLLOVER:

- Your payment will not be taxed in the current year and no income tax will be withheld.
- Your payment will be made directly to your IRA or another employer plan that accepts your rollover.
- Your payment will be taxed later, when you take it out of the IRA or qualified plan.

If you choose to have your Plan benefits PAID TO YOU:

- You will receive only 80% of the payment, because the Plan administrator is required to withhold 20% of the payment and send it to the IRS as income tax withholding to be credited against your taxes.
- Your payment will be taxed in the current year. You may be able to use special tax rules that could reduce the tax you owe. However, if you receive the payment before age 59 1/2 you also may have to pay an additional 10% tax.
- You can roll over the payment by paying it to your IRA or to another qualified employer plan within 60 days of receiving the payment. The amount rolled over will not be taxed until you take it out of the IRA or employer plan. However, if you wait to roll over 100% of the payment to an IRA or other employer plan, ***you must find other money to replace the 20% that was withheld.*** If you rollover only the 80% that you received, you will be taxed on the 20% that was withheld and that is not rolled over.
- Effective January 1, 1999, hardship withdrawals are no longer eligible rollover distributions. These withdrawals cannot be rolled over to other qualified plans, tax sheltered annuities or IRAs - directly or indirectly. Hardship withdrawals of these contributions will be subject to a mandatory 10% withholding and individuals may elect to have no federal taxes withheld from these amounts.
- Rollovers cannot be made to Roth IRAs, SIMPLE IRAs or education IRAs.

If you have any questions, please do not hesitate to contact the Labor Unions 401(k) Plan at 855-958-4015.

YOUR ROLLOVER OPTIONS

You are receiving this notice because all or a portion of a payment you are receiving from the **Labor Unions 401(k) Plan** (the “Plan”) is eligible to be rolled over to an IRA or an employer plan. This notice is intended to help you decide whether to do such a rollover.

This notice describes the rollover rules that apply to payments from the Plan that are not from a designated Roth account (a type of account with special tax rules in some employer plans). If you also receive a payment from a designated Roth account in the Plan, you will be provided a different notice for that payment, and the Plan administrator or the payor will tell you the amount that is being paid from each account.

Rules that apply to most payments from a plan are described in the “General Information About Rollovers” section. Special rules that only apply in certain circumstances are described in the “Special Rules and Options” section.

GENERAL INFORMATION ABOUT ROLLOVERS

How can a rollover affect my taxes? You will be taxed on a payment from the Plan if you do not roll it over. If you are under age 59½ and do not do a rollover, you will also have to pay a 10% additional income tax on early distributions (unless an exception applies). However, if you do a rollover, you will not have to pay tax until you receive payments later and the 10% additional income tax will not apply if those payments are made after you are age 59½ (or if an exception applies).

Where may I roll over the payment? You may roll over the payment to either an IRA (an individual retirement account or individual retirement annuity) or an employer plan (a tax-qualified plan, section 403(b) plan, or governmental section 457(b) plan) that will accept the rollover. The rules of the IRA or employer plan that holds the rollover will determine your investment options, fees, and rights to payment from the IRA or employer plan (for example, no spousal consent rules apply to IRAs and IRAs may not provide loans). Further, the amount rolled over will become subject to the tax rules that apply to the IRA or employer plan.

How do I do a rollover? There are two ways to do a rollover. You can do either a direct rollover or a 60-day rollover.

If you do a direct rollover, the Plan will make the payment directly to your IRA or an employer plan. You should contact the IRA sponsor or the administrator of the employer plan for information on how to do a direct rollover.

If you do not do a direct rollover, you may still do a rollover by making a deposit into an IRA or eligible employer plan that will accept it. You will have 60 days after you receive the payment to make the deposit. If you do not do a direct rollover, the Plan is required to withhold 20% of the payment for federal income taxes (up to the amount of cash and property received other than employer stock). This means that, in order to roll over the entire payment in a 60-day rollover, you must use other funds to make up for the 20% withheld. If you do not roll over the entire amount of the payment, the portion not rolled over will be taxed and will be subject to the 10% additional income tax on early distributions if you are under age 59½ (unless an exception applies).

