



CHECKPOINT

WWW.AVA.ORG

The *Big Give*



PRESS TO PLAY

BIG GIVE - SAMANTA SANCHEZ

OUR AVA HEROES

When you think of the term hero, who comes to mind? A doctor, a teacher, a fireman? When I think of a hero, I think of our members. I think of the many hours our members dedicate to mapping trails and hosting events. I think of all the hard work that goes into running a walking club and the leadership behind its success. I think of our local volunteers who come to mow the lawn and trim trees at our AVA office to help us cut costs and make our office look wonderful and inviting. Others come to help our office staff with everyday tasks like shipping Starting Point books, making copies, putting together New Walker packets, and assisting with First Friday and the annual King William Parade. These are our AVA heroes and we would not be where we are now without their heroic efforts to keep our mission going.

You too can be an AVA hero! While we understand that not everyone has the time to volunteer, you can still support the AVA by making a gift from the heart during our annual fundraiser, the Big Give. With your support, we hope to raise \$100,000 to continue to bring family-friendly walking events to the local communities we serve. This year's Big Give will take place on September 18-19 from 6 pm to 6 pm. It just takes five minutes to make a change during our 24-hour day of giving. Ready to become a hero? Donate during the Big Give.

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HOW YOU CAN HELP US REACH OUR \$100K GOAL

1. Here are a few important dates you'll want to remember:

- September 11, 2024 - Early online giving begins
- September 18, 2024 at 6:00 p.m. - 24 hours of online giving BEGINS
- September 19, 2024 at 6:00 p.m. - 24 hours of online giving ENDS
- Now through - October 31st, 2024 - Mail your Big Give donation to the AVA National Office: 1008 S. Alamo St. San Antonio, TX 78210

[AVA's online giving website](#)

2. Set Your Alarms! Give During Match Minutes to Double Your Impact.

Donate online on September 18-19, 2024, and the Big Give will match any donation dollar-for-dollar, up to \$100.00, during their Match Minutes! This year, the Big Give has restricted one Match Minute for Nonprofit Council Members only. Our chances of having a donation matched as a Nonprofit Council member are significantly higher during the following Match Minute - Wednesday, September 18th at 9:11 p.m central. Remember, gifts will only be matched if they are completed within the one-minute or before the \$10,000 match pools run out, whichever comes first. We recommend having your donor/payment information entered and ready to click submit as soon as the Match Minute hits. Match Minute dollars are distributed on a first-come, first-serve basis. Last year, an additional \$1,480 was raised by donors who gave during these times! Set your alarms, give during the Match Minutes, and double your impact!

We encourage all our donors to donate during the match minutes below. You can contribute during any of these time slots. Depending on where you live, the minutes are provided with your specific time zone.



#BigGive2024 Match Minutes
 MAKE A DONATION ON
WEDNESDAY, SEPT. 18 @ 6PM
 THROUGH
THURSDAY, SEPT. 19 @ 6PM
 DURING THE MATCH MINUTES DEPICTED BELOW



Pacific Time

Sept. 18 | 4:11 PM
 Sept. 18 | 6:11 PM
 Sept. 18 | 7:11 PM

Sept. 19 | 8:11 AM
 Sept. 19 | 10:11 AM
 Sept. 19 | 12:11 PM
 Sept. 19 | 1:11 PM
 Sept. 19 | 3:11 PM

Mountain Time

Sept. 18 | 5:11 PM
 Sept. 18 | 7:11 PM
 Sept. 18 | 8:11 PM

Sept. 19 | 9:11 AM
 Sept. 19 | 11:11 AM
 Sept. 19 | 1:11 PM
 Sept. 19 | 2:11 PM
 Sept. 19 | 4:11 PM

Central Time

Sept. 18 | 6:11 PM
 Sept. 18 | 8:11 PM
 Sept. 18 | 9:11 PM

Sept. 19 | 10:11 AM
 Sept. 19 | 12:11 PM
 Sept. 19 | 2:11 PM
 Sept. 19 | 3:11 PM
 Sept. 19 | 5:11 PM

Eastern Time

Sept. 18 | 7:11 PM
 Sept. 18 | 9:11 PM
 Sept. 18 | 10:11 PM

Sept. 19 | 11:11 AM
 Sept. 19 | 1:11 PM
 Sept. 19 | 3:11 PM
 Sept. 19 | 4:11 PM
 Sept. 19 | 6:11 PM

YOUR DONATION WILL BE MATCHED DOLLAR FOR DOLLAR, UP TO \$100!

