

Giving back at MDA camp

Representatives from the NALC branches that raised the most for the Muscular Dystrophy Association (MDA) from each branch size category celebrated their achievements on a trip to Camp Aranzazu in Rockport, TX, in July.

The trip to an MDA Summer Camp designed specifically for children with neuromuscular diseases gave the category winners and guests a chance to see up close how their efforts benefit children served by MDA, NALC's official charity, and to participate in some of the fun.

The 104-acre campground provides an opportunity for children with disabilities, including those using wheelchairs, to participate in a traditional summer camp free of barriers. Activities include fishing, swimming, sailing, archery, and arts and crafts. MDA sponsors summer camps like the one at Camp Aranzazu across the country, and letter carriers often volunteer at the camps.

At MDA camp, youngsters with neuromuscular disease discover a world created specifically for them, while meeting many other kids who share the same needs and experiences. The camps offer a fun and safe outdoor experience, and enable campers to stretch their comfort zones and



Representatives from the award-winning branches (below) took a trip to an MDA camp in Texas (bottom).

grow in independence as they spend a week away from home and make new friends. Along the way, campers build their self-esteem and confidence as they spend time in a place where physical disabilities are the norm rather than the exception.

“Going to an MDA camp and spending time with the campers is a wonderful, fulfilling way to see the results of our union’s ongoing support for our official charity,” NALC President Fredric Rolando said. “That’s why we brought the leading fundraising branches to Camp Aranzazu. But any letter carrier can volunteer at an MDA camp in his or her area.”

Assistant to the President for Community Services Christina Vela Davidson added, “Seeing the children at MDA Summer Camp enjoy an experience like other children makes all of our fundraising efforts worthwhile. They experience the joy of being a kid that they all deserve.”



For more information about MDA Summer Camps and how to participate, go to mda.org/summer-camp or talk to your branch officers or branch MDA coordinator. Some branches organize group participation in camps. **PR**

