



CHECKPOINT

The official voice of the American Volkssport Association

America's premier noncompetitive sports organization

Volume 25, Number 9

www.ava.org

September 2016

American Volkssport Association
Billings, Montana
June 7-9, 2017
20th Biennial Convention

Newsletter

Volksmarching

Convention

NEC News

**Congratulations to
our newest Clubs!**

Antietam Pathfinders
Volksmarch Club, Inc.
& Smithsburg, MD
Ozark Plateau Walkers
Springfield, MO

2017 Elections/Nominating Committee Chair—Glen Conyers

As we approach the 20th Biennial Billings Montana convention in June of 2017, we must remember that we are also approaching the election of officers for the upcoming new term. Positions open are President, Vice-President, Secretary and Treasurer.

This is when you as an AVA member choose to run for a national office. Look at yourself and the services you have provided to your club, state and region. Are you ready to stand up and say "Elect me. I am qualified to serve you as a National Officer." It is easy to sit back and criticize. This may be the time you step forward and make a difference.

Your Nominating Committee is a group of interested AVA members who volunteer their time to serve on this committee. Their purpose is to assist the candidates seeking office to understand the time lines and procedures to seek an office.

Nomination Letters of Intent and Candidate Packages will be due in December in time for inclusion in the next TAW. Further details and precise schedule will be provided in upcoming TAWs and Checkpoint.

Northeast Regional Director—Betty Green

AVA: Positive Personal Narratives

NARRATIVES REMINDER:

I am still collecting brief narratives from AVA participants who would like to share how being an AVA participant has benefited them. These narratives will add support to national level grant writing initiatives. In addition to personal narratives, stories and pictures can include how clubs have advocated for the health and/or safety of others. Narratives that demonstrate how walking and club activities are impacting lives individually or collectively in their communities may influence funders to help the AVA to continue and expand the good work we are doing to promote Fun, Fitness and Friendship.

My preference is for email correspondence as I will compile and forward these narratives to AVA Executive Director, Henry Rosales. Email narratives to: ne_rd@ava.org. Narratives may be in the body of the email or as an attachment. I would appreciate receiving these narratives by the end of September, but will accept submissions through October. **Please use email subject line "AVA: Positive Personal Narratives"** for your email submission. If you must send your narrative by US Postal Service please mail to this address: AVA Headquarters Attn: Henry Rosales/Narratives 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148-4147

By submitting your articles and pictures you are granting permission to the AVA to reprint and reproduce your stories and pictures for the sole purpose of fundraising and/or marketing efforts of the AVA. This may include identifying information of such member, including the member's name, photos or state of residence. AVA will reserve the right to edit or reproduce your stories and pictures in part as well as in full as deemed appropriate. All stories submitted to AVA by its members become the property of AVA.

Standards and Evaluations—Suzi Glass, Chair

AVA Best Practices

Friendship

Many growing clubs promote the Friendship aspect of events. The Empire State Volkssport Club holds three big social events per year, while Hawaii's Menehune Marchers organize four. In addition to holiday, spring and summer events, the club has an annual "Happy Birthday, Menehune Marchers" walk and pot luck luncheon. Multi-walk weekends, such as the Tri-State event the Las Vegas High Rollers & Strollers arrange, often include a Meet & Greet session just for socializing. Planning on coffee or a meal after a group walk gives participants the chance to discover common interests besides walking. Friendship is as important as Fun and Fitness!

AVA National Office Team

Awards and Membership Coordinator—Karen Winkle

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

Patches



Order Form

Order Form



Girl Scout, Oct. Patches and Navigator Patches have been ordered and will be in by the end of August. The Girl Scout Patches will be on consignment only with a limit of 50 per order. If more are needed, please contact Karen at karen@ava.org.

To order your October patch please call Theresa at (210) 659-2112.

Events Coordinator—Marie Bebley

- The Annual Financial Report and e-postcard filing confirmation deadline is November 16, 2016. Please submit these reports to events@ava.org.
- The update Officer information online deadline is November 16, 2016.
- The 2nd Quarterly Reports were due Sunday, July 31, 2016. All reports submitted after this date are past due and subject to late fees. [Click here](#) to view missing reports.
- YRE and Seasonal Renewal important Dates:
 - August 31, 2016 by 12:00 am – Deadline to renew YREs and Seasonal Events.
 - September 15, 2016 – All YREs and Seasonal Events must be approved by your Regional Director.
 - October 1, 2016 – All YREs and Seasonal Events must be “print ready” for the 2017 Start Point Book.Please make sure that all event information is correct.