3. Get Involved! Become a Peer-to-Peer Fundraiser.

Take an active role in supporting our mission by becoming a Peer-to-Peer fundraiser for the AVA during The Big Give 2024. Creating your fundraising campaign is fun and easy as 1, 2, 3 and every dollar your friends give to your Peer-to-Peer campaign will count towards our \$100,000 goal. Each year, the majority of our new donors are gained from participating in Peer-to-Peer fundraisers. One campaign can bring up to four new donors! If you would like to create a Peer-to-Peer page, please follow this [step-by-step guide](#) or view our short [Peer-to-Peer how-to video](#). Once you have created your page, use [The Big Give Fundraiser Guide](#) for social media and email messages and tips on how to personalize your page. Share your story, make a video, get creative - but most importantly, have fun! If you need additional assistance with setting up your page, please contact Samanta at samanta2@ava.org.

NEED SOME INSPO FOR YOUR FUNDRAISER STORY?

Think about these questions to help you share your personal connection to our organization and mission.

- What made you decide to get involved in the AVA?
- Why did you choose to participate in the Peer-to-Peer fundraising initiative?
- What do you wish everyone knew about the AVA?
- What is your favorite program or service and why?
- How do you feel after volunteering or participating in our programs?
- Why do you enjoy giving to the AVA?
- Why do you enjoy walking?
- Share your favorite walking story.

7 STEPS TO RAISE \$500



Make the First Donation
to your own fundraiser to set an example. (\$25)



Ask 3 Best Friends
To donate \$25 each to your campaign. (\$100)



Make 4 Facebook Posts
to encourage support for your fundraiser and get 5 friends to donate \$15 each. (\$175)

Go on a Group Walk
and ask 5 fellow walkers to give \$15 to your campaign. (\$250)



Send an Email
to 5 family members, asking them for \$25 each. (\$375)

See if 5 people

from your neighborhood, church, walking club, or book club will donate \$20. (\$475)



Challenge 5 coworkers
to skip their morning coffee to help support health and wellness and donate \$5 to your campaign instead. (\$500)

Don't Get Discouraged!

Not everyone will give. If someone says no, you can always make up the donation amount in one of the other steps. You'll be surprised at how generous people can be.



How You Can Participate during #BigGive2024



1. Mail your donation check to the AVA National Office: 1008 S. Alamo St, San Antonio TX, 78210. Send checks prior to **October 31st, 2024**.



