



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

JULY
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NO. 7

CHECKPOINT

WWW.AVA.ORG



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PRESIDENT/CEO - HENRY ROSALES

CONGRATULATIONS TO ALL NEW AND RETURNING AVA OFFICERS, BOARD MEMBERS AND DEPUTY DIRECTORS!

Thank you to all who attended the 2023 Regular Membership Meeting. The meeting minutes will be posted on the AVA website once they have been approved by the board. The AVA also welcomes all new and returning club officers! We look forward to working with everyone!

AVA BOARD OFFICERS - 2023 - 2025

Nancy Wittenberg, Chair
 Vice Chair - Vacant
 Leslie Murphey Stone, Secretary
 Ed McCabe, Finance Chair

AVA BOARD MEMBERS AND DEPUTY DIRECTORS - 2023 - 2025

Jeff Giddings, Atlantic Regional Director
 Karen Kaufman, Atlantic Deputy Regional Director

Carl Cordes, Pacific Regional Director
 Suzi Glass, Pacific Deputy Regional Director

Craig Gauger, Mid-America Regional Director
 Roberta Allen, Mid-America Deputy Regional Director

Steve Sandridge, Rocky Mountain Regional Director
 Christopher Begnoche, Rocky Mountain Deputy Regional Director

Susan Pinneke, North Central Regional Director
 Ken Johnson, North Central Deputy Regional Director

Teresa Arnold, South Central Regional Director
 Terri Tyler, South Central Deputy Regional Director

Carol Giesecke, Northeast Regional Director
 Eileen Skinner, Northeast Deputy Regional Director

Kathryn King, Southeast Regional Director

Sharon Moats, Northwest Regional Director
 Ed Hainline, Northwest Deputy Regional Director

Susan Medlin, Southwest Regional Director
 Andy Thomas, Southwest Deputy Regional Director

CHECKPOINT DISTRIBUTION EXPANDS

Effective immediately the Checkpoint will be distributed electronically to all AVA Associate and Club members in our database. If you do not receive the Checkpoint and would like to, please contact Hector at hector@ava.org

JUNE 2023 REGULAR MEMBERSHIP MEETING – TEST QUESTIONS

There were eight survey test questions that were asked of attendees during the June 2023 Regular Membership Meeting. These questions came from the IT, Membership, and Publicity Committees and were used to test the online voting system during the meeting. Rather than ask questions that have no value to the AVA, it was decided to ask meaningful questions that would give the AVA some insight on preferences of meeting attendees. The results of these questions will have zero bearing on any future plans of the AVA, this was never the intention. A membership survey is expected to be sent to all AVA Members sometime in the Fall/Winter. These responses will be analyzed and shared with everyone once completed.

AVA FACEBOOK GROUP PAGE GUIDELINES

The AVA's Facebook group page is a public page and was created so Volkssporters and group members could share stories, pictures, and happy experiences of their walking adventures with everyone on social media. It is an excellent opportunity for others to learn about the AVA and hopefully join one of our clubs. The intent is to market and promote the AVA and all its member clubs. Negative comments can only discourage others from engaging in and being a part of our great organization and will be removed immediately. Below are the group rules for the AVA's Facebook Group Page. They have always been posted on the site under the "Featured" tab.

GROUP RULES FOR THE AVA'S FACEBOOK GROUP PAGE

1. **Be Kind and Courteous.** We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural, but kindness is required.
2. **No Hate Speech or Bullying.** Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender, or identity will not be tolerated.
3. **No Promotions or Spam.** Give more than you take to this group. Self-promotion, spam, and irrelevant links are not allowed.
4. **Negative Comments are unwelcome.** The AVA appreciates your feedback, however negative comments are harmful to the organization and communities we serve. If you have any concerns, please email them to your club president, RD or to henry@ava.org

AVA: PROGRAMS, POLICIES, AND COMMITTEES PRIVATE PAGE

The AVA does have a private page where we welcome constructive criticism and most important, solutions on how to improve the AVA. This page is called **AVA: Programs, Policies, and Committees**. This is a closed group forum for AVA members who wish to leave comments and concerns or entertain discussions on the AVA's programs, policies, and committees.

To join the group members must have an AVA member number, an AVA achievement number, or be an active member of an AVA club. All members will be vetted. Send you request on Facebook to join this group.



The King's Town Trekkers Volkssport ClubCVF Festival

Come join us May 24-26, 2024

Kingston Ontario Canada welcomes you for a great weekend of fun, friendship and food, oops I mean fitness.

