Wow, this year has recently started but it is already moving along. Trying new things isn’t that bad; sometimes, you may have fun and meet new people. But when Branch 38 invited me to join them in their annual MDA Tough Mudder fundraiser last October, I was initially skeptical.

1. Run/walk a 5K...
2. Get all muddy...
3. Get wet and cold... me?!

I know I was in the Army, but that was 21 years ago. Just joking; I still love getting out into nature every once in a while.

But after I went to Englishtown, NJ, and ran/walked my first Tough Mudder 5K, I felt awesome. Not only did I have a great time, I couldn’t believe it when I conquered all the obstacles. I told Branch 38 member Roy Jancio that I would find one around the DC/Virginia area to host Team NALC Rolando and raise money for MDA.

Next month, on May 31, Team NALC Rolando will be conquering the Tough Mudder 5K for MDA at Camp Snyder in Haymarket, VA. I want our NALC team to be large. I want our team to take over the obstacle course. I want our yellow shirts to be seen for miles. The entry fee is just $69.63. This is the only money that will not go to MDA; the rest of the money raised will go to the charity.

How do you join the team? Well, to be on Team NALC Rolando, you must officially register through me. You can print out the entry form and mail it in. Once I call Tough Mudder and register you, I will shred the form with your sensitive credit card information. For copies of all these forms, please call me at 202-662-2489 or email mda@nalc.org.

With your entry fee, you will receive the following:

- NALC/MDA yellow shirt
- Tough Mudder Finisher T-shirt
- Tough Mudder headband
- Finisher beer
- One extra beer/drink for everyone on the team
- Lunch voucher for everyone on the team
- Bag drop voucher for everyone on the team (secure space for phone, wallet, keys, etc.)

With this event, our goal is to raise $20,000. I am asking all who participate to raise at least $200. Again, all money raised will be credited to your branch.
To help you keep up with your donations, I have created a Tough Mudder 5K MDA sponsor form. This form can help you keep track of all those who have donated money to the cause on your behalf. All monies are to be sent to: National Association of Letter Carriers, Attn: MDA - Christina Vela Davidson, 100 Indiana Ave., NW Washington, DC 20001.

That said, I also have created a donation form for everyone to use (at right). These monies are due to me by June 5; this should give you enough time to collect all donated money, but feel free to send in your donations earlier.

Thanks again for all you do; without you, sisters and brothers, raising money for MDA would not be possible.

For copies of all these forms, please contact Christina Vela Davidson at 202-662-2489 or mda@nalc.org, or go to nalc.org/community-service/deliver-for-the-cure-mda to print out the forms.

In Memoriam

NALC offers deepest sympathies to the families and friends of departed brothers and sisters.