2. Make an early online contribution anytime from **September 11th to September 17th, 2024**.

3. Make an online contribution on **September 18-19, 2024** to help us leverage additional cash prizes.



4. Fundraise on behalf of the AVA by creating a Peer-to-Peer page.



5. Ask your employer to match your donation.



6. Donate during the 8 Match Minutes & double your impact.

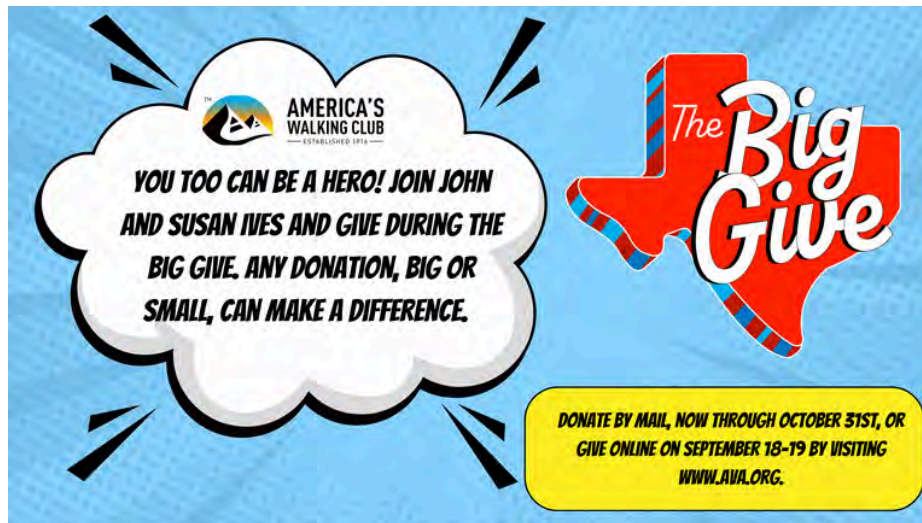


7. Share our Big Give social media posts using the hashtags **#BigGive2024** **#LeaveYourFootprint**



4. Ask Your Employer to Match Your Donation

Does your employer have a Matching Gifts program? Make the ask. You may be surprised by what you can accomplish just by asking a simple question to your employer. It can go something like this, "Will you consider matching employee donations to the AVA?" If your employer says yes, imagine what you can contribute to this year's Big Give. Even if your employer doesn't match the funds, don't be discouraged. If your employer donates any amount because of your question, consider your fundraising efforts a success.



ARE YOU UP FOR THE CHALLENGE?

A wonderful addition to our yearly fundraiser has been the Big Give Regional Challenge. The Northwest Region brought in a little over \$17,000 in 2022, and the Southwest Region brought in an incredible \$22,139 in 2023! Who will triumph in the Regional Challenge this year? Who will be crowned the giving region champion and win the 2024 Walking Stick of Kindness? Stay tuned!

The region with the most amount raised during our Big Give fundraiser will be awarded the 2024 Walking Stick of Kindness. Donors from the winning region will also receive special recognition during our 2025 Convention and a Front of the Line Pass. This Pass includes front-line access to all AVA food and beverage catered events like lunches, socials, and gala dinner during the 2025 Convention. All donors who attend the Convention will be invited to a special reception with our Board Chair, Nancy Wittenberg.

THE AVA GIVES BACK - 2024 BIG GIVE RAFFLE PRIZES



AVA GIVES BACK



Prizes

FREE SANCTIONED TRADITIONAL EVENTS - FOR EVERY 25 CLUBS THAT DONATE, ONE FREE TRADITIONAL SANCTIONED EVENT WILL BE RAFFLED.

2025 STARTING POINT BOOKS - FOR EVERY 50 UNIQUE DONORS, ONE 2025 STARTING POINT BOOK WILL BE RAFFLED.

Grand Prize

2025 CONVENTION REGISTRATION- ONE CLUB AND ONE INDIVIDUAL WILL BE THE LUCKY WINNERS OF A FREE 2025 CONVENTION REGISTRATION (TRAVEL NOT INCLUDED).

CLUBS, KINDLY PRINT THE FLYER ON THE NEXT PAGE AND DISTRIBUTE IT AT YOUR EVENTS IN SUPPORT OF OUR BIG GIVE.



JOIN OUR ONLINE GIVING DAY!



AMERICA'S WALKING CLUB
ESTABLISHED 1976

SUPPORT AMERICA'S WALKING CLUB AND GIVE ONLINE ON SEPTEMBER 18-19, 2024 | 6PM - 6PM.

GO TO AVA.ORG OR SCAN THE QR CODE TO GIVE ONLINE.