Registration, hotel info and the schedule will be on the website: www.walks.ca
Monday, June 5th, 2023.

Save your spot, sign up early.

GROUP RULES FOR THE AVA'S PRIVATE PAGE

1. **Be Kind and Courteous.** We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural, but kindness is required.
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THE 2015 BIG GIVE – HOW IT ALL STARTED

Contrary to the belief of some, the AVA's individual donor campaign, The Big Give, was not established by the National Office. In 2015, I was approached by Joanne Forinash, former Southwest Regional Director, and office volunteer. Joanne was a trailblazer who was ahead of her times because she was always seeking creative ways to increase revenues for the organization. One day she approached me with the name of a donor friend who wanted to contribute a substantial amount to the AVA. The only stipulation was the donor wanted for her contribution to be meaningful and have a long-term impact on the AVA. The name of the donor was Charlotte Phillips.

Joanne and I frantically brainstormed ideas on how we could best use the donor funds. Should we pay all club dues for a couple of years? Should we give all members several free walk vouchers and books? Should we invest or reinvest the funds?

During this time the AVA was invited to participate in a fairly new initiative lead by the San Antonio Nonprofit Council. It was called the Big Give. The Big Give individual donor campaign provided an opportunity for large donors to contribute matching funds so that individual donor gifts are doubled when one gives. What if, we were able to advise Charlotte that we could double her contribution in just one year and continue this effort for many years?

When we met with Charlotte this is exactly what we proposed. Of course, we presented a menu of ideas. She did not like any idea where her funds would be spent and disappear in one or two years. However, she did like the Big Give idea because she could see the potential growth of her initial investment for many years to come and the rest was history!

Help us keep Charlotte's legacy alive by contributing to the Big Give September 20th, 6:00pm through September 21, 6:00pm. While many nonprofits have several fundraising events and donor campaigns throughout the year, the AVA has only one individual donor campaign each year. Contributions help the AVA pay for program expenses, special events, and new initiatives.

All Big Give details will follow in the August and September Checkpoints.

JOIN OUR ONLINE GIVING DAY!

SUPPORT AMERICA'S WALKING CLUB AND GIVE ON SEPTEMBER 20-21, 2023 | 6PM - 6PM.

The Big Give 10 YEAR ANNIVERSARY

To give online on September 20-21, visit thebiggivesa.org and search for AVA: America's Walking Club. Donate by check now through October 31, 2023, by mailing your donation to the American Volkssport Association: 1008 S Alamo St, San Antonio, TX 78210.

GRAPHIC DESIGN HELP FOR AVA CLUBS - AUSTIN PEAY STATE UNIVERSITY SERVICE LEARNING COURSE (RESPOND QUICKLY BECAUSE THE CLIENT SLOTS FILL UP FAST!)

Once again, the AVA is happy to partner with Austin Peay State University to provide graphic design support for our clubs. If you are looking to design a new club logo, update your website banners, brochures, flyers, or t-shirt designs this may be your opportunity! For more information see below. Should your club need support with the \$150.00 flat fee, please contact Henry at henry@ava.org.

Hello,

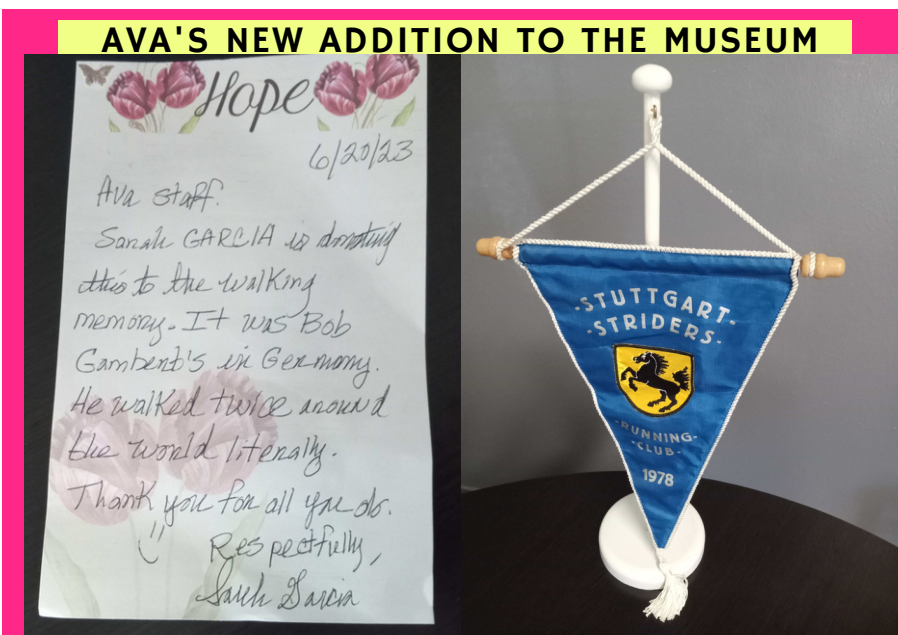
My name is Rachel Bush. I am reaching out to see if you want to be a part of one of our courses this Fall. I will be teaching a graphic design course that is comprised of only seniors. The course is called "Design Center" and is a Service-Learning course designed to allow our seniors to work with actual clients. This is where you possibly come in. If you are interested in this opportunity and would like to work with one of our students, below are the details. (NOTE – If you have worked with me in the past, there have been a couple of changes):