How much may I roll over? If you wish to do a rollover, you may roll over all or part of the amount eligible for rollover. Any payment from the Plan is eligible for rollover, except:

- Certain payments spread over a period of at least 10 years or over your life or life expectancy (or the lives or joint life expectancy of you and your beneficiary)
- Required minimum distributions after age 70½ (or after death)
- Hardship distributions
- ESOP dividends
- Corrective distributions of contributions that exceed tax law limitations
- Loans treated as deemed distributions (for example, loans in default due to missed payments before your employment ends)

- Cost of life insurance paid by the Plan
- Contributions made under special automatic enrollment rules that are withdrawn pursuant to your request within 90 days of enrollment
- Amounts treated as distributed because of a prohibited allocation of S corporation stock under an ESOP (also, there will generally be adverse tax consequences if you roll over a distribution of S corporation stock to an IRA).

The Plan administrator or the payor can tell you what portion of a payment is eligible for rollover.

If I don't do a rollover, will I have to pay the 10% additional income tax on early distributions? If you are under age 59½, you will have to pay the 10% additional income tax on early distributions for any payment from the Plan (including amounts withheld for income tax) that you do not roll over, unless one of the exceptions listed below applies. This tax is in addition to the regular income tax on the payment not rolled over.

The 10% additional income tax does not apply to the following payments from the Plan:

- Payments made after you separate from service if you will be at least age 55 in the year of the separation
- Payments that start after you separate from service if paid at least annually in equal or close to equal amounts over your life or life expectancy (or the lives or joint life expectancy of you and your beneficiary)
- Payments from a governmental defined benefit pension plan made after you separate from service if you are a public safety employee and you are at least age 50 in the year of the separation
- Payments made due to disability
- Payments after your death
- Payments of ESOP dividends
- Corrective distributions of contributions that exceed tax law limitations
- Cost of life insurance paid by the Plan
- Contributions made under special automatic enrollment rules that are withdrawn pursuant to your request within 90 days of enrollment
- Payments made directly to the government to satisfy a federal tax levy
- Payments made under a qualified domestic relations order (QDRO)
- Payments up to the amount of your deductible medical expenses
- Certain payments made while you are on active duty if you were a member of a reserve component called to duty after September 11, 2001 for more than 179 days
- Payments of certain automatic enrollment contributions requested to be withdrawn within 90 days of the first contribution.

If I do a rollover to an IRA, will the 10% additional income tax apply to early distributions from the IRA? If you receive a payment from an IRA when you are under age 59½, you will have to pay the 10% additional income tax on early distributions from the IRA, unless an exception applies. In general, the exceptions to the 10% additional income tax for early distributions from an IRA are the same as the exceptions listed above for early distributions from a plan. There are additional exceptions for (1) payments for qualified higher education expenses, (2) payments up to \$10,000 used in a qualified first-time home purchase, and (3) payments after you have received unemployment compensation for 12 consecutive weeks (or would have been eligible to receive unemployment compensation but for self-employed status).

Will I owe State income taxes? This notice does not describe any State or local income tax rules (including withholding rules).

SPECIAL RULES AND OPTIONS

If your payment includes after-tax contributions - After-tax contributions included in a payment are not taxed. If a payment is only part of your benefit, an allocable portion of your after-tax contributions is generally included in the payment. If you have pre-1987 after-tax contributions maintained in a separate account, a special rule may apply to determine whether the after-tax contributions are included in a payment.

You may roll over to an IRA a payment that includes after-tax contributions through either a direct rollover or a 60-day rollover. You must keep track of the aggregate amount of the after-tax contributions in all of your IRAs (in order to determine your taxable income for later payments from the IRAs). If you do a direct rollover of only a portion of the amount paid from the Plan and a portion is paid to you, each of the payments will include an allocable portion of the after-tax contributions. If you do a 60-day rollover to an IRA of only a portion of the payment made to you, the after-tax contributions are treated as rolled over last. For example, assume you are receiving a complete distribution of your benefit which totals \$12,000, of which \$2,000 is after-tax contributions. In this case, if you roll over \$10,000 to an IRA in a 60-day rollover, no amount is taxable because the \$2,000 amount not rolled over is treated as being after-tax contributions.

You may roll over to an employer plan all of a payment that includes after-tax contributions, but only through a direct rollover (and only if the receiving plan separately accounts for after-tax contributions and is not a governmental section 457(b) plan). You can do a 60-day rollover to an employer plan of part of a payment that includes after-tax contributions, but only up to the amount of the payment that would be taxable if not rolled over.