**DONATE BY MAIL, NOW THROUGH OCTOBER 31, 2024.
MAIL YOUR CONTRIBUTION TO THE
AMERICAN VOLKSSPORT ASSOCIATION:
1008 S ALAMO ST, SAN ANTONIO, TX 78210.**

PRESIDENT/CEO - HENRY ROSALES**AVA BOARD OF DIRECTORS MEETING NOTICE**

The AVA National Board of Directors will meet Wednesday, September 25, 2024, at 6:00 p.m. Central Time Zone. This will be a virtual meeting on the Office 365 Teams platform. To access the meeting [click here](#). If you have problems accessing the meeting, please contact Hector at 210-659-2112 or email him at hector@ava.org. The meeting link will also be posted on the AVA website with the agenda.

Meeting Deadlines:

September 16, 2024: Agenda items and Officers, Board Members, and Committees written reports and all supplemental documents for the board meeting are due at AVA National Office. Email reports and all supporting documents to henry@ava.org and copy our Board Chair, Nancy Wittenberg at chair@ava.org

September 20, 2024: Meeting information package emailed to Board Members and Deputy Directors

September 25 2024 – Board Meeting, 6:00pm Central

AVA ONLINE WEBINAR WILL BE WEDNESDAY, SEPTEMBER 18, 2024, AT 7PM CENTRAL

The next AVA online seminar will be Wednesday, September 18, 2024, at 7:00pm Central. To participate please pre-register on the AVA website or [click here](#) to pre-register for the webinar. If asked for a passcode, the passcode is AVA.

Special Guest Host: Ed McCabe, Finance Chair, AVA Board of Directors

2025 AVA Biennial Convention Walks

Learn more about all the unique convention walks to include pre and post walks and the international walk in Juarez, Mexico.

Presented by: Helen Hull, 2025 Convention Trailmaster and former AVA Board Member.

2025 BIENNIAL CONVENTION, LAS CRUCES, NEW MEXICO

Convention Hotels Registration Now Open! The convention hotel reservation page is open on the AVA's website convention page. We are utilizing a reservation platform called Playeasy. When you click on the hotel registration link it will take you to the Playeasy website page where you can find all hotels in the Las Cruces area as well as hotels the AVA has negotiated a special rate for our guests. The hotels we negotiated rates with are under the "Hotels Specials" tab. All of the special rate hotels are within 1/2 mile from the convention center and the rates range from \$154.00 - \$92.00, breakfast included. Please note the cut off dates to reserve rooms at the special rate. Should you have any problems registering, please contact Henry at henry@ava.org.

To find convention hotels [click here](#).

IT COMMITTEE - MIKE GREEN, CHAIR**WEBSITE MAINTENANCE OF MY.AVA.ORG IN MID-NOVEMBER**

At this time, the AVA IT Committee is planning a mid-week 2 day shutdown of the my.ava.org website in November. During the shutdown, the my.ava.org website will be transferred from it's current web hosting service to the same hosting service and virtual private server used by the ava.org website.

This transfer will reduce web hosting service costs and provide for the possibility of doing future my.ava.org feature development without disturbing the active my.ava.org services.

The required testing to assure this transfer goes smoothly is currently well underway. The exact dates for the 2 day shutdown in November is yet to be determined.

NOMINATING COMMITTEE - ROBERT A BUZOLICH, CHAIR

AVA NATIONAL OFFICER ELECTIONS

Nominations are now being accepted from candidates who seek to be national officers of the American Volkssport Association’s Board of Directors: chairperson, vice chairperson, secretary, or treasurer. Elections will take place during the membership meeting at the 2025 AVA Biennial Convention in Las Cruces, New Mexico, starting April 28, 2025. Successful candidates will take office effective at the close of the 2025 Biennial Convention to serve a two year term ending at the close of the 2027 Biennial Convention.

Step 1 in the process is for the candidate to submit a Letter of Intent by email no later than midnight (his/ her local time) Sunday, October 6, 2024. The brief letter need only include: office being sought; candidate’s name; official mailing address; phone number; and email address. Electronic submission of the letter goes to the chair, Robert Buzolich at nominations@ava.org. A confirmation of receipt will be sent via email, as well as an attachment of Election Guidelines for Officer Candidates. Upon receipt of an individual’s intent, the Nominating Committee will vet the individual’s eligibility with the National Office based upon the eligibility requirements of Paragraph 4.04 Eligibility -National Officers of the current Bylaws of The American Volkssport Association. Late submission of the Letter, or failure to satisfy the eligibility requirements of Paragraph 4.04 Eligibility - National Officers of the current Bylaws of The American Volkssport Association, will cease further consideration for Step 2 in the nomination process. Individuals, who do not satisfy the timely submission or eligibility requirements will be so notified by email.

