

Mutual Exchanges

FL: Naples (4/23) to Sarasota, FL or surrounding areas. Call or text with any questions. George, 727-385-5668.

NY: Selden (8/21) to Charlotte, NC; Fort Lauderdale, FL or surrounding areas. Seeking mutual exchange. Route is all curbside mounted. Thomas, 516-782-5355 or tommybahama1996@gmail.com.

UT: Cedar City (3/20) to College Station, Bryan, TX or surrounding areas. Driving distance to several famous parks and Las Vegas. Dorian, 909-630-1686 or barragan82@gmail.com.

WI: Green Bay (7/18) to SD or WY. Roughly 60 out of 100 in seniority. Adam, 330-705-4792 (call or text).

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., April's deadline is for the May 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Specific route information or mention of three-way transfers will not be published, nor any wording that offers cash or property to facilitate an exchange.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.

MDA Report

How to submit your MDA donations

First, thank you for your continued support for MDA. Below are ways your branch can get funds raised at your events to MDA. Remember to send copies of all donations sent to MDA to NALC so that your branch can get the proper credit for 2024. If you have any questions, you can email mda@nalc.org or call



202-662-2489. Keep up the awesome work, and let's shoot for \$1 million in 2024.



—Christina Vela Davidson

1. Send allocation form and checks to Chicago. See below.

2. Deposit the funds directly to one of MDA's bank accounts.

NALC MDA Donation Allocation Form

NALC Branch Number _____
 State Association _____
 Auxiliary _____

MDA District/City _____

MDA Contact/Staff _____

MDA Event Name/Event Type _____


MDA Event Date _____ Donation Amount _____

Donor Name _____

NEW ADDRESS BELOW: Please fill out and mail along with your MDA donation check to:

Muscular Dystrophy Association Inc
 Attn: NALC
 PO Box 7410354
 Chicago, IL 60674-0354

Thank you.



Thank you for supporting MDA! Follow these instructions to get your donations to MDA.

- Deposit funds into your branch's bank account and write a check made payable to MDA. Once you have a check, you have two options:
 - Deposit the check directly into one of MDA's bank accounts. Send a picture of the deposit slip, check, allocation form and your receipt to NALC@mdausa.org.

Bank of America	457006977150
Fifth Third	7025693388
Regions Bank	106356150
First Hawaiian Bank	65032783
First Bank of PR	106217526

- Mail the check directly to MDA at the address below. Please make sure to fill out the allocation form and send with your check.

Muscular Dystrophy Association Inc
 Attn: NALC
 PO Box 7410354
 Chicago, IL 60674-0354
- In certain cases, you may be able to deposit cash directly into one of MDA's bank accounts. Please reach out to Sabrina Allen to ask about the possibility. To consider this an option, we require a minimum of 2-4 weeks' notice.

Tawny Saunders
 Director, Organizational Partnership
 Phone: 303-418-2180
 NALC: 312-392-1100 or nalc@mdausa.org
MDA.org