If you miss the 60-day rollover deadline - Generally, the 60-day rollover deadline cannot be extended. However, the IRS has the limited authority to waive the deadline under certain extraordinary circumstances, such as when external events prevented you from completing the rollover by the 60-day rollover deadline. To apply for a waiver, you must file a private letter ruling request with the IRS. Private letter ruling requests require the payment of a nonrefundable user fee. For more information, see IRS Publication 590, Individual Retirement Arrangements (IRAs).

If your payment includes employer stock that you do not roll over - If you do not do a rollover, you can apply a special rule to payments of employer stock (or other employer securities) that are either attributable to after-tax contributions or paid in a lump sum after separation from service (or after age 59½, disability, or the participant's death). Under the special rule, the net unrealized appreciation on the stock will not be taxed when distributed from the Plan and will be taxed at capital gain rates when you sell the stock. Net unrealized appreciation is generally the increase in the value of employer stock after it was acquired by the Plan. If you do a rollover for a payment that includes employer stock (for example, by selling the stock and rolling over the proceeds within 60 days of the payment), the special rule relating to the distributed employer stock will not apply to any subsequent payments from the IRA or employer plan. The Plan administrator can tell you the amount of any net unrealized appreciation.

If you have an outstanding loan that is being offset - If you have an outstanding loan from the Plan, your Plan benefit may be offset by the amount of the loan, typically when your employment ends. The loan offset amount is treated as a distribution to you at the time of the offset and will be taxed (including the 10% additional income tax on early distributions, unless an exception applies) unless you do a 60-day rollover in the amount of the loan offset to an IRA or employer plan.

If you were born on or before January 1, 1936 - If you were born on or before January 1, 1936 and receive a lump sum distribution that you do not roll over, special rules for calculating the amount of the tax on the payment might apply to you. For more information, see IRS Publication 575, Pension and Annuity Income.

If your payment is from a governmental section 457(b) plan - If the Plan is a governmental section 457(b) plan, the same rules described elsewhere in this notice generally apply, allowing you to roll over the payment to an IRA or an employer plan that accepts rollovers. One difference is that, if you do not do a rollover, you will not have to pay the 10% additional income tax on early distributions from the Plan even if you are under age 59½ (unless the payment is from a separate account holding rollover contributions that were made to the Plan from a tax-qualified plan, a section 403(b) plan, or an IRA). However, if you do a rollover to an IRA or to an employer plan that is not a governmental section 457(b)

plan, a later distribution made before age 59½ will be subject to the 10% additional income tax on early distributions (unless an exception applies). Other differences are that you cannot do a rollover if the payment is due to an “unforeseeable emergency” and the special rules under “If your payment includes employer stock that you do not roll over” and “If you were born on or before January 1, 1936” do not apply.

If you are an eligible retired public safety officer and your pension payment is used to pay for health coverage or qualified long-term care insurance - If the Plan is a governmental plan, you retired as a public safety officer, and your retirement was by reason of disability or was after normal retirement age, you can exclude from your taxable income plan payments paid directly as premiums to an accident or health plan (or a qualified long-term care insurance contract) that your employer maintains for you, your spouse, or your dependents, up to a maximum of \$3,000 annually. For this purpose, a public safety officer is a law enforcement officer, firefighter, chaplain, or member of a rescue squad or ambulance crew.

If you roll over your payment to a Roth IRA - You can roll over a payment from the Plan made before January 1, 2010 to a Roth IRA only if your modified adjusted gross income is not more than \$100,000 for the year the payment is made to you and, if married, you file a joint return. These limitations do not apply to payments made to you from the Plan after 2009. If you wish to roll over the payment to a Roth IRA, but you are not eligible to do a rollover to a Roth IRA until after 2009, you can do a rollover to a traditional IRA and then, after 2009, elect to convert the traditional IRA into a Roth IRA.

If you roll over the payment to a Roth IRA, a special rule applies under which the amount of the payment rolled over (reduced by any after-tax amounts) will be taxed. However, the 10% additional income tax on early distributions will not apply (unless you take the amount rolled over out of the Roth IRA within 5 years, counting from January 1 of the year of the rollover). For payments from the Plan during 2010 that are rolled over to a Roth IRA, the taxable amount can be spread over a 2-year period starting in 2011.

