



[National Volkssport Month Patches still available.](#)



Bob Morrison, MBA/CPA-retired, AVA National Treasurer

Changing AVA's Accounting Year

A strategic initiative for NEC XX is streamlining business processes at AVA. One simple step is putting our financial accounting/tax year and our event sanctioning/statistical reporting year on the same calendar cycle. Presently, AVA's accounting/tax year begins on July 1st and ends June 30th while event sanctioning and statistical reporting year begins January 1st and ends December 31st.

To read full article [click here.](#)

Program—Debra Kruep, Chair

#OptOutside

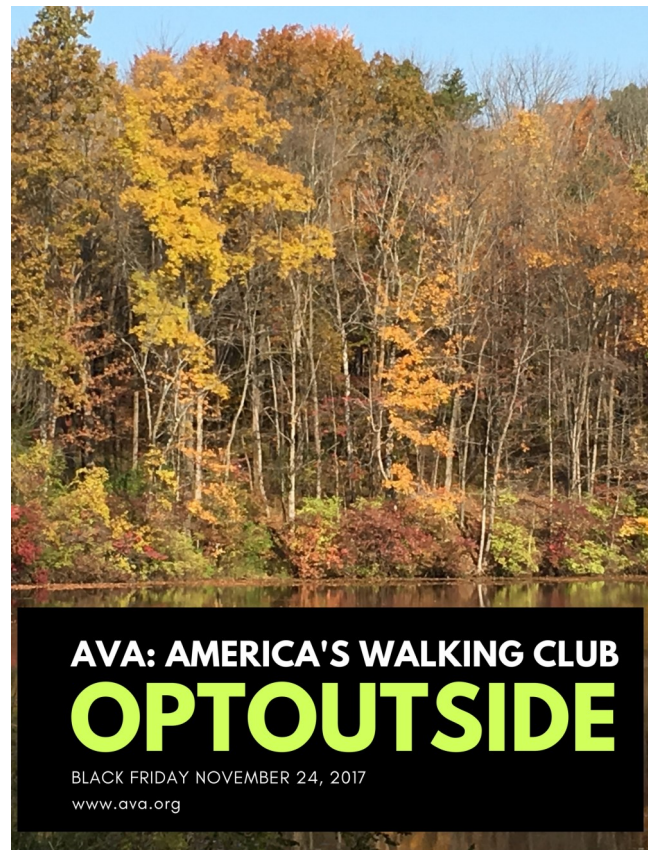
Don't forget to send in your information for #OptOutside. AVA is joining with REI for a second year for their annual #OptOutside Campaign. Let's get every club out there walking on Black Friday November 24th. It only takes one person in each club to set a time at a local YRE and lead a walk if there is no Traditional walk in your area. This is a national campaign and clubs uniting for this campaign can help promote themselves and AVA. All #OptOutside walks will be advertised on the AVA Facebook page and promoted on the #OptOutside Campaign AVA page. Please send your information to: missy@mcbrideink.com

Name of Event, with City & State:

Start Point Location:

Start Time:

Point of Contact with email address:



401K: Invest in Your Health- AVA's First Virtual Online Program

Beginning January 1, 2018 AVA will launch our very first virtual online program (VOP). We invest in our financial future so we can retire comfortably. Why not invest in our health so we can enjoy our retirement with better health and longevity by walking 401K each year?

The program will be easy to navigate, even for beginners. Payment will be made online to AVA. Once your \$18.00 fee is received you will receive an email with a link to enroll. Check payments will also be accepted at the AVA office via mail. The next Checkpoint and TAW will have instructions on how to pay and enroll. The program will run for twelve months. Once enrolled you will be able to track your kilometers as well as see where you are in relation to other volkspotters. Those completing the challenge in the twelve month time period will receive a T-shirt boasting their accomplishment. Let's challenge the nation to invest in our health! This is just the beginning, more information and more fun ways to use this program will be coming next month. Questions? Contact Jan at VOP@ava.org

Training Development Committee—Tom Baltes, Chair

Training Development

The Training Development Committee is forming and assessing the work needed to support America's Walking Club. We have several projects to work on, but want to hear from you about the areas of training you feel are deficient or missing. Please give us feedback at Training@ava.org.

