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**Register now for the First Quarter event.
"Kindness Around The Globe".
Click on image to register.**

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AVA PRESIDENT - DAVID BONEWITZ, PHD

OFFICIAL NOTICE OF A SPECIAL MEMBERSHIP MEETING TO ALL AVA CLUBS

There will be a Special Membership video conference meeting via Zoom on March 15, 2021 at 7:000 p.m. Central. The sole purpose of the meeting will be to vote up-or-down on the attached AVA Board approved drafts of the AVA's Certificate of Formation (formerly Articles of Incorporation) and Bylaws. We are following the process of an up-or-down vote and recommending these changes per the guidance of our legal counsel in effort to become compliant with Texas law. Details on how to register for this meeting will be sent to all club officers via email and will also be posted on the AVA website.

Please review the attached documents and discuss with your clubs prior to the meeting. Note the Board of Directors has changed the method of future changes to bylaws back to how we currently do this which is by club approval. Typos to both documents have also been corrected as noted.

PLEASE REVIEW BEFORE SPECIAL MEMBERSHIP MEETING

Summary of Proposed Amendments to Bylaws

Final Draft of AVA Bylaws

Final Draft of Certificate of Formation

AVA SECRETARY - CECILIA MINER, PHD

CALL TO CONVENTION

To All National Officers, Regional Directors, State Organizations, AVA Member Clubs

I hereby notify all AVA National Officers, Regional Directors, State Organizations, and AVA Member Clubs of the 2021 American Volkssport Association 22nd Biennial Convention and invite you to participate. The AVA will hold the convention at the Monona Terrace Convention Center, 1 John Nolen Dr., Madison, Wisconsin, from Tuesday, June 29 through Friday, July 2, 2021 to elect officers, to receive reports of officers and committees, and to conduct other business that may arise.

Voting Privileges: Each National Officer, Regional Director, State Organization, and Regular Member Club in good standing forty-five days (May 15, 2021) before the opening general session is entitled to one vote in each election and on each matter submitted to a vote of the members. The Executive Director shall have no vote.

Delegates: A delegate normally represents each State Organization and Regular Member Club at the General Sessions. Each State Organization and Regular Member Club designates its delegate by completing AVA Form 500, Delegate Selection and Proxy Designation, and ensures the designated delegate registers for the 22nd AVA Biennial Convention. The AVA National Office will mail AVA Form 500 to National Officers, State Organizations, and Regular Member Clubs.

Alternates: State Organizations and Regular Member Clubs in good standing may designate an alternate by completing AVA Form 500 and ensuring the designated alternate registers for the 22nd AVA Biennial Convention.

Proxies: State Organizations and Regular Member Clubs in good standing may vote by proxy by designating a proxy on AVA Form 500. A proxy can only be given to a person certified as a delegate for the 22nd AVA Biennial Convention. Candidates for AVA National Office or candidates for Regional Director may not carry proxies.

Responsibilities: Delegates, alternates, and proxies will present their copy of AVA Form 500 to the Credential Committee at the convention, attend the convention, participate in all general sessions, and attend workshops. A club may transfer voting privileges to an alternate only in an emergency. The club should advise the delegate, alternate or proxy on voting positions for elections and other business upon which the membership might vote. Delegates should report back to the club they represent on the general sessions and workshops.

REMINDER TAW DEADLINE JANUARY 25

NORTHWEST REGIONAL DIRECTOR - TOM BALTES

NORTHWEST NEWS

Because of COVID restrictions in our four states, many of our nearly 400 year round events are currently only available online or through contact with the walk owners. The clubs in the Northwest region are diligently working to upload the majority of our walks to the Online Start Box for your convenience. Because it is an ongoing effort, we encourage traveling walkers to monitor the Event Sanction System (ESS) for the latest status of our walks to find the best way to register and enjoy our walks. When in doubt, contact our walk owners. Due to an inadvertent error, most of our Olympia WA Capitol Volkssport Club's walks are reflected in the Starting Point book as only OSB, while in fact they are available through the OSB and Physical Start Box (PSB). For these walks please consult the ESS for driving directions and PSB location. We are poised and ready to offer you incredible walking experiences across our region when travel and social engagement are once again the norm.

EXECUTIVE DIRECTOR'S UPDATE - HENRY ROSALES

NATIONAL OFFICE RELOCATION UPDATE

Thank you to all for your patience while we relocated. We are now operating out of the new offices and look forward to your visit soon! Our office hours are Monday – Thursday 9:00 a.m. – 5:00 pm. The offices will remain closed on Fridays to offset personnel costs until further notice.

NEW OFFICE ADDRESS:
American Volkssport Association
1008 S. Alamo Street
San Antonio, TX 78210

AVA CONVENTION JUNE 29-JULY 3, 2021 ONLINE REGISTRATION OPENS JANUARY 11, 2021!

