

The official voice of the American Volkssport Association

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[www.ava.org](http://www.ava.org)

May 2016

## NEC News

### NEC Meeting Updates

The next NEC meeting will be held June 10-12, 2016 in Fredericksburg, Texas. The meeting location will be the Sunday House Inn and Suites:

501 East Main Street,  
Fredericksburg, Texas 78624.  
(830) 997-4484

### Upcoming NEC Meeting Deadlines

**May 11, 2016:** Final list of official Agenda Items sent to AVA Clubs. AVA NEC Officer's and Committee Reports due at AVA National Headquarters

[Click here for Officer Report Form](#)

[Click here for Committee Report Form](#)

**May 20, 2016:** NEC meeting packet emailed to NEC members.

### NEC Meeting Agenda Items for Discussion and Vote

Club Purchasing of Stamps  
Shorter Distance Walks-Less than 5K  
Trailmaster Certification Program-Mentoring and Certification of AVA Associate Members  
Participation Report After Action Fee for Free Walkers  
Release of Membership Information  
Increase in Participation Fees  
5K Trails – Walk Twice in lieu of 10K

[Click here](#) for complete description of agenda items as proposed.

## NEC Committee Updates

### Strategic Planning Committee—David Bonewitz, Chair

Since the NEC meeting in Las Vegas on January 22-23, the Strategic Planning Committee (SPC) has been hard at work taking the three phase documents (Courses of Action) as approved by the NEC in Las Vegas and creating goals and objectives from these documents that are consistent, doable, and have achievable target dates. This work is being focused by three

*5 Weeks away!*



**40th Anniversary**  
June 10—12 2016

\*\* See bottom of p. 2 for more details. \*\*



subcommittees of the SPC, Governance (chaired by Ken Miles), Membership (chaired by Jeanne Miller), and Programs (chaired by Debra Kruep). This final portion of the Strategic Plan will be presented to the NEC at their meeting in Fredericksburg, TX, on June 10-11, 2016. While planning continues, action has already begun. When the NEC approved the edited three phases (Courses of Action), many tasks were assigned to NEC committees and members to begin immediately or to continue those activities that had already been started. The final report to the NEC from the SPC in June will not be the end, but just the beginning of progress toward a bright future for AVA. Please continue to send your comments and ideas to your RD and/or the SPC at [SPC4AVA@gmail.com](mailto:SPC4AVA@gmail.com)

## **Information and Technology—Frank Sayers, Chair**

[www.ava.org](http://www.ava.org) – words of wisdom  
Frank Sayers, IT Chair

The public internet face of the AVA is our web site. This version was created several years ago, and is in need of a face lift. That is currently underway. As such, you may experience minor outages over the next couple of months as we move towards the new site with authentication and authorization. But in the meantime, it is still there.

I have received a few reports of issues with the menus and would like to provide some workaround information.

Sometimes the menus do not drop down when the mouse hovers over them. Typically it is someone from the club trying to file their participation reports. These are accessed from the Clubs->Clubs Only->Club Home Page-ESR. This has not been limited to a specific user configuration, but has spanned across the board. Most of the time using a different browser will allow the menus to work. If you are using Google Chrome, try FireFox, or Internet Explorer. If changing browsers does not work, go directly to the following URL: <http://www.ava.org/menuwa.php> to click straight to the menu locations.

The current Electronic Sanction Request will be utilized for the 2016 renewal period. We are very close to completing the backend database upgrade. Once the upgrade is complete, we will be performing a dual entry validation for some period of time. A new ESR entry process is being defined and will be rolled out later this year to the clubs. When that happens, you will find the entire authentication and authorization system will be different. Every club will have to have access to a computer and have a valid email address.

We will also see changes to the very public web site. Truly public information will be available to everyone. All the rest of the information, including specifics about upcoming events, will require an email login.

The new web site will be what is known as responsive. This means the content will be adjusted for presentation by the type of device, so rather than just making it smaller to fit on your phone's browser, it will keep the content completely readable in a single-column, very long, page.

We will keep you informed of our progress. Should you encounter any issues accessing the areas of the web site you need, or have any suggestions for the new one, please drop an email to [IT@ava.org](mailto:IT@ava.org) for a quick response.