How the class works? We partner each student with three separate clients. Therefore we are in need of over 50 clients.

- **What do they design?** Our students have designed everything from logos and brochures to social media graphics and stickers. The only stipulation is that we asked that the student design something that will take about 3-4 weeks. We do not create websites and this is too intensive of a project.
- **What is the timeframe?** Each student will work with each client for a total of 3-4 weeks. The student will complete one job in this time frame. The class starts in August and runs until December. Each student will have one client for the month of September, one for October, and one for November.
- **Agreement:** If you decide you would like to be a client, please email me back and I will let you know how to get the process started and what would need to be signed.
- **Payment: THIS IS NEW!** I truly hope this doesn't deter you as I know you may be pushed for money, but we are now charging our clients. I know this probably seems ironic, me asking you for help, and simultaneously asking you to pay for the help, so let me explain a little bit. We have run this course for 8 years now and helped so many wonderful organizations. But part of the "real-world" process in graphic design is obtaining payment for services and sending invoices. We have now been given permission to add this to the course to help these students. Many of them are working, have children, etc. and really could use the money. So, we are asking our clients to pay a 1-time flat fee of \$150 for the graphic design job. \$75 up front and then \$75 when finished. This small amount would TREMENDOUSLY help these students out, both professionally, and personally.

If you have any questions, please email me.

Rachel Bush
Associate Professor
Graphic Design bushr@apsu.edu
931.221.7523



PUBLICITY COMMITTEE - SUSAN FINE, CHAIR**PUBLICITY COMMITTEE UPDATE**

The U.S. Freedom Walk Festival is one of two IML events in the U.S. As we promoted the one in San Antonio, we encourage everyone to support this one in Arlington, Virginia, October 20-22, 2023.

This year, the events will start in a new location: Crystal City-National Landing, a fascinating community of Arlington County. Located right on the Potomac River five minutes from the center of Washington DC, the greater Crystal City area, which includes Pentagon City and Potomac Yard - Arlington, has emerged as Virginia's largest walkable downtown area.

Each day features a different walk available only on that day, from 5k to 21K, featuring famous icons including the Pentagon, Air Force Museum, D.C. monuments, and much more. There are also biking and swimming events for 2 days. Saturday night, there's an International Dinner. Email [Dolores Greiner](mailto:Dolores.Greiner) if you can be there (more info to follow).

Please join us and help welcome visitors from around the world. Get more information and registration: usfreedomwalk.org.

**IT SPECIALIST - HECTOR HERNANDEZ****YRE RENEWAL**

The YRE renewal process began June 1, 2023 and will end August 31, 2023.

RD's must review and approve all events by September 15, 2023 in order to get them into the 2024 Starting Point book. Any approvals after the 15th do not guarantee publication in the Starting Point book.

If you have any questions or need any assistance, please call (210) 659-2112 or email Hector@ava.org.

***Please note that new events can be submitted year round. If you are planning a new event for 2024, you can submit those events anytime.

2024 STARTING POINT PHOTO CONTEST

US FreedomWalk, Texas Trail Roundup, IVV Olympiad and many more events occurred this past year. Pictures are a way that most of us capture memories. What memories have you captured? Share those memories with the AVA by submitting photos of "People", "Places" or "Things" you've encountered on your journey to the Starting Point Photo Contest. The first and second place winners will get their photo printed on the front side (1st place) and backside (2nd place) covers of the 2024 Starting Point book. Winners will also get a complimentary copy of the Starting Point!

