



Transport Workers Union Local 100

\$150,000 in Student Scholarships

The TWU Local 100 Scholarships, offered for the first time ever in 2010, and established by your leadership, will be awarded by your union each year. Fill out this application to apply for the 2024 Scholarship.

Student's Name

Student's E-mail Address

Student's Phone Number (including area code)

Student's Address (City, State, Zip)

Relationship to Union Member

Name of Accredited Two or Four Year College

Course of Study (Major)

Union Member's Name

Pass Number

Union Member's Home Phone Number (including area code)

Union Member's Home Address (City, State, Zip)

Union Member's E-mail Address

Member's Department & Title

Union Member's Work Phone Number (including area code)

Union Member's Work Address (City, State, Zip)

Union Member's Transit Division

The deadline for this application is **May 31, 2024** to be eligible.

These are one year scholarships. TWU Local 100 members/retirees in good standing may submit one application each year for each student. Households with two TWU Local 100 members/retirees, may submit two applications per student each year.

Applicants for the TWU Local 100 Scholarships must be the member, spouse, children or grandchildren of TWU Local 100 members or TWU Local 100 Retiree members in good standing and must be attending or accepted by an accredited two or four year college.

\$150,000 in scholarships will be awarded at random to qualified applicants. In order to qualify for a bonus scholarship, you must be a full-time student.

Winners will be announced in the Transit Workers Bulletin and will be invited to attend our annual scholarship reception accompanied by their spouse, parents, grandparents or guest.

These scholarships are sponsored by M³ Technology, our Guaranteed Acceptance Voluntary Benefit Administrator.



SCAN ME

**Scan to
Apply
Online**

**TO BE ENROLLED, RETURN THIS FORM IMMEDIATELY TO:
M³ TECHNOLOGY, 2024 LOCAL 100 SCHOLARSHIP
PO BOX 512, MATAWAN, NJ 07747**

Good Luck! Applications must be received by May 31, 2024*

Form #: HO20240531

* One application per student. All subsequent applications will be disqualified.



HEALTHY NUTRITION

OVERVIEW

- +Reduce weight
- +Reduce cholesterol
- +Boost energy
- +Strengthen immune
- +Improve skin
- +Think clearer

Healthy Recipes will be demonstrated each week and free samples will be available!

Are you ready for a journey of total body and mind transformation? Join us every Monday for a groundbreaking group session: "12 Steps to Total Body and Mind Transformation."

STARTS MONDAY, MAY 6TH
ENDS MONDAY JULY 29TH
TIME: 12:00 PM - 1:00PM



Location: TWU Union Hall 3rd FL
195 Montague Street
Brooklyn, Ny 11201
(212)-873-6000





**FREE
SESSION**

Yogatation Class

Rejuvenate yourself with this awesome stretch class that you can do anywhere. Learn some techniques that you can apply anytime you want a healthy break during your busy day.

No equipment necessary!

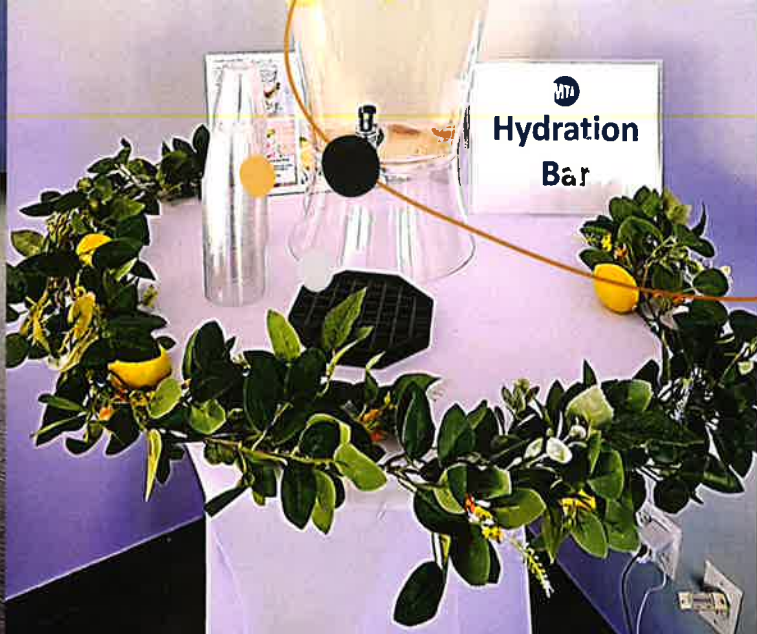
Dates:
Friday, April 26th
Friday, May 3rd
Friday, May 10th
Friday, May 24th
Friday, May 31st,
Friday, June 7th

Dates:
Friday, June 21st
Friday, June 28th
Friday, July 5th
Friday, July 19th
Friday, July 26th

Times: 2:00pm - 4:00pm
1st Session: 2:00pm
2nd Session: 3:00pm



Location:
TWU Local 100 Union Hall
195 Montague St. Brooklyn
NY 11201 3FL



START THE YEAR WITH
A HEALTHY HABIT

**FREE
SESSION**

Relaxation *Pods*

Experience a one-of-a-kind relaxation and rejuvenation experience with guided relaxation, breathing and aromatherapy as part of our unique ambiance.

Dates:

Friday, May 17th

Friday, June 14th

Friday, July 12th

Times: 2PM - 4PM

(sessions are scheduled every 30 minutes)



**Location: TWU Local 100 Union Hall
195 Montague St.
Brooklyn NY 11201 3FL**

**WIN
PRIZES**

Registration is required.
Sign up by using your phone
camera to scan the QR code.



