

Get ready for a new year

Sisters and brothers, I want to wish you a warm and safe holiday season. For those who have met me and those who have not, I love my job, and I take it to heart. Being selected and supported by President Emeritus Fredric V. Rolando and having the continuing support from President Brian L. Renfroe makes all the difference.

Remember that our community service programs help us maintain a positive public image and are a civic duty. They help us with elected officials and are an asset in negotiations. They help us build trust, relevance and relationships within our communities.

The joint mission of NALC and the Muscular Dystrophy Association (MDA) is to free individuals from muscle-debilitating diseases and to be a source of comfort and hope to patients and their families. Every day, people go to extraordinary lengths to advance this mission.

I know I keep repeating myself, but the fact that there are sisters and brothers picking up *The Postal Record* for the first time and who might be reading this and finding new or different ways to raise money for MDA is a subject always on my mind.

NALC was the first national sponsor for MDA, and letter carriers are among MDA's top fundraisers, collecting millions of dollars over the years to finance research and provide care and services to children and adults with muscular dystrophy. Your efforts also help children go to summer camp, which allows them to just be kids for a week.

A new year is coming, and that means a new year in which we can raise money for MDA. Branches across this lovely nation—including those in Puerto Rico, Guam and the Virgin Islands—all raise money in different ways. One of the easiest ways is to join an MDA event—or create your own event—to raise vital funds to help MDA families live longer and grow stronger. We have branches of all sizes out there raising money for MDA—from very large branches, such as New Jersey Merged Branch 38, to very small ones like Manitowoc, WI Branch 490, and branches in between, such as Erie, PA Branch 284. At this time, all three branches are at the top of their respective categories in fundraising.

With a new year approaching, I want to start early and ask you to share your ideas. Share your thoughts. Share the methods behind the fundraising madness. The more we help and share with each other, the more money we can raise for MDA. You can share your ideas on the NALC MDA Facebook page at facebook.com/deliverthecure.

Participation in these events creates excitement within your branch, knowing you've made a big difference in the lives of kids and adults with muscular dystrophy. MDA representatives are available to support you in your fundraising efforts as a branch and as individuals.

Here are some easy ways to raise money for MDA:

- Raffles
- Car washes
- Yard sales
- Shamrocks
- Satchel drives
- Texas hold'em tournaments (follow state laws)
- Local credit union partnerships
- Bowling tournaments
- Pool and dart tournaments
- Comedy/karaoke nights
- Charity golf tournaments
- Corn hole and bean bag tournaments
- Bake sales
- Bingo nights
- Branch member donation drives
- Pancake breakfasts or spaghetti dinners
- Muscle walks
- 5K Tough Mudders
- Trivia tournaments



So many ideas to choose from, and probably many more ideas out there that can be shared. Remember, our commitment to MDA is here until a cure is delivered (#DelivertheCure), no matter how long it may take.

If your branch has not participated in years, please feel free to contact me at 202-662-2489 or mda@nalc.org, and together we can make a plan for your branch to begin participating.

New MDA support team

- Sabrina Allen, senior director, organizational partnerships
- Jessica Marcus, specialist, organizational partnerships

They can be contacted at nalc@mdausa.org, 312-392-1100 or at this address: Muscular Dystrophy Association Inc., Attn: NALC, P.O. Box 7410354, Chicago, IL 60674-0354

All funds raised for MDA in 2023 must be **received by Dec. 29** (by mail to the address above) to be counted in the year's figures. As a reminder, all checks and offline gifts received by the branch should use the NALC/MDA Allocation Form.

Please mail me copies of any receipts or checks along with a copy of the NALC/MDA Allocation Form so that your branch can be properly recognized. The NALC/MDA Allocation Form must be turned in the same calendar year of the event (no later than Dec. 29) in order to qualify for the NALC Honor Roll for that year. Please send copies by **Dec. 29** to me at the Region 9 NBA office: 1101 Northchase Parkway SE, Suite 3, Marietta, GA 30067.

—Christina Vela Davidson