Step 2 is for the candidate to submit a Nomination Package by email to the chair, Robert Buzolich at nominations@ava.org no later than midnight (his/her local time) Sunday, October 13, 2024. The Package must be consistent with the information in the Guidelines for Officer Candidates, but must contain two items: a biographical article (narrative) in Microsoft Word that is no more than 500 words and a candidate photo in .jpg format. The narrative should include reasons why you are a candidate for office and your goals (tell us what you hope to accomplish if elected). The Guidelines will also contain information regarding campaigning. A confirmation of receipt will be sent via email. Late submission of the package will cease further consideration in this process.

For those candidates who have met the timelines for submission of the nomination package, and whose narratives are deemed accurate, the nomination package will be forwarded by October 25 to TAW for publication in the December issue. However, the Nominating Committee may vet the accuracy of the information provided (e.g. positions held; awards received) . If there is a problem with the accuracy of the information, the Nominating Committee will notify the individual via email for correction. Corrected narratives must be received no later than October 22, so as to allow its submission to TAW on October 25. The Nominating Committee will not correct a narrative’s grammar or spelling. Photos submitted will not be altered by the Committee, though the TAW publisher may do so to meet their standards for publication. The nomination package will not be returned.

Basically, what you submit is what the AVA membership will see except in two cases: if the information submitted is found to be in error, or the word count exceeds 500 words. Erroneous information may be deleted. If word count exceeds the limit, you will be notified to edit and resubmit your article. If you do not resubmit in time for publication, your article may be edited to delete everything after the 500 word count. So, please be clear, concise and correct with your submission, preferably the first time.

You are entitled to one complimentary bio article and one photograph in TAW. This is considered to be your nomination package. These articles will appear in the December 2024 issue of TAW, which will be printed and released on or about December 1.

MEMBERSHIP COMMITTEE - KAREN KAUFMAN , CHAIR

INTRODUCING YOUR AVA MEMBERSHIP COMMITTEE MEMBERS

Susan Pinneke (North Central RD) Vice Chair, Ron Jones (Northern Virginia Volksmarchers), Lea Darling (Empire State), Buffy Wittenberg (Daffodil Valley), Susan Alexander (Tucson Volkssport), Steve Sandridge (Rocky Mountain RD); ADHOC: Henry Rosales, President/CEO and Erin Grosso, Finance Director; Advisor: Doug Reynolds (Empire State) and TEAM Facilitator: Bobbi Bilnoski.

This Group of dedicated believers in AVA met twice a month in 2023 then once a month in 2024. Many worked alone or in subgroups to research and obtain data for this committee to have the most update info on AVA and other National organizations to make educated and informed decisions about our membership.

At the board meeting on September 25th, the Membership Committee will propose an update and change to the AVA Associate and Lifetime Membership, Phase 1 of our mission to bolster AVA membership. This presentation is a follow-up to the Power Point presented at the Board meeting in Alexandria, VA October 2023. Please join us, so we can answer your questions.

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY UPDATE

If your clubs have multi-day events planned for 2025, please let us know now, and please put these on the AVA website, under "Multi-Day Events". You don't need to have sanctioned your walks yet. By having them listed now, people can plan their traveling in advance. If you need help, email publicity@ava.org . You can see the upcoming list of walking events [here](#). More are available in the September TAW.

Big Give – have you sent your story of why you volkswalk and support AVA? Videos, text, and photos are needed. You are AVA, and we ask you to give to The Big Give. Even the smallest amount will help America's Walking Club to make an impact in people's lives. Please give to the [Big Give](#), and tell us your story.