Entries are due to AVA National office no later than August 31, 2023. Rules, guidelines and the official entry form are attached in link below. Participation in the nationwide contest is open to AVA members, clubs and state organizations. All entries must have been created or occurred during the time period from July 1, 2022 – August 31, 2023. For more information contact Hector at hector@ava.org

[Click here for Order Form](#)

[Click here for Photo Contest Rules](#)



ACCOUNTING SPECIALIST - MARIAN DEVAUL

2ND QUARTER PARTICIPATION

It's time once again to submit your 2nd Quarter Participation Reports. Don't forget, the deadline is midnight on July 31st, and all reports submitted after this date are past due and subject to late fees.

OCTOBER 2023 NATIONAL VOLKSSPORT MONTH PATCH

October is National Volkssport Month. Celebrate by pre-ordering patches using the order form and returning to the National Headquarters. The 2023 patches are \$5.00 each (20% club discount does not apply. Shipping cost is not included)

Mail form to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or fax form to 210-659-1212. You may also place your order by emailing this form to marian@ava.org. The deadline to order these October patches is September 15th. Don't miss this opportunity to offer this collectible patch to walk participants! Note: AVA will not be ordering extra inventory of this patch, clubs must pre-order the patch. Click on image for form.



STARTING POINT BOOKS ON SALE!

Our 2023 Starting Point books are now on sale for the low cost of \$15.00 plus shipping and handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

CLUB DUES

Just a friendly reminder the Annual Club Dues for the upcoming 2023 – 2024 fiscal year, will be invoiced on July 1, 2023. The yearly rate is \$75.00 and is due within 30 days of receipt of the invoice.

FINANCIAL

If your club's fiscal year ends on 6-30-23, it is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers. An IRS user guide, and the AVA Retention policy for financial and event records have been posted on the AVA website under "Clubs Only". Please submit a copy of your filings to marian@ava.org.

IOWA'S WALKING CLUB - PHYLLIS OLSON, MEMBER

WHY COME TO THE NORTH CENTRAL REGION WALKING ADVENTURE WEEKEND

Why come to the North Central Region Walking Adventure Weekend? Because you want to have fun!!! September 15-17 we will visit the interesting small-town rural communities in northwest Iowa and southwest Minnesota. The nine walks available in the area include two in Sioux Falls, South Dakota, too. Five of the walks will have featured start windows, that will include fun activities during that time. But all the walks may be done anytime throughout the weekend by registering OSB prior or at the host hotel during the event.

Your North Central Walking adventure begins on Friday September 15. The adventure starts in Le Mars, IA, Ice Cream Capitol of the world, home of Blue Bunny Ice Cream. The start table registration will be open from 10 to Noon. You don't want to miss a tasty treat from the Blue Bunny Museum and ice cream parlor while you are there. The adventure continues that afternoon in Rock Rapids, IA., a featured walk with the start table open 2 to 4 pm. Rock Rapids is a small town, but WOW! Last count it had 36 murals and plans to add 3 more each year. There is truly lots to see along this trail. That evening, pizza and games will be offered at the Grand Stay Hotel & Suites in Rock Valley, IA. This relaxing evening will be a good time to catch up with old friends or make some new ones.

On Saturday morning, our adventure continues with the featured walk in Sibley, IA with a start table from 9 to Noon. We are partnering with the local hospital physical therapy department on this walk. Besides the sanctioned volkswalk, a shorter community walk will be offered. Also, a tour of the rehab center is planned. The afternoon featured walk is Rock Valley, IA, the center of all the weekend social activities. The start table will be open from 1-3 pm in the City Park. Rock Valley offers a great trail system and campground. Afterwards we are planning a dinner at a local restaurant.

On Sunday, we'll wind up our adventure. That morning, we will feature a walk in Sheldon, IA from 9-11 am. Sheldon is a thriving rural town where agriculture is the primary industry.

Your adventure could also include two walks in southwestern Minnesota, Lake Benton or Pipestone. Lake Benton is home to the world's largest Wind Power Project. In Pipestone you will walk to the Pipestone National Monument. Bring your Senior National Park Pass or pay the National Park fee to enter the Circle Trail. Or your adventure could include two walks in Sioux Falls, SD. Yes, there really are falls in Sioux Falls! Viewing the falls is a spectacular sight, especially in times of high waters.

