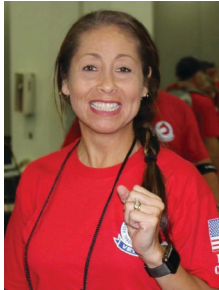


# Why we volunteer



Assistant to the President for Community Services  
Christina Vela Davidson

**T**he coronavirus pandemic has led to the practice of social distancing, creating feelings of stress and isolation for so many of us and our family members. Some groups have been hit particularly hard, including the elderly, parents managing work and child care, and people who have lost their jobs. Against this environment, many people have turned to volunteering to help make a difference, even at a distance.

**With busy lives, it can be hard to** find time to volunteer, but the benefits of volunteering can be huge. Volunteering offers necessary help to people in need, worthwhile causes and the community, but the benefits can be even greater for the volunteer. The right match can help you to find friends, connect with the community and learn new skills.

Giving to others can also help protect your mental and physical health. It can reduce stress, fight depression, keep you mentally motivated and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in simple ways can help those in need and improve your health and happiness.

**Brothers and sisters, you serve your communities** every day, six or even seven days a week, just by doing your job, but your commitment to serve extends far beyond your mail routes. You are the eyes and ears of the communities around the nation.

NALC's longtime dedication to community service is evident at every level, from the letter carriers who organize and participate in numerous charitable events to the coordinated efforts by NALC Headquarters that help the collective efforts of members continue to have a strong, consistent effect on the national level.

**“Volunteering offers necessary help to people in need, worthwhile causes and the community, but the benefits can be even greater for the volunteer.”**

**NALC considers community service to be part of its** mission. Community service efforts are integrated into NALC's leadership and communication efforts at all levels, with ambitious goals and strong support. Together, we have raised millions in our food drives, fundraised and volunteered for families affected by muscular dystrophy, and provided support to letter carriers in times of natural disaster.

Your ongoing volunteer efforts are what make everything that NALC does successful. Serving the members and communities is our job. When we all work together, we will never fail. Let me end on this food for thought: “It is every man's obligation to put back into the world at least the equivalent of what he takes out of it.” —Albert Einstein.

**If you are a military veteran, don't forget to sign up** with our Veterans Group (see below). All veterans registered with the Veterans Group will be recognized in the November *Postal Record*.

## Join the NALC Veterans Group

The NALC Veterans Group is designed to provide NALC members—both active and retired letter carriers—who are also military veterans the ability to connect with fellow NALC veterans and stay informed on issues of importance to letter carrier veterans. It is free to join.

Members receive a pin as a symbol of gratitude for your military service and membership in NALC.

If you are interested in joining the group, complete the sign-up card at right and mail it to the address included. A fillable version is also available at [nalc.org/veterans](http://nalc.org/veterans).



You continue to serve your country—  
**THANK YOU!**

## NALC Veterans Group

Complete this form and mail it to:  
NALC Veterans Group, c/o NALC,  
100 Indiana Ave., N.W., Washington, DC 20001-2144

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

NALC BRANCH NUMBER: \_\_\_\_\_ BRANCH OF SERVICE: \_\_\_\_\_

**I BELONG TO THE FOLLOWING VETERAN GROUP(S):**

AMERICAN LEGION  DISABLED AMERICAN VETERANS  VETERANS OF FOREIGN WARS

OTHER: \_\_\_\_\_

**Free**  
to join