## **National Special Programs—Susan Medlin, Chair**

### **AVA is Celebrating 40 Years of Volksmarching!**

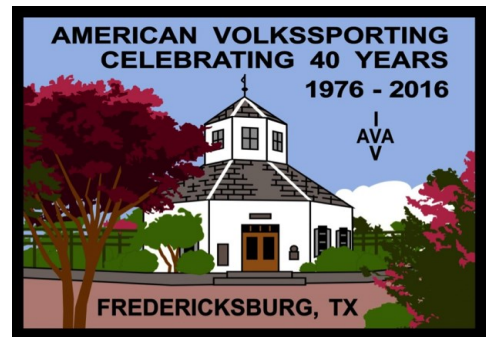
#### **Come and Meet the Mayor of Fredericksburg, Your NEC Members, and the Headquarters Team!**

We are finalizing our plans for celebrating the 40th Anniversary of Volkssporting in Fredericksburg, June 10 - 12. For more information on the events scheduled [click here for an event brochure](#). We have a beautiful medal (A Award) for the Footsteps of the Founders walk on Saturday morning. It is an updated replica of the original medal awarded in 1976. We will be selling the patch and a beautiful commemorative stein during the weekend. Quantities of both the Medal and the Stein are limited and preregistration information for the Medal, the Stein and the Saturday night dinner at Andy's will be available soon. Color photos of the Medal, the stein, and the patch are in the attached flyer. [Click here for flyer](#).

TO ORDER YOUR AWARD MEDAL AND/OR BEER MUG [CLICK HERE TO DOWNLOAD THE ORDER](#)

### Buy Your Commemorative Patches While They Last!

The 40<sup>th</sup> Anniversary patch is available for purchase while quantities last! The club price is \$3 per patch which includes shipping. The patch is 4.25" by 3.25" and is 100% embroidered. Please allow 3 (three) weeks for the patch to arrive. Patches can be ordered through November 1, 2016. If you plan to host an event in November or December where you will use this patch please order in advance of the deadline. Email your order information to Theresa at [Theresa@ava.org](mailto:Theresa@ava.org)



### 40<sup>th</sup> Anniversary Dinner Reservation Information

The 40<sup>th</sup> Anniversary dinner will be held on Saturday June 11<sup>th</sup>, at 6pm Andy's Restaurant in Fredericksburg, Texas. The restaurant is within walking distance from the Sunday House Inn and Suites. The cost of the dinner is \$20.00 per person. To order tickets email Ellen Ott at [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net). On your email please give your name and phone number and the number of tickets you would like to reserve. You can pay for the tickets at the door the night of the event at the preregistration table. If you want to send your money in advance you can mail a **check payable to: Pat Roberts** for the total amount of tickets you will buy. Mail your checks to: Ellen Ott, 11906 Pepperidge Cove, San Antonio, Texas 78213. For more information on the dinner call Ellen at (210)723-8574.

### 40<sup>th</sup> Anniversary Hotel Reservation Information

Our 40<sup>th</sup> anniversary celebration in Fredericksburg is coming up soon. For those that would like to join us please make your reservations at the Sunday House Inn & Suites in Fredericksburg, Texas. There are a limited number of rooms left for our guests in our block of rooms at the discounted price of \$140.00+ which includes breakfast. These rooms will be available on a first come, first serve basis so please reserve as soon as possible. Contact Judy Schorr at (830) 997- 4484 to make a reservation. Notify her that you are part of the AVA group. The hotel requires 24-hours in advance to cancel any reservation. If you have any questions send an email to [intern@ava.org](mailto:intern@ava.org). Please note on subject line "Hotel Reservation".

*Special thanks to our sponsors: HEB, SAS Shoes, and SORE No More .*



## Standards and Evaluations—Suzi Glass, Chair

### AVA Best Practices

In an effort to share successful ideas clubs have developed, we are adding a section of "Best Practices:". Currently, I am dividing responses into several categories including Events, Publicity/Marketing, and Activities. Below is an example of an Activity that is generating interest among club members and new walkers alike from the First State Webfooters in Delaware. Thank you, Margie MacLeish!