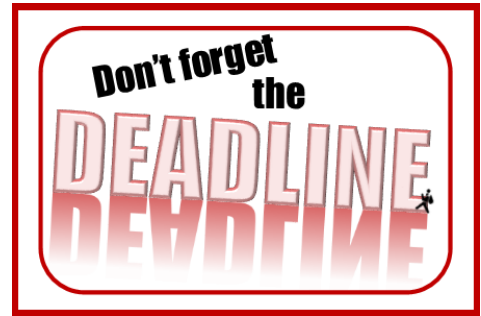
Information and Technology Specialist—Hector Hernandez

Photo Contest

Thank you to all who submitted your photos for the Starting Point Photo Contest. A team of judges, and myself, will review them and we will announce the winner in next month's issue of the Checkpoint.

Starting Point Book

RD's, please remember to approve all submitted YRE's and Seasonals by September 15, 2016. Clubs, please remember to have all YRE's and Seasonals updated so that they are ready for the Starting Point Book by October 1, 2016. This deadline is necessary so that all corrections are done in time to have the book printed, published and mailed out by Thanksgiving.



Starting Point Changes

Please remember to make all changes within your ESR and then send to Marie, I update the website weekly. Email changes to marie@ava.org.

[Starting Point Changes](#)

Communications—Samanta Sanchez, Intern

Stay Connected on Facebook: Open Discussions with the Executive Director

Stay connected to AVA by joining our open discussions with the Executive Director on our Facebook page. This is a great way to share your thoughts and suggestions to continue improving our beloved organization. We rotate two monthly discussions—one during the day and one in the evening.

Due to some confusion on how to access the Open Discussions, I have created a PowerPoint tutorial on how to join in. I hope that you all find this helpful. If you have any suggestions as to how we can improve our Open Discussions or what we can do differently, please send them to Samanta@ava.org. Thank you!



Click on image for PDF version

AVA Hashtags #

Hashtags are used in social media to make it easier for individuals to quickly find content on a particular topic. When searching for a particular hashtag (#), all comments tagged with it will generate. AVA uses hashtags in attempt to engage new individuals interested in health and wellness and bring recognition to AVA. The following are hashtags that the AVA uses on social media:

#healthandwellness

#stayhealthywithAVA

#walkwithAVA

#travelwithAVA

#KeepAmericaWalking

#getupandwalk

#motivationmonday

#walkingwednesday

Everyone is welcome to use any of these on social media such as: Facebook, Twitter, Instagram, or Pinterest. Simply include a hashtag of your liking in your post or look up one in the search engine of your favorite social media site. If you have any hashtags suggestions, feel free to share them to Samantha@ava.org.

America Walks Study Application

Are you interested in participating in a walking research study? America Walks Study is looking for individuals who enjoy keeping track of their daily steps. The app will measure walking behavior in the U.S. for a 30 day period. It will keep track of your daily steps taken and will assess how your steps compare to other walkers within the same state and across America. To enroll in this study simply download the free app, complete a 2 question pre-screener, a demographic survey, and give your informed consent. Please add AVA to your name when signing consent; we would love to know how many of our members participated. The last day to enroll is September 30th. Participants must be 18 and over, must reside in the U.S., and must own an iPhone or Android to download the free app. Participants can opt out at any time. For more information on the study go to <http://trialx.com/americawalksstudy/>.



AVA's Executive Director's Update—Henry Rosales

AVA is Seeking New Convention Ideas and Best Practices

A working group has been formed to begin exploring ways to improve the convention platform and selection process for 2019. A plan will be presented to the NEC in January 2017 for recommendations and approval. A draft of this plan will be shared with AVA members prior to the January NEC meeting for input and feedback.

Some of the areas this plan will address are a formal application and selection process as well as baseline criteria for host venues, workshops, events, keynote speakers, marketing, and entertainment. The plan will also address how to better finance the convention through registration fees, corporate sponsorships, in-kind contributions and other funding sources so that convention costs are more reasonable for our members and the general community. The roles and responsibilities of the host site/club(s) and the National Office will also be outlined in the plan. If you have some ideas as to what our new convention platform should look like, please email your comments to henry@ava.org.