James D. Rabren Br. 1630 Dothan, AL
Bruce E. Romano Br. 530 Birmingham, AL
Carlos Guerra Br. 576 Phoenix, AZ
Anthony R. Carano Br. 704 Tucson, AZ
Joseph A. Lowndes Br. 1642 Yuma, AZ
Eleni C. Catezidilla Br. 1111 Great E. Bay, CA
Jo A. Wasay Br. 1100 Garden Grove, CA
James R. Crow Br. 24 Los Angeles, CA
Leverne C. Stallworth Br. 133 Sacramento, CA
Kevin C. Wilson Br. 70 San Diego, CA
Charles F. Bernauer Br. 214 San Francisco, CA
Maryann O. Perreire Br. 214 San Francisco, CA
Jerry R. Bonnell Br. 1427 Santa Clara, CA
Skip C. Russia Br. 1427 Santa Clara, CA
William A. Schafenberg Br. 5996 Centennial, CO
Alfonse Lucero Br. 5996 Centennial, CO
William Ridolfi Br. 359 Greenwich, CT
Darren C. Graham Br. 359 Greenwich, CT
John W. Schaffer Br. 86 Hartford, CT
Arthur M. Hubbard Jr Br. 19 New Haven, CT
Maurice F. Lapre Br. 19 New Haven, CT
Guy R. Milone Br. 19 New Haven, CT
Gary J. Kennedy Br. 1091 Central Florida
Charles L. Zane Br. 1690 W. Palm Beach, FL
Ralph L. Patterson Br. 522 Bloomington, IL
David F. Glover I Br. 11 Chicago, IL
Valeria Gratten Br. 11 Chicago, IL
Robert G. Stanley Br. 11 Chicago, IL
John I. Ware Br. 11 Chicago, IL
Salvatore P. Ventura Br. 305 Joelit, IL XX
Kelcey S. Acuff Br. 828 S. Central Indiana
Myra S. Stewart Br. 553 Jeffersonville, IN
Vern L. Thompson Br. 820 Mishawaka, IN
Joseph M. Cox Br. 271 Richmond, IN
Jimmy B. Williamson Br. 719 Cedar Falls, IA
Charles C. Brewer Br. 201 Wichita, KS
Naomi Ferris Br. 201 Wichita, KS
Lila D. Morris Br. 201 Wichita, KS
Kevin J. Cozart Br. 14 Louisville, KY
Joyce M. Milligan Br. 14 Louisville, KY
Daniel A. Rudolph Br. 14 Louisville, KY
Carl E. Slinker Br. 14 Louisville, KY
Neil W. Travis Br. 14 Louisville, KY
Jack L. Winburn Br. 14 Louisville, KY
Gilbert J. Radovich Br. 124 New Orleans, LA
Leon F. Bradford Br. 124 New Orleans, LA
Clifford H. Dorr Br. 176 Baltimore, MD
Lawrence J. Flannery Br. 176 Baltimore, MD
Donald F. Shaw Br. 176 Baltimore, MD
Michael J. Mangiacotti Br. 34 Southeast MA Mgd.
Louis R. Rousseau Br. 18 Pittsfield, MA
Orville A. White Br. 286 Pittsfield, MA
Robert D. Young Br. 12 Worcester, MA
George Y. Kashian Br. 1 Detroit, MI
Brent C. Kyker Br. 1 Detroit, MI
Arnold Mitchell Jr. Br. 1 Detroit, MI
Nick C. Plasha Br. 1 Detroit, MI
William M. Miley Br. 256 Mid-Michigan
Paul O. Thiem Br. 56 Grand Rapids, MI
Donald R. Thackray Br. 95 Marquette, MI
Peter C. Webster Br. 3126 Royal Oak, MI
Dustin W. Newton Br. 114 Detroit, MI
Frank D. Lisitano Br. 343 St. Louis, MO
John C. Machlan Br. 5 Omaha, NE
Gerard M. Migneault Br. 230 Nashua, NH
Kevin P. Moran Br. 38 New Jersey Mgd.
Julius Schwartz Br. 41 Brooklyn, NY
Max H. Brenzel Jr. Br. 3 Buffalo/Western NY
Donald L. Carlson Br. 3 Buffalo/Western NY
Jerry A. Isaman Br. 21 Elmira, NY
Jon E. Tallman Br. 21 Elmira, NY
Jack Y. Chak Br. 36 New York, NY
Thieu Truong Br. 36 New York, NY
Richard Niemieic Br. 375 Utica, NY
Anthony J. Scallie Jr Br. 375 Utica, NY
Anthony T. Lagrutta Br. 2189 Valley Stream, NY
Theodore R. Decent Br. 302 Watertown, NY
Robert W. Carver Br. 246 Ashville, NC
Franklin R. Ganoe Br. 148 Akron, OH
Manuel M. Nieto Br. 238 Canton, OH
Thomas M. Daluto Br. 40 Cleveland, OH
Charles E. Jones Br. 40 Cleveland, OH
Glenn E. Walters Br. 40 Cleveland, OH
Kenneth A. Woblewski Br. 40 Cleveland, OH
Dennis W. Ranke Br. 78 Columbus, OH
Harold Hildebrand Br. 182 Dayton, OH
Loren E. Buzzard Br. 118 Mansfield, OH
Edward J. Sagan Br. 100 Toledo, OH
Jason A. Wentz Br. 284 Erie, PA
Charles H. Brown Br. 157 Philadelphia, PA
William J. Cobbs Br. 157 Philadelphia, PA
Michael J. Minanno Br. 157 Philadelphia, PA
William E. Nagle Br. 157 Philadelphia, PA
Edward P. Waters Br. 157 Philadelphia, PA
Stanley Wojciechowski Br. 157 Philadelphia, PA
John E. Anderson Br. 184 Pittsburgh, PA
Aubrey L. Kitchens Br. 181 Austin, TX
Payton J. Greer Br. 132 Dallas, TX
William O. Blaylock Jr. Br. 226 Fort Worth, TX
Lawrence A. Bower Br. 226 Fort Worth, TX
Joseph G. Howell Br. 226 Fort Worth, TX
Ray E. Stone Br. 226 Fort Worth, TX
James H. Callaway Br. 230 McAllen, TX
Lawrence A. Bower Br. 230 McAllen, TX
Noe Perez Br. 230 McAllen, TX
Darryl S. Morton Br. 807 Bristol, VA
John H. Hinshaw Br. 79 Seattle, WA
Thomas W. Anderson Br. 2 Milwaukee, WI