If you roll over the payment to a Roth IRA, later payments from the Roth IRA that are qualified distributions will not be taxed (including earnings after the rollover). A qualified distribution from a Roth IRA is a payment made after you are age 59½ (or after your death or disability, or as a qualified first-time homebuyer distribution of up to \$10,000) and after you have had a Roth IRA for at least 5 years. In applying this 5-year rule, you count from January 1 of the year for which your first contribution was made to a Roth IRA. Payments from the Roth IRA that are not qualified distributions will be taxed to the extent of earnings after the rollover, including the 10% additional income tax on early distributions (unless an exception applies). You do not have to take required minimum distributions from a Roth IRA during your lifetime. For more information, see IRS Publication 590, Individual Retirement Arrangements (IRAs).

You cannot roll over a payment from the Plan to a designated Roth account in an employer plan.

If you are not a plan participant - Payments after death of the participant. If you receive a distribution after the participant’s death that you do not roll over, the distribution will generally be taxed in the same manner described elsewhere in this notice. However, the 10% additional income tax on early distributions and the special rules for public safety officers do not apply, and the special rule described under the section “If you were born on or before January 1, 1936” applies only if the participant was born on or before January 1, 1936.

If you are a surviving spouse - If you receive a payment from the Plan as the surviving spouse of a deceased participant, you have the same rollover options that the participant would have had, as described elsewhere in this notice. In addition, if you choose to do a rollover to an IRA, you may treat the IRA as your own or as an inherited IRA.

An IRA you treat as your own is treated like any other IRA of yours, so that payments made to you before you are age 59½ will be subject to the 10% additional income tax on early distributions (unless an exception applies) and required minimum distributions from your IRA do not have to start until after you are age 70½.

If you treat the IRA as an inherited IRA, payments from the IRA will not be subject to the 10% additional income tax on early distributions. However, if the participant had started taking required minimum distributions, you will have to receive

required minimum distributions from the inherited IRA. If the participant had not started taking required minimum distributions from the Plan, you will not have to start receiving required minimum distributions from the inherited IRA until the year the participant would have been age 70½.

If you are a surviving beneficiary other than a spouse - If you receive a payment from the Plan because of the participant's death and you are a designated beneficiary other than a surviving spouse, the only rollover option you have is to do a direct rollover to an inherited IRA. Payments from the inherited IRA will not be subject to the 10% additional income tax on early distributions. You will have to receive required minimum distributions from the inherited IRA.

Payments under a qualified domestic relations order. If you are the spouse or former spouse of the participant who receives a payment from the Plan under a qualified domestic relations order (QDRO), you generally have the same options the participant would have (for example, you may roll over the payment to your own IRA or an eligible employer plan that will accept it). Payments under the QDRO will not be subject to the 10% additional income tax on early distributions.

If you are a nonresident alien - If you are a nonresident alien and you do not do a direct rollover to a U.S. IRA or U.S. employer plan, instead of withholding 20%, the Plan is generally required to withhold 30% of the payment for federal income taxes. If the amount withheld exceeds the amount of tax you owe (as may happen if you do a 60-day rollover), you may request an income tax refund by filing Form 1040NR and attaching your Form 1042-S. See Form W-8BEN for claiming that you are entitled to a reduced rate of withholding under an income tax treaty. For more information, see also IRS Publication 519, U.S. Tax Guide for Aliens, and IRS Publication 515, Withholding of Tax on Nonresident Aliens and Foreign Entities.

Other special rules - If a payment is one in a series of payments for less than 10 years, your choice whether to make a direct rollover will apply to all later payments in the series (unless you make a different choice for later payments).

If your payments for the year are less than \$200 (not including payments from a designated Roth account in the Plan), the Plan is not required to allow you to do a direct rollover and is not required to withhold for federal income taxes. However, you may do a 60-day rollover.

Unless you elect otherwise, a mandatory cashout of more than \$1,000 (not including payments from a designated Roth account in the Plan) will be directly rolled over to an IRA chosen by the Plan administrator or the payor. A mandatory cashout is a payment from a plan to a participant made before age 62 (or normal retirement age, if later) and without consent, where the participant's benefit does not exceed \$5,000 (not including any amounts held under the plan as a result of a prior rollover made to the plan).

You may have special rollover rights if you recently served in the U.S. Armed Forces. For more information, see IRS Publication 3, Armed Forces' Tax Guide.