As the weather gets better throughout the country, and more events are being sanctioned, please promote your events on the AVA Facebook pages. We have two pages: our [AVA page](#), and the [AVA group page](#). Hotel reservation page has opened for the 2025 Las Cruces Convention, April 29 – May 2. Including pre and post walks, the dates are April 26 – May 4. [Reserve your rooms now](#). Registration with a list of walks will be available soon.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

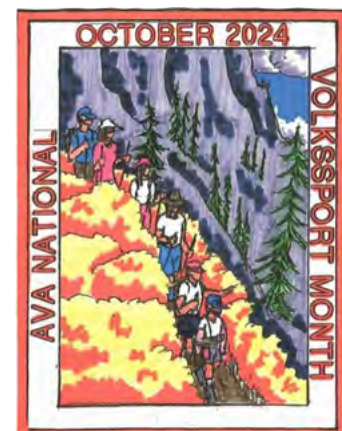
OCTOBER 2024 NATIONAL VOLKSSPORT MONTH PATCH

October is National Volkssport Month. Celebrate by ordering patches using the order form and returning to the National Headquarters. The 2024 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. Don't miss this opportunity to offer this collectible patch to walk participants!

2025 STARTING POINT BOOKS - PRE-ORDER NOW!

It's time to pre-order your 2025 Starting Point Book. The deadline is no later than midnight, September 30, 2024. Mail form to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or fax to 210-659-1212. You may also place your order by emailing the form to marian@ava.org. [Click here for order form](#).



Click image for order form

AMERICAN FLAGS

We are grateful to our international travelers for your efforts in promoting the AVA during your overseas journeys. As a token of our appreciation, we are pleased to offer complimentary hand-held flags for you to take and pass out on your next trip.

These promotional flags measure 5.5" wide by 3.75" high and are mounted on a 10" wooden pole. While the flags are free of charge, we kindly ask that you cover the shipping costs, which will be calculated based on the quantity requested and provided at the time of your order.

To place an order or for any inquiries, please contact Marian at marian@ava.org.

Thank you for your continued support.



FINANCIAL

If your club's fiscal year ends on 6-30-24, it is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers. Both documents are to be submitted to the national office before the November 15, 2024 deadline. 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.

IT SPECIALIST- HECTOR HERNANDEZ

YEAR ROUND EVENT RENEWALS

RD's please review and approve all events by September 15, 2024 in order to get them into the 2025 Starting Point book. Any approvals after the 15th do not guarantee a section in the 2025 Starting Point book.

2025 STARTING POINT PHOTO CONTEST

Thank you for all your photo submissions. The Publicity Committee will now go through the process of choosing the best images for the front and back of the Starting Point Book.

SUPPORT OUR NATIONAL FRIENDS

First State Webfooters Walking Club AVA-065
34th Annual Sea Witch & Fiddler's Triathlon
 Rehoboth Beach, Delaware
 October 26, 2024
 Events 5/10K Walk,
 Bike 10.6K-43.6K + 300 Swim
 YMCA - 20080 Church St, Rehoboth
 Ocean City, Maryland
 October 27, 2024
 Team up with Freetate Happy Wanderers
 a short distance to Boardwalk on Atlantic Ocean,
 OC Convention Center - 4001 Coastal Hwy
 Ocean City, MD

Save the Date!
 AVA: America's Walking Club
 2025 Biennial Convention
 April 28-May 2, 2025

Las Cruces, NM
The Real New Mexico
 3 Cities, 3 States,
 Two Countries

Come Walk WITH US!

For more information and registration visit AVA.org or call (210) 659-2112

Come and join us for the 23rd US FreedomWalk
 18-20 October 2024

Walk to Arlington
 An International Walking Experience

12th Annual Fall Volksmarch
 September 29, 2024

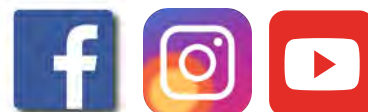
Checkpoint Available Via Email to All Club Members Who Request It

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.