#### ***Best Practice – C25K Program***

#### ***Submitted by Margie MacLeish, President, First State Webfooters***

The First State Webfooters, the only AVA walking club in Delaware, began a Couch to 5K (C25K) Program on April 5th. We had a flyer and sent the flyer and information to three local newspapers. One of those, the Dover Post, did an article on our program. As a result of the article and flyers we placed in lots of places, we heard from many people who were interested in joining us. We borrowed the idea from running programs that take a person who is not running at all to being able to run a 5K, usually in about three months. We had noticed that sometimes our 5K and 10K walks were too much for people who had not been doing any walking because they had just been inactive or because of medical conditions. The program began with a 1/4 mile walk (around a high school track). We offered participants a log and encouraged them to walk 1/4 mile two more times during the week. The second week, we walked 1/2 mile. Each week we add 1/4 mile. After 12 weeks, we'll walk our Dover (Capitol) 5K YRE as a group. We started with 22 participants plus 7 club members (to support and encourage them). Our club members

also are positioned in the front, at the back and in the middle of the group. Week 2 had 28 participants and 8 club members. Week 3 was 30 participants plus eight club members. Twelve folks enjoyed dinner together after the walk. The weather has been interesting, but we've lucked out with good weather at 6 p.m. when we walk. Today, April 26, the forecast was for thunderstorms. Again, we were lucky, and they held off. We did have fewer participants, 23 plus 6 members, but the weather was fine. We are walking at different locations each week. Our members are offering up places they like to walk. It's a team effort. We're very excited about this program. Our main goal is to encourage people to walk. We have also had two participants join our club.

## **AVA National Office Team**

### **Finance & Operations Director—Candace Purcell**

#### **Club reminders of upcoming dates**

Annual Club dues are invoiced every May. Your club will receive the invoice with the May statement sent at the end of the month. Annual dues are \$50.00 for each club and state association. Please remember:

- Annual dues are due July 1, 2016 for the 2016-2017 fiscal year.
- If dues are not paid by September 1, 2016 a late fee of \$25.00 will be billed.

No Traditional Event held fee will be billed in July, 2016. This fee is \$50.00, it is not an additional annual due. Your club must hold a traditional event by June 30, 2016 to avoid this fee. A guided event qualifies as a traditional event.

Sanctioning of 2017 YRE's and seasonals begins June 1, 2016 and ends August 31, 2016. RDs have until September 15 to review their region's events; after September 15 if your club sanctions a YRE or seasonal it will not appear in the 2017 Starting Point Book. Starting Point changes are listed only for events published in the Starting Point.

#### **IRS 990 N Form**

For those clubs needing additional information completing the one time IRS online registration for the filing of the 990 N form refer to the article written by Frank Sayers by [click here](#).

**2016 Starting Points** are still available at a reduced rate of \$20.00, plus shipping costs, while supplies last! Get yours today!

#### **Requirements for Starting a New AVA Club**

There is now a requirement sheet and checklist for starting a new club. You can find this information by [clicking here](#).



*\*Note: We are ordering more 40th Anniversary patches and May Physical fitness patches are available as well as May World Walk Day certificates.*



## **Events Coordinator—Marie Bebley**

“Is your club participating with the celebration of the AVA 40<sup>th</sup> Anniversary? If you sanctioned a Traditional walk and would like to use an anniversary slug, please contact Marie at the headquarters to order a slug. This special slug is limited, place your order now”



## **Awards and Membership Coordinator—Karen Winkle**

To view the Monthly Comparison Chart for the Total Number of Awards processed [click here](#).

## **Communications—Samanta Sanchez, Intern**

### **A Big Thank You from AVA!**

American Volkssport Association would like to give a big thanks to those who came out on May 3<sup>rd</sup> and gave big during our annual fundraising campaign, The Big Give SA. This was another successful year for the AVA and we could not have done it without your support. This was my first fundraising campaign and I have to say that it was such a great experience witnessing individuals from all over the country come together to support AVA's mission. THANK YOU!!!