Special Programs —Bonnie Johnson, Chair

Time is Running Out

Special Program Proposals for 2019 must be received by November 1, 2017

Any new Special Program to be introduced for review and approval by the National Executive Council at the January meeting in 2018 needs to be received from the club that is presenting the Special Program. The program to be proposed would start on January 1, 2019. Any club considering a Special Program must have all the documentation sent to your Regional Director and to the Special Program Chair no later than November 1, 2017. The documentation should include a colored copy of the patch and its dimensions, the booklet with the program rules, etc; an expense report with a minimal order of 100 patches for cost estimation, and the original signed agreement page which includes the alternate Special Program POC signature and date. All information and regulations on hosting a Special Program are on the AVA website under [AVA Policy 4.05](#). Please send the documentation to Bonnie Johnson, Special Program Chair, 25 – 66th Way NE, Fridley, MN 55432 or in a pdf file to bonjohn@comcast.net (if sending by pdf, the original agreement will need to be sent via U.S. mail)

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](#).

BIKES! BIKES! BIKES!

It seems over 8 years ago there was a higher interest in biking. There were many bike books in our inventory, but very few bike events. It was decided that since that was true, we would allow those distances to be put in the regular distance books.

In the last year there has been many bike events added and more to come. Very few are buying the Bike Book to record this distance and instead still using the regular Distance Book. This tends to quickly fill the kilometer requirements, which was not the original intent.

If you will be doing an occasional bike event during the year, then it's ok to use your regular distance book. However, if you are participating in several biking events throughout the year, please purchase the brown bike book and record your bike events in this book.

Information and Technology Specialist—Hector Hernandez

FUN FACT—“The longest walk around the world was completed by a former neon-sign salesman, Jean Beliveau. He walked 46,600 miles around 64 countries. The trip took him 11 years. “

Stamp Machine

The Laser Engraver (Stamp Machine) has finally been delivered. It now proudly sits in its new home here at AVA's National Office. This will be a great addition to our family as well as a great new resource for all in the near future. The acquisition of this technology is a major step towards the future. It will aide us in providing our clubs with personalized event stamps. You will finally have the opportunity to show off your exclusive unique stamps

that will commemorate your event. Please keep an eye out for future updates on customized stamps, as they will be making a debut soon!



Walks to Remember

Need help marketing your walk?...

If you are in need of assistance marketing your November's walks and events, please email your walk or event information and details to hector@ava.org.

Starting Point Photo Contest

Congratulations are in order for the photo contest winners!!! After carefully reviewing all submissions, a final decision has been made. Drum-roll please...The front cover will be exclusively displaying the work of our 1st place winner, Susan Alton with her Post-AVA Convention Volksmarch, Bull Lake Bench, on the Rocky Fork Trail in Red Lodge Montana. Our 2nd place winner, Alecia McClure, "Along the volksmarch in Franconia Notch State Park, Lincoln NH. Passing though the spectacular Flume Gorge." This photo will be displayed on the back cover of the issue. The National Office would like to thank all whom submitted their amazing images for consideration.



Starting Point Changes

Please remember to make all changes within your ESR and then send to Hector. The website will be updated weekly. Email changes to hector@ava.org.

Click here for this months [Starting Point Changes](#)

Communications—Samanta Sanchez

Quarterly Reports

The deadline to submit 3rd Quarter Participation Reports is October 31st. Clubs are not able to submit participation numbers through the ESR after this date. Those who missed the deadline must call or email samanta@ava.org to submit participation numbers. A late fee will be applied. Thank you.

End of Year Reports

Annual Financial Reports, e-Postcard filings and Officer Updates (ESR update) are due November 15, 2017. Please submit a copy of your filings to samanta@ava.org.

