

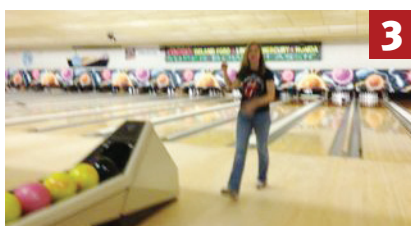
# Branches' MDA efforts start on a roll

**N**ALC branches throughout the country kicked off their year-long efforts to raise money for the Muscular Dystrophy Association by holding their annual bowlathons. Jan. 13 was the recommended date for holding the annual event, though branches were encouraged to hold theirs on whatever date worked best for them.

National headquarters provided resources, including artwork for posters, advice from past events and more to help branch leaders prepare. Branch leaders used the events to kick off a year-long fundraising effort, through muscle walks, Fill the Satchel, poker nights and silent auctions.

"This is a great first step toward developing a year-long commitment to raising funds for MDA," NALC President Fredric Rolando said. "But branches should be encouraged to reach beyond the usual ideas and come up with ideas that work for them and their members throughout the year."

For more information, contact NALC Director of Community Services Pam Donato at 202-662-2489 or [donato@nalc.org](mailto:donato@nalc.org). **PR**



1: West Palm Beach, FL Branch 1690  
 2 & 3: Central Florida Branch 1091  
 4: Elyria, OH Branch 196  
 5: Summit City, IN Branch 116