I think you will find the North Central Region Walking Adventure Weekend in September provides the three F's of volkssporting fun, fitness and friendship. For details: iowaswalkingclub.org or North Central Regional Director, Susan Pinneke, susanpinneke@gmail.com.

WEST TEXAS TRAIL WALKERS - SUSAN NOONAN, PRESIDENT

PALO DURO CANYON STATE PARK - CANYON, TEXAS - OCTOBER 6-8

Hike with an "altitude" at Palo Duro Canyon State Park, Canyon, Texas! Join the West Texas Trail Walkers for our 42nd year of hiking in West Texas National and State Parks, October 6-8, 2023. The event brochure and registration forms are attached to this email and can be also found on our website. Be sure to check out our webpage, www.westtexastrailwalkers.org to see beautiful pictures of the multi-colored ridges and hoodoos at Palo Duro Canyon.



I hope to see you there!

[Brochure](#)

[Registration form](#)

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

INTERNATIONAL EVENTS



Coffee Break!
International Volkssport News
[IVV Website](#) [IVV Online Database](#)



Please click on the image to see the latest issue of the IVV Newsletter the Coffee Break. Enjoy reading it and have a good weekend.



Join us May 24-26, 2024 for a walk through history in Canada's First Capital and surrounding areas. Registration includes 5 Event Walks, a Meet & Greet, and a Dinner.

Rejoignez-nous les 24-26 mai 2024 pour une marche à travers l'histoire dans la première capitale du Canada et les environs. L'inscription comprend 5 marches événementielles, un Meet & Greet et un dîner.

The King's Town Trekkers Volkssport Club
CVF Festival

Come join us May 24-26, 2024

Kingston Ontario Canada welcomes you for a great weekend of fun, friendship and food, oops I mean fitness.

Registration, hotel info and the schedule will be on the website:

www.walks.ca

Monday, June 5th, 2023.

Save your spot, sign up early.



WalkFest Vancouver -
September 22-24, 2023
Registration is Now Open

The Vancouver 'Venturers are pleased to welcome you to WalkFest 2023 in beautiful Vancouver, BC. Enjoy a weekend of walks that showcases the spectacular natural beauty of the area as well as the historical areas of Stanley Park, Gastown, Chinatown and the West End. An optional 3 hour harbour cruise and banquet will take you under the Lions Gate and Burrard bridges into False Creek passing Granville Island, Roger's Arena and the iconic Science World building. Come early or stay late, and start planning your visit to Vancouver in September.

NATIONAL EVENTS

Click images to go to official website.



PALO DURO CANYON STATE PARK -
CANYON, TEXAS - OCTOBER 6-8

Pre-registration opens in early June when the brochure and registration forms are available on www.westtexastrailwalkers.org. Be sure to check our website regularly for updates. You can also reach out to Susan Noonan, susan.noonan@gmail.com for additional questions. More info in the April 2023 Checkpoint.

SOLAR ECLIPSE
APRIL 8, 2024
SAVE THE DATE
World Walking Week is 1-7 April, 2024

The Texas Hill Country will be one of the few places in North America in complete totality of the solar eclipse. Observers will see about 4 minutes and 29 seconds of totality starting at 13:32.

The Texas Volkssport Association is planning 5 & 10 km walks in the Texas Hill Country

COME WALK WITH US
www.walktexas.org

CALLING ALL WALKERS!!
Join us in Arlington, VA USA for the 22 Annual US FreedomWalk Festival
October 20-22, 2023
www.USFreedomWalk.org

AMERICA'S WALKING CLUB
Volksmarching at its Best

Walk Arlington

An International Walking Experience

JOIN US THIS SPECIAL ANNIVERSARY YEAR!
CRAZY HORSE MEMORIAL VOLKSMARCH!

37th Annual SPRING Volksmarch!
One Day Only - June 3rd

11th Annual FALL Volksmarch!
One Day Only - Oct. 2nd

12151 Avenue of the Chiefs • Crazy Horse, SD 57730
For more information, please visit CrazyHorseMemorial.org
OR call 605-673-4681

Checkpoint Available Via Email to All Club Members Who Request It
To receive an electronic copy of the Checkpoint send your request to Hector at hector@ava.org. Please note on the subject line: Request for Checkpoint.



The American Volkssport Association
The Mission of AVA is to promote and organize noncompetitive physical fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.



1008 S Alamo St · San Antonio, TX 78210, Phone 210.659.2112 · Fax 210.659.1212 [Message US](#).