## **Information and Technology Specialist—Hector Hernandez**

It's been a long wait for The Big Give's 24 hour giving day May 3rd. Although there were some difficulties, they are going through the proper channels and processes to fix them. We didn't get all the prizes we were going for but we did get some. According to the leader boards we are number 3 in our organization size giving us yet another prize of \$1,000. All is subject to change as they are going through the numbers to manually verify prize information. This gives us 2 prizes won due to your participation, thanks to all who gratefully donated. We will continue our efforts for this campaign until the end of May. So remember to persist and spread the word and ask your friends "Did you give?".

## **AVA's Executive Director's Update—Henry Rosales**

### **AVA National Office Still Looking for Volunteers!**

The AVA National Office is still seeking volunteers who would like to support us in the following areas:

**Data Analysts** to write queries to mine the AVA's database for information to learn about and understand our members and programs. Also will gather related data to facilitate decision-making. Experience analyzing data, presenting results graphically, and SQL certification are all pluses. Hector Hernandez, the national office IT professional, leads this team.

**Fund Developers** to create and implement AVA fund development programs. Need good communication and interpersonal skills. Experience with nonprofit fund development, including legacy giving, major gifts, and recurring donations, donor engagement and communication, Donor Management Systems, and CFRE are all pluses. Samantha Sanchez, the national office intern, leads this team.

**Convention Planners** to help plan and support AVA biennial conventions. Need to be detail oriented and well organized. Experience with meeting and convention planning, willingness to travel for site visits and convention conduct, and CMP are pluses. The team lead is TBD.

If you are eager to get involved and volunteer your time with AVA in some capacity, request an Interest Form now from Samanta at [intern@ava.org](mailto:intern@ava.org) and tell us about how you'd like to help. We will contact everyone who contacts us because this program won't succeed without a team effort.

### **Strategic Planning Update**

The AVA Strategic Plan will be presented to the NEC this June during their scheduled meeting. Please contact your Regional Director for a copy of the plan.

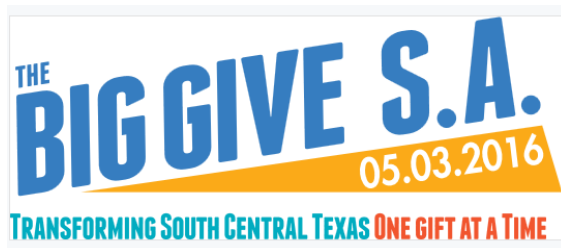


On an on-going basis, your input continues to be valuable for the continued planning and implementation of our strategic plan. Send your thoughts and ideas to your RD and/or to the Strategic Planning Committee at [SPC4AVA@gmail.com](mailto:SPC4AVA@gmail.com).

### **The Big Give Update-Projecting over \$35,000 Raised!** Thank you!

Barring a major systems glitch the Big Give SA was a huge success thanks to the support of the NEC, our clubs, our individual AVA and Club members and all of our friends and families who participated!

Although we are still receiving contributions by mail until May 31<sup>st</sup> and working with the Big Give sponsors to verify all of the online contributions it is safe to say that we raised over **\$35,000!** Congratulations to all and thank you for your continued support! Look for a full report in the June Checkpoint as well as the AVA website for confirmation on the final amount raised. Remember even though one can no longer make an online contribution we are still accepting mail contributions through May 31<sup>st</sup>. Special thanks to Charlotte Phillips, Dennis Michele, Susan Medlin, Nancy Wittenberg, Hector Hernandez, Samanta Sanchez, Debra Kruep, John and Sheila McClellan, Bob and Suzanne Wright, and Jeanne Miller and the Nebraska Wanderfreunde Trailblazers for their support on the planning and publicity team!



### **AVA DBA – “AVA: America’s Walking Club”**

Thanks to all who have sent us your ideas and comments regarding the new DBA of the AVA! The NEC will be reading all of your comments and then making a decision whether or not to modify or keep the existing DBA of “AVA: America’s Walking Club”. [Click here](#) to read all the comments from our members.