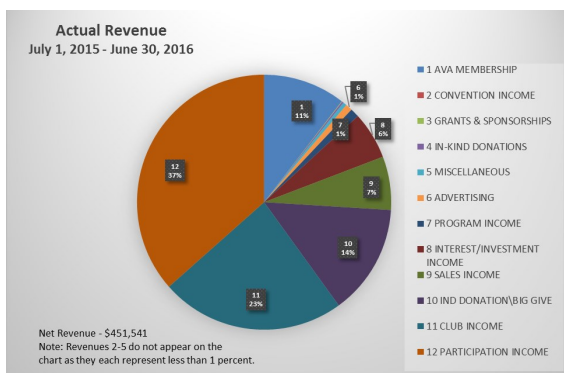
FINANCE (Unaudited Report)

Although expenses were under budget by \$20,706, the unaudited financial statements for year-end 2016

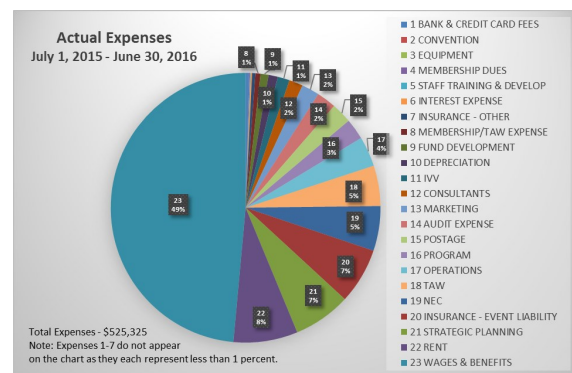
reflect a net loss of \$73,785. Some of the line item expenses that came in under budget include strategic planning, HQ management expenses, and NEC travel. The capitalization of the database development costs also brought down expenses. On the revenue side, individual donations, primarily from the Big Give campaign, were higher than projected by \$10,452. Income from traditional events was lower than projected by \$14,047 and grants/sponsorship income was also lower than projected by \$24,800.

The historical trend of net losses coupled with expenses coming in under budget at the end of the year, reflects the need for AVA to diversify its revenue streams so that this trend is reversed. The fund development committee, under the leadership of Nancy Wittenberg, is aware of this and looking at ways to diversify and increase revenues so that this trend is reversed by the end of this fiscal year. For more information, see below.

2015-2016 – How the money was raised and spent.

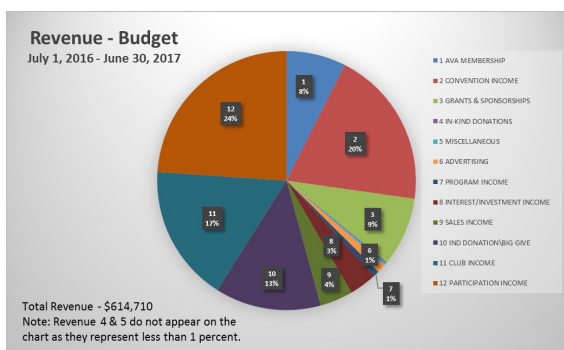


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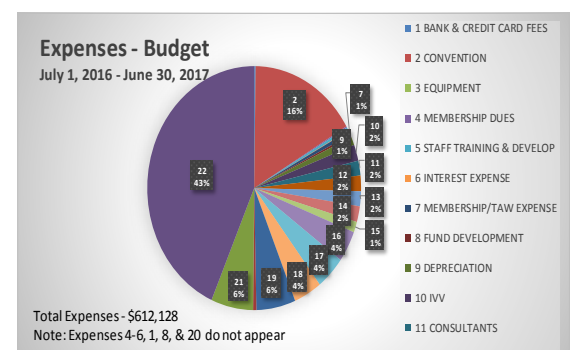


[Click on image to enlarge](#)

2016-2017 Annual Budget



[Click on image to enlarge](#)



[Click on image to enlarge](#)

Support Our National and International Friends!

National



****Click on image to enlarge****

Photo by Ray Harper 2015 Mobile, Alabama

C.Kahl aboard John and Debbie Bright's Model "T"



Click on image for poster.

Are you a walker?

Do you enjoy the taste of wine? Come and join us in Canada's best wine producing region, walking and wine tasting, eh!

Four walks! See attached poster for additional information, our website is www.surreytrekkers.com. And remember in Canada our walk fees are only \$2.00 Canadian, eh!

**Rick Bortolussi,
President, Surrey Trekkers**

PS. If you plan to attend, please confirm by email to surrey.trekkers@gmail.com

International

Attention Volkssporters

You have been invited to the attend and participate in the 22nd Korea International Walking Festival on October 29-30.



한국국제걷기대회

22nd Korea International Walking Festival

[Brochure](#)

[Invitation](#)

Dear Walking Friends,

Enclosed a brochure of Walking events combined IVV(the 3rd Asianpiad) & IML. Thank you for your attention. And If you are interested and could participate in them.

As a Host of us would very appreciate. You may make your registration at our website as below,

[Register here.](#)

Best regards
Chen, Liu Mao-Sung
Chief of Foreign Affairs Section
Chinese Taipei Alpine Association



Click on image for invite

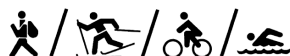
Checkpoint Available Via Email to All Club Members Who Request It

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 Samanta at intern@ava.org.



Fun, Fitness, Friendship



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.