FOR MORE INFORMATION

You may wish to consult with the Plan administrator or payor, or a professional tax advisor, before taking a payment from the Plan. Also, you can find more detailed information on the federal tax treatment of payments from employer plans in: IRS Publication 575, Pension and Annuity Income; IRS Publication 590, Individual Retirement Arrangements (IRAs); and IRS Publication 571, Tax-Sheltered Annuity Plans (403(b) Plans). These publications are available from a local IRS office, on the web at www.irs.gov or by calling 1-800-TAX-FORM.

LABOR UNIONS 401(k) PLAN
PARTICIPANT'S RIGHT TO DEFER NOTICE

The Pension Protection Act of 2006 requires notice to participants of the consequences of currently taking a benefit distribution as opposed to deferring that distribution.

Any distribution that is not rolled over to an Eligible Retirement Plan or an IRA will be subject to income taxation and withholding. Additionally, certain distributions prior to age 59 ½ are subject to a 10% additional tax on early distributions.

However, any distribution that is rolled over into an Eligible Retirement Plan or an IRA will continue to accrue tax deferred.

Accounts that are left in the Plan will continue to be invested:

- For Participants who have chosen to direct the investment of their Account the Account will be invested in one or more of the following mutual fund options:

- Vanguard Mid-Cap Index
- Vanguard 500 Index Fund
- Vanguard Developed Markets Index
- Vanguard Total Bond Market Index
- Vanguard Short-Term Bond Index
- Vanguard Small-Cap Index
- Vanguard Federal Money Market
- Vanguard Target Retirement Income
- Vanguard Target Retirement 2015
- Vanguard Target Retirement 2020
- Vanguard Target Retirement 2025
- Vanguard Target Retirement 2030
- Vanguard Target Retirement 2035
- Vanguard Target Retirement 2040
- Vanguard Target Retirement 2045
- Vanguard Target Retirement 2050
- Vanguard Target Retirement 2055
- Vanguard Target Retirement 2060
- Vanguard Target Retirement 2065

- For Participants who have chosen not to direct the investment of their Account, the default investment option under the Plan is the Target Retirement account that most closely coincides with their normal retirement date.

Accounts left in the Plan will be subject to a monthly administration fee of \$10.00 if the account is under \$2,500 and the investment fees charged by Vanguard.

You cannot delay distribution of your benefits beyond the later of April 1 following the calendar year in which you attain age 70 ½ or when you retire, if you are not a 5% owner. If you are a 5% owner, you cannot delay distribution of your benefits beyond the later of April 1 following the calendar year in which you attain age 70 ½. The failure to have your benefits begin by that date may result in the IRS imposing an excise tax of 50% of the minimum amount that should have been distributed to you.

INSTRUCTIONS FOR COMPLETING THE DISTRIBUTION DIRECTIVE

PARTICIPANT DATA	Complete in full
PAYEE DATA	Only complete if you are rolling your money into a IRA or other qualified plan
TYPE OF DISTRIBUTION	Designate the type of Distribution
QUALIFYING EVENT	Identify the qualifying event and show the date. If you have terminated employment please list the name of your former employer and date of termination.
FORM OF BENEFIT	Designate the form of benefit. If you want a lump sum payout, elect the first option.
ROLLOVER CERTIFICATION	This only needs to be completed if you are rolling your money into a qualified plan.
INCOME TAX WITHHOLDING NOTICE & ELECTION	The participant must mark 'yes' or 'no' then sign and date where indicated.
PARTICIPANT RELEASE	This section must be completed in front of a Notary Public. If you are SINGLE , you will sign this section, in front of the Notary. If you are MARRIED , you and your spouse will sign this section in front of the Notary.
IMPORTANT	If you are married, you must submit a copy of your marriage certificate with your completed Distribution Directive.

LABOR UNIONS 401(k) PLAN

Distribution Directive

PARTICIPANT DATA	
Name (Last, First, MI) _____	Social Security Number _____
Address _____	Date of Birth _____
City _____ State _____ Zip _____	Home Phone _____
Payee <input type="checkbox"/> Yes <input type="checkbox"/> No Email _____	Married <input type="checkbox"/> Yes ¹ <input type="checkbox"/> No Divorced <input type="checkbox"/> Yes ² <input type="checkbox"/> No