## Support Our National and International Friends!



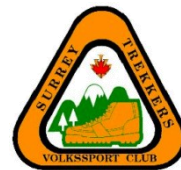
### CVF/FCV Convention May 26-29, 2016

Langley BC

Hosted by

Surrey Trekkers Volkssport Club

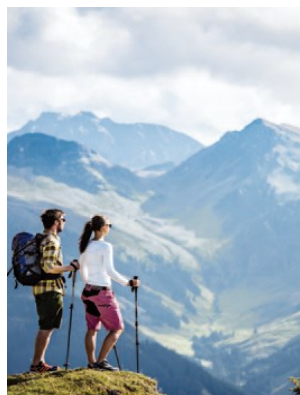
[www.surreytrekkers.com](http://www.surreytrekkers.com)



Surrey Trekkers Volkssport Club welcomes Volkssporters to the CVF/FCV Convention and AGM, 2016 at the Coast Hotel & Convention Centre in Langley B.C. **Thursday May 26th-Sunday May 29<sup>th</sup>**. Register today at [www.cvfconvention2016.ca](http://www.cvfconvention2016.ca) For more information click here: [Convention](#) or [Walk, Wine & Dine Tour](#)

## National Trails Day<sup>®</sup> Event in 2016

Saturday, **June 4, 2016**, marks American Hiking Society's 24th Annual National Trails Day<sup>®</sup>. Across the country, thousands of individuals and organizations will offer local recreational opportunities to celebrate America's magnificent trail system. Register your event. NTD is a great opportunity to build community engagement and support for your volkssport club! To learn more or host an event go to: <http://nationaltrailsday.americanhiking.org/>



### 3<sup>rd</sup> Europiade, Kitzbuehel. –May 26-28, 2016

Dear hiking friends,

In about 2 months we hope to welcome many members of your federation for the 3<sup>rd</sup> Hiking Europiade (26.-28.05.2016) in Kitzbühel, Austria.

For more information I send you the official brochure of the event attached to this mail. Click here for attachment. By clicking on the following two links you find more information online, including a direct inquiry for accommodation booking:

[Angebote.kitzbuehel.com](http://Angebote.kitzbuehel.com)

[Events/Lifestyles](#)

**Please be so kind and forward the information to the members of your association!** If you have any questions, please don't hesitate to contact me.

Best regards from Kitzbühel, the most legendary city of sports in the Alps,

**Daniel Draxl, MA**

Marketing Manager

## **Support the Alzheimer's Association by Joining a Walking Team!**



**What Will You Do To Fight Alzheimer's on June 20<sup>th</sup> ?** -Join teams around the world on [The Longest Day](#), an event to raise funds and awareness for the Alzheimer's Association! Held annually on the summer solstice, the duration of this sunrise-to-sunset event symbolizes the challenging journey of those living with the disease and their caregivers. Teams are encouraged to create their own experience as they fundraise and participate in an activity they love. Start a team with your fellow club members and track your fundraising progress along with other AVA clubs across the country! Register now at [alz.org/ava](http://alz.org/ava).

## **2016 International Walking Trip - Swiss Hiking Vacations**

AVA is proud to announce the 2016 International Walking Trip to Switzerland with Swiss Hiking Vacations! They offer 4 amazing trips to choose from starting July 3, 2016 through August 26, 2016. Their trips include the following: hotel accommodations, breakfast and dinner, Swiss Travel Pass, WiFi, luggage transfers, other transportation costs and experienced guides. Whether you want to amble or go for a more challenging walk, they will have a guide to meet your needs. When you sign up for a trip, you will receive a \$100 discount on your trip and a matching \$100 donation will be made to the AVA. If you are ready to sign up for a trip or you would like to view more information, please click on this link <http://www.swishikingvacations.com/#!ava/j0UpX> This link is password protected. Please use the password (lowercase): ava. If you would prefer to talk to someone directly, please contact Jim Mathis (AVA Associate Member) at Toll Free (855) 999-5200 or email at [jim@swishikingvacations.com](mailto:jim@swishikingvacations.com)



### **Checkpoint Available Via Email to All Club Members Who Request It**

To receive an electronic copy of the Checkpoint send us an email to the attention of Samanta requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line: Request for Checkpoint. Send your request to [intern@ava.org](mailto:intern@ava.org).

## **The American Volkssport Association**

**The Mission of AVA is to promote and organize noncompetitive physical fitness activities that encourage life-long**

**fun, fitness, and friendship for all ages and abilities.**

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