

2025 Branch Challenge update

In 2025, the Muscular Dystrophy Association proudly marks 75 years of legacy, impact and momentum in the fight against neuromuscular diseases. Since its founding, MDA has been at the forefront of research breakthroughs, while also providing access to comprehensive care and championing the rights of people living with muscular dystrophy, ALS, and more than 300 other neuromuscular diseases. This milestone has been made possible by generations of support from people living with neuromuscular disease and their families, along with researchers, clinicians and volunteers, as well as donors (like you!) who boldly drive our mission forward.

NALC has played a key role in all of this. As we look ahead, we remain committed to honoring this legacy, building on the impact we've made together, and continuing our momentum toward transformative progress for people living with neuromuscular disorders.

Exciting news! This year, we will be changing the branch challenges. Branch challenges will now be quarterly: Q1, Q2 and Q3.

- Q1: Jan. 1-March 31
- Q2: April 1-June 30
- Q3: July 1-Sept. 30
- Q4: Oct. 1-Dec. 31. No challenge, please use this time to get all 2025 donations turned in for the 2025 Honor Roll.

New Branch Challenge details: All donations must be received by the last date of the quarter to count. Otherwise, they will be counted toward the next quarter's challenge. Thanks for understanding the hard deadline. If you are worried about meeting a deadline, we encourage you to use your branch's online fundraising page to make an online donation. Need help locating your branch's 2025 Donor Drive page? Please contact us.

We will be providing monthly leaderboard updates. At the end of each quarter, we will announce the Branch Challenge winners. Make sure we have your mobile number to get updates. You don't want to miss your chance to win MDA swag!

As a friendly reminder, all 2025 donations are due by Dec. 31, 2025, to count toward the 2025 Honor Roll. The 2025 incentives will be announced mid-year and awarded in 2026, based on branches' 2025 fundraising total.

MDA mailing address: Sending in checks? Be sure to use the NALC Allocation Form and send to:

Muscular Dystrophy Association Inc.
Attn: NALC
P.O. Box 7410354
Chicago, IL 60674-0354

Another reminder, please stop using the old triple copy NALC/MDA expense forms and only use the allocation form provided online.

Please mail NALC copies of any receipts or checks along with a copy of the NALC/MDA Allocation Form so that your branch can be properly recognized. The NALC/MDA Allocation Form must be turned in the same calendar year of the event (no later than Dec. 31) to qualify for the NALC Honor Roll for that year. Please send copies posted marked by Dec. 31 to Christina Vela Davidson at the Region 9 NBA office: 1101 Northchase Parkway SE, Suite 3, Marietta, GA 30067.

Connect with MDA: Please contact MDA with questions, for help with fundraising, or to confirm that we have contact information for your branch. You can reach MDA at 312-392-1100 or nalc@mdausa.org.

Thank you and best of luck on your 2025 fundraising events and initiatives!

—Christina Vela Davidson

Mutual Exchanges

CA: Burbank (6/15) to Fresno, Clovis, CA. Regular city carrier. Great work environment, strong local union, and good weather. Not far from amazing beaches. Both Sun Valley and Burbank in bidding cluster. Overtime available. Taron, 818-299-1763 or taron299@gmail.com.

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NV: Las Vegas (6/19) to Houston, TX or surrounding areas. Call or text with any questions. Jarrell, 832-800-7017.

NY: Brooklyn (5/04) to anywhere in PR. Lydia, 646-271-1736.

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., February's deadline is for the March 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.