PAYEE DATA - Complete <u>ONLY</u> if Payee is other than Participant (i.e. Rollover, QDRO, etc.)	
<input type="checkbox"/> Alternate Payee (QDRO)	<input type="checkbox"/> Beneficiary
<input type="checkbox"/> Other Trustee (Rollover)	<input type="checkbox"/> Other: _____
Payee Name (Last, First, MI) _____	SSN or Account No. _____
FBO (for the benefit of) _____	Date of Birth (if applicable) _____
Address _____	Phone Number _____
City _____ State _____ Zip _____	

TYPE OF DISTRIBUTION		
<input type="checkbox"/> Partial Amount: \$ _____	<input type="checkbox"/> Final Balance (Read and initial acknowledgment below)	<input type="checkbox"/> Hardship Amount: \$ _____ (Special Rules Apply)
I hereby acknowledge that by requesting a "Final Balance" in submitting this Directive, the Administrator will wait until such time as contributions through the date I have indicated in the Qualifying Event below. _____ (initial)		

QUALIFYING EVENT	DISTRIBUTION CODE _____
<input type="checkbox"/> Termination of Employment Date: _____ Employer: _____	<input type="checkbox"/> Return of Excess Deferrals
<input type="checkbox"/> Retirement Date: _____	<input type="checkbox"/> Required Minimum Distribution at Age 70½
<input type="checkbox"/> Permanent disability Date: _____	<input type="checkbox"/> Death ³ Date: _____
<input type="checkbox"/> Divorce ⁴ Date: _____	<input type="checkbox"/> Other: _____

FORM OF BENEFIT
<input type="checkbox"/> I elect to receive my benefit in a single sum, less tax withholdings.
<input type="checkbox"/> I elect to receive \$ _____ of my benefit in a single sum less tax withholdings and a direct rollover of the balance of my account to the IRA or qualified employer plan Named in Part 1, Payee Data.
<input type="checkbox"/> I elect a direct rollover of my account to the IRA or qualified employer plan as named in Part 1, Payee Data.

¹ Married Must provide administrator with copy of Marriage License.

² Divorce Must provide administrator with copy of Judgment or Marital Settlement Agreement.

³ Death Please provide administrator with copy of Death Certificate.

⁴ Divorce Must provide administrator with copy of Judgment or Marital Settlement Agreement.

Participant Name: _____ SSN: _____

ROLLOVER CERTIFICATION (REQUIRED FOR EMPLOYER PLANS ONLY)

I certify that the plan named below is eligible to receive and will accept a direct rollover.

Name of Payee/Plan _____ Date _____

Signature of Administrator/Broker: _____

INCOME TAX WITHHOLDING NOTICE & ELECTION

Withholding of Federal income tax at a rate of 20% is automatic if your benefit is paid in the form of a single sum or in installments over a period of less than 10 years and you did not elect to have the entire benefit directly rolled over into an IRA or other qualified employer plan. Applicable state income tax will be withheld from any distribution made to you *unless* you elect NOT to have state income tax withheld. If state laws are changed to make withholding of state income tax mandatory for some distributions, as in the case of federal income tax, any election NOT to have state income tax withheld will be disregarded.

Do you want state income tax withheld from your distribution? Yes No

Signature _____ Date _____

PARTICIPANT RELEASE (SIGNATURES MUST BE WITNESSED BY A NOTARY PUBLIC)

I, the Participant, have read and understand the Special Tax Notice attached. By signing below I consent to the distribution and that all the information provided is true and correct.

Participant Signature _____ Date _____

I, the Participant's spouse hereby consent to the Participant's election to receive a distribution withdrawal from the Plan, for the amount which is detailed above. I understand and acknowledge that I am waiving any legal right to the money as part of any death benefit from the Plan. I agree to release and discharge the Trustees, Plan Administrator, and Plan Sponsor from all liability for acting upon this consent.

Spouse's Signature _____ Date _____

JURAT WITH AFFIANT STATEMENT

GOVERNMENT CODE §8202

A notary public or other officer completing this certificate verifies only the identity of the individual who signed the document to which this certificate is attached, and not the truthfulness, accuracy, or validity of that document.

State of _____)
) ss
County of _____)

Subscribed and sworn to (or affirmed) before me on this _____ day of _____, 20____, personally appeared _____ who proved to me on the basis of satisfactory evidence to be the person(s) who appeared before me.

Notary Public Signature _____ (SEAL)

Forward completed application to:
Labor Unions 401(k) Plan c/o Coast Benefits
3444 Camino del Rio N., Suite 101, San Diego, CA 92108