Notify the AVA—When Sanctioning Events Less Than 90 Days.

To hold traditional events, it's preferable that events are sanctioned at least 90 days prior to the event date. This time allows us to prepare and mail out stamps in a timely manner. It also allows us time to get your event in the TAW. If the event is in less than 90 days and it has been approved by your Regional Director, please have them notify Samanta by email at samanta@ava.org or call the ava office as soon as possible. Thank you.

Save the Date! - March 22, 2018

The Big Give has announced the official date for our annual fundraising campaign. Helps us continue our mission of bringing health and wellness to our communities by donating on March 22, 2018 and year-round. Make sure to save the date. Thank you!



AVA's Executive Director's Update—Henry Rosales

AVA Photo Disclosure

The following photo disclosure has been added to the Youth Waiver Release form and AVA start cards and posted on the AVA website Facebook page:

Members, please be aware that when you share any photos, via digital image or otherwise, with AVA, such photos or images become the property of AVA and AVA, its legal representatives and assigns, retain the right and permission to publish, any such photo or image in any written or electronic publication, including Checkpoint or TAW, on social media, websites, or in audio-visual presentations, promotional literature, advertising or in other similar ways.

While it is not the intent of the AVA to share or reproduce any photos without consent of the individuals in the photos the disclosure gives the AVA and its club's permission to use photos taken at any AVA public event for promotional purposes.

AVA Release of Liability for Minor Participants

The Release of Liability form for minor participants under the age of 18 has been updated and is on the AVA website under the Events/Youth Programs tab. This form must be completed and signed by a parent or guardian before they participate in any of our events. The signed form should be kept in the club's file for 7 years.

Although the AVA photo disclosure is included in the Release of Liability Form, the AVA will not publish or reproduce any photos of youth without the express written consent of the parent or guardian. Any photos used will be for promotional purposes only. Per guidance from our legal counsel and insurance broker, the AVA recommends that clubs do not use photos of youth in any promotional or advertising literature or post pictures of youth on social media.

Click here for the Release of [Liability Form](#).

AVA Legal Counsel

One of the areas the National Office supports clubs with is legal counsel. The AVA does have an attorney who represents us on an on-call basis as needed. We are very fortunate she does not charge us an annual retainer and she also gives us a discounted nonprofit rate! If a situation arises whereby you think your club might need the guidance of our attorney please advise your Regional Director and they will make sure it gets addressed by our legal counsel. If it is something urgent please contact the Executive Director asap at henry@ava.org

Please do not ever sign any legal documents on behalf of the AVA or share any club files or other confidential information with a third party even if subpoenaed without consulting our legal counsel first. If you are uncertain, it is always best to advise your Regional Director first before taking any action.

New Programs on the Horizon!

Last January a new classification of AVA events was introduced to the NEC. These events called "Community Events" were approved by the NEC in August. The Community Events fall into three categories, **Youth Community Events, Traditional Community Events, and Guided Community Events**. The criteria for hosting these types of events will be published in the November Checkpoint. The projected start date for these events is January 2018. For more information on AVA Community Events [click here](#).

The NEC also approved the **401K: Invest in Your Health Program**. This program is an internet based program that utilizes the Walker Tracker application. The online application will allow AVA club member participants to log on and track their kilometers, steps, walk history, photos, and other cool features for walking activities. The cost to enroll in the program is \$18.00 per participant. Look for payment and enrollment instructions on the AVA website in November. The projected start date is January 2018. If you are interested in participating and would like more information please contact Jan at VOP@ava.org

NEC 2017-2019 Meeting Calendar (In Person Meetings)

January 19-21, 2018 – Orlando, Florida

January 11–13, 2019—Arizona

June 8–10, 2018—Albany, NY

June 8–10, 2019—Albany, NY

Support Our National and International Friends!

National



[Go to webpage](#)

[Lake Mead National Recreation Area Flyer October 21, 2017.](#)



[Go to webpage](#)



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 samanta@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.

