

MDA Summer Camp



Christina Vela Davidson



Remember in March, sisters and brothers, when you raised enough money to send at least 30 children to MDA camp? MDA Summer Camp is oftentimes a child's "Best week of the year!" It's an experience of a lifetime for them, and for many NALC members.

MDA Summer Camp is a magical place where anything is possible—from swimming to zip-lining and horseback riding to dancing under a disco ball and gaining valuable life skills. Each summer, kids liv-

ing with neuromuscular diseases attend life-changing, overnight camps around the United States, at no cost to their families, thanks to you, my brothers and sisters.

MDA Summer Camp creates a world of possibilities for children living with neuromuscular disease. Camp gives kids a chance to discover new interests while gaining self-confidence, making lifelong friendships and experiencing the independence of being away from home. Thanks to generous donors and partners, MDA provides a safe, inclusive summer camp experience at no cost to families.

Camp offers a variety of activities and programs such as arts and crafts, sports and games, traditional camp activities and more. Every activity is adapted to meet each individual's needs and abilities. Dedicated and trained camp counselors are available to help campers with activities of daily living and personal care.

Become a camp volunteer

If you're 18 or older and available for a multi-day residential camp, MDA would love for you to apply to join them as a volunteer counselor or medical staff member. Volunteer counselors are by campers' sides day and night so that they can do all the fun activities that summer camp offers. Medical team members supervise and maintain the health and well-being of our campers by administering medications, delivering first aid, and more.

In addition to bringing joy to campers, this fantastic opportunity allows each volunteer to gain high-quality, field-based experience in physical therapy, occupational therapy, medicine, education, recreation and family social services, as well as earning volunteer hours.

Summer Camp registration is now open to both campers and volunteers. And children can still join

virtually or choose to participate in person. For more information, please visit mda.org/summer-camp or contact MDA at 800-572-1717 or camp@mdausa.org. You also can go to mda.org/summer-camp/camper to see where the camps are being held.

Just a reminder: If you want any of your branch events to be shared, please send them to mda@nalc.org or social@nalc.org to be posted on social media. Remember to send copies of all items to MDA so that we can properly give your branch the correct credit for the 2023 year.



**Additions and corrections for the 2022 MDA numbers:
Tulsa, OK Branch 1358—\$2,480**

Mutual Exchanges

CO: Denver (5/20) to Houston, TX. District 2. Many bidding offices with plenty of OT, if desired. Seeking mutual exchange for family reasons. Sinh, 720-209-8891 or awdevox@yahoo.com.

FL: Tarpon Springs (12/00) to Atlanta, GA or surrounding areas. Tarpon Springs and Holiday with 27 city routes. Mostly curbside. Jim, 727-808-7645 or richjim3@verizon.net.

NV: Henderson (8/20) to Sioux Falls, SD or surrounding area.

Ready to go ASAP. Doesn't snow here! Viva Las Vegas! Casey, 717-587-0636 (text or call).

PA: Pittsburgh (5/19) to Phoenix, AZ or surrounding area. Timothy, 717-439-0063 (text or call) or 24ktlg@gmail.com.

VA: Suffolk (8/20) to Charleston, SC or surrounding areas. Seeking mutual exchange. PTF with a hold-down route with plenty of OT. Moving for family reasons. Freddie, freddiebmanniii@gmail.com or 757-635-9531.

How to place a Mutual Exchange ad

The cost of Mutual Exchange ads is \$15 for up to 30 words and \$25 for 31-50 words per month. Ads must be received by the 5th of the month preceding the month in which the ad will appear (e.g., June's deadline is for the July publication). Mail ad with check (payable to NALC) to: Mutual Exchange Ads, Postal Record, 100 Indiana Ave. NW, Washington, DC 20001-2144.

Ads are published for NALC members only. A branch officer or steward must endorse the ad to certify membership. Include your name, address and branch number. Begin each ad with your state abbreviation, city and seniority date.

Specific route information or mention of three-way transfers will not be published, nor any wording that offers cash or property to facilitate an exchange. Mutual exchanges must be approved by both postmasters involved. Seniority of carriers involved shall be governed by Article 41, Sec. 2E of the National Agreement. Carriers may not exchange assignments, since vacated positions must be posted for bids in accordance with local and national agreements.