BASKETBALL

KID'S ZONE

CONEY ISLAND

FACE PAINTING

TWU Local 100 **FAMILY DAY**

Maimonides
P A R K

LIVE PERFORMANCES, UNION SOFT BALL, DUNK TANK

SATURDAY JUNE 1ST | 11AM-5PM

BOUNCY HOUSES

AXE THROWING, VIDEO GAME STATION, AND MORE!

VIRTUAL REALITY



**FREE
FOOD &
SNACKS**



A Retirees Day Trip to VILLA ROMA

CALLICOON, NY

Tuesday June 11, 2024

THE MEGA TALENTED
LaTraia Savage
Performs a Tribute to
Diana Ross and Gladys Knight



clip here, fill out completely, and mail back with payment

A fun day trip to a beautiful resort with an unforgettable 'better-than-Broadway' performance.

RAIN OR SHINE • NO REFUNDS

Bus Departure (7:30 a.m.)

Locations (check one)

- ☐ Brooklyn: 26 Court St. (Remsen St. Boro Hall)
☐ Queens: 180-05 Hillside Ave at Midland Pkwy
☐ 2526 Grand Concourse @ Fordham Rd.

Lunch choices: please check one

- ☐ Roast Loin of Pork
☐ Chicken Parmigiana
☐ Flounder

All include appetizer and dessert.

Buses will have you back in City by 6:30pm

COST: \$110 for RA Members

\$120 for non-members, guests.

Name _____

Address _____

City _____

State _____

Zip _____

Cell Phone _____

Number of People _____

Amount Enclosed _____

Send Deposit of \$50 per person due April 30, 2024

Final Payment Due May 31st to:

TWU Local 100 Retirees Association

195 Montague St. (3rd Floor) Brooklyn, NY 11201

Call 212-873-6000 x2077 for more info

Essex Steam Train
& Riverboat
One Railroad Ave.
Essex, CT 06426

Friday
July 19, 2024

The Essex
Steam
Train &
Riverboat



Join Your Retirees Association A Day Trip to Remember

clip here, fill out completely, and mail back with payment

**This is a fun excursion to one of Connecticut's favorite destinations,
the Essex Steam Train & Riverboat. Trip includes:**

- ✓ transportation on modern Retirees Association-rented Tour Buses to Essex Connecticut and back home.
- ✓ exciting ride on vintage steam powered train, featuring a sit-down luncheon in the train's retro dining car.
- ✓ relaxing sail on the scenic Connecticut River.
- ✓ lunch

RAIN OR SHINE • NO REFUNDS

Bus Departure (7:30 a.m.)

Locations (check one)

- ☐ Brooklyn: 26 Court St. (Remsen St. Boro Hall)
- ☐ Queens: 173-175 Hillside Ave. (Major Mark Park)
- ☐ 2526 Grand Concourse @ Fordham Rd

Lunch choices: please check one

- ☐ Braised Beef
- ☐ Mushroom Chicken
- ☐ Baked Ziti

All include green salad/vegetable/starch and dessert.

**COST: \$110 for RA Members
\$120 for non-members, guests.**

Name _____

Address _____

City _____

State _____

Zip _____

Cell Phone _____

Number of People _____

Amount Enclosed _____

Send Deposit of \$50 per person due June 3, 2024
Final Payment Due July 3, 2024 to:
TWU Local 100 Retirees Association
195 Montague St. (3rd Floor)
Brooklyn, NY 11201

***Join the Retirees Association
For a Delightful Day Cruise
And Shopping Spree
On the 'Spirit of New York'***

**Hold
the
Date**

Sept. 12, 2024

Leaves from
**Chelsea Piers
W. 23rd St. & Hudson River
Boarding Time: 11:30am**

Trip Includes

- ✓ Bus pickup (location to be determined) 9:15am
 - ✓ Leisurely Cruise in NYHarbor ✓ 2-Hour Luncheon buffet
 - ✓ Shop at Jersey Gardens Outlets ✓ Back to NYC by 7:30pm
- \$150 per person**

For more information, call the Retirees Association during normal business hours at 212-873-6000 ext. 2077.

Check the Retirees website as we get closer to date: www.twulocal100retirees.org



9 Nights From Only \$1,044.73^{pp}



Date	Port	Arrive	Depart
Jun 9	Manhattan (NYC), New York - board <i>Carnival Venezia</i> ®		4pm
10	Fun Day at Sea	~	~
11	Fun Day at Sea	~	~
12	Fun Day at Sea	~	~
13	St. Thomas, USVI	9am	6pm
14	San Juan, Puerto Rico	7am	3pm
15	Grand Turk	9 ³⁰ am	5pm
16	Fun Day at Sea	~	~
18	Fun Day at Sea	~	~
18	Manhattan (NYC), New York	8am	



Carnival®
aboard Carnival Venezia®

Featuring: \$25 per stateroom
shipboard credit!

Shalena Lindsey
212.873.6000 xt 2077
 email: slindsey@twulocal100.org

Direct Dial: **646.738.8470**
e-mail: **dbates@allaboardtravel.com**

Document Concierge Service add-on \$20pp

allaboardtravel
A TRAVEL LEADERS VACATION CENTER

646.738.8470
AllAboardTravel.com



Prices are per person USD. All prices include applicable non air related, cruise, government, hotel & departure taxes and fees and are plus any applicable cruise line fuel surcharges. (All cruise lines reserve the right to reinstate a per person fuel surcharge at any time). Prices are subject to change without notice and are based upon availability. Penalties apply per Cancellation Policy listed on back of flyer. Cruise itineraries are subject to change without notice. We reserve the right to correct any errors. For complete terms & conditions, please refer to your invoice. FLST#41102