Pardon the delay with the 2021 convention registration. Special thanks to Jeff Giddings who has worked many hours creating and editing the registration system so it can be easily modified to use for future events like IML's, the Olympiad and other major AVA events!

Online registration for the 2021 convention will open on Monday, January 11th, 2021. Attendees have the option to pay online or send a check to the AVA. Should you need help registering online please contact Hector at hector@ava.org. If you have questions about payments please contact Marian at marian@ava.org or feel free to call the office at 210-659-2112.

CONVENTION CANCELLATION-REFUND POLICY

The AVA is moving forward with the planning of the 2021 convention. Be assured we will take all precautions possible to ensure the safety of our attendees. In case the convention must be cancelled due to Covid-19, government restrictions, natural disasters, or any other unforeseeable circumstance which prohibits the AVA from hosting the convention, everyone who has registered will receive a full refund. The full refund applies only to circumstances beyond our control and does not supersede the AVA convention refund policy in the registration form in the absence of these circumstances.

AVA WILL HOST THE 2023 IVV OLYMPIAD!

Congratulations to all our clubs, members and volunteers! The AVA has been selected to host the 2023 Olympiad in San Antonio, Texas! This event is a game changer for the AVA and will bring much needed local and national exposure to the AVA! The planning for this major event will begin soon. If you are interested in serving on the planning committee, contact Henry at henry@ava.org. Please put Olympiad Committee on the subject line. Special thanks to the current and former AVA President's for paving this path to our future.

SPECIAL PROGRAMS CHAIR - TIM MINOR

MONTHLY WEBINARS

The monthly AVA: America's Walking Club Webinars begin again in January 2021. Let's explore what will be new for the special programs and virtual online programs (VOP) for 2021. Also, is your club interested in hosting a special program that begins in January 2022? Learn more about how to make it happen during this call.

When: Jan 20, 2021 08:00 PM Eastern Time (US and Canada)

Register in advance for this meeting: <https://us02web.zoom.us/j/8122122222>

After registering, you will receive a confirmation email containing information about joining the meeting.



AVA VIRTUAL PROGRAMS ADMINISTRATOR - JAN VAN VLACK

VOP 2021: A NEW ADVENTURE EVERY QUARTER!

The exciting 2021 VOP Challenges are set up and the first Quarter has begun. If you are currently enrolled in VOP 2020: The Appalachian Trail, you will automatically be enrolled in the 2021 Challenges and have until 1/31/21 to register and pay on our website. For new walkers, anyone who registers and pays by 1/31/21 will have their Start Date adjusted to 1/1/21 to avoid losing any steps.

The Registration Link is: http://cb.ava.org/2021_VOP.php

Cost for the 2021 VOP Program includes all quarterly walks/programs.

\$35.00/no T-Shirt, or

\$41.00 (plus shipping)/includes T-Shirt

YOU GET FOUR 2021 VOP PROGRAMS FOR THE PRICE OF ONE!

QUARTER 1: KINDNESS AROUND THE GLOBE



Kindness Around The Globe

Welcome to an online Virtual Challenge meant to inspire the spirit of kindness within all of us. In this challenge, we are going to be traveling the world and learning about ways in which people around the globe show generosity and empathy to one another. We will also learn practical ways we can all contribute to making our big blue home a kinder place.

Ever wished you could see all the National Parks in the US? Well, now you have an opportunity to visit many of them in just 13 weeks! This route starts at Glacier National Park in Montana then weaves its way down through some of the most beautiful natural wonders in America to end in the Everglades in Florida. You will walk away with a whole new sense of wonder and appreciation for nature after this Challenge!

QUARTER 2: NATIONAL PARKS OF AMERICA



National Parks of America

QUARTER 3: GLOBAL CUISINE

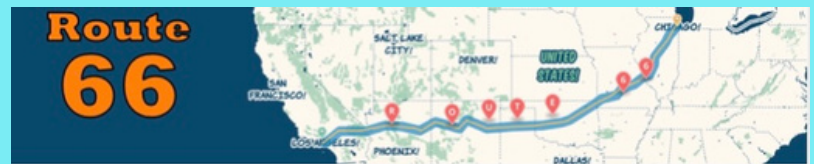


Global Cuisine

Travel the world virtually and learn recipes from across five continents! You will be able to wow your friends and family after learning about staple meals from countries across the globe.

Though Route 66 was decommissioned in 1985, people from all over the world still flock to this iconic highway. Let this historic road inspire, delight, and charm you via the unique stops along the way. You will start in the heart of Chicago and travel through eight states to the California coast, while getting fit and having fun. See for yourself via this virtual map why the "mother road" of the US still lures thousands every year to take a journey from the heartland to the coast 30 years after being taken off the literal map.

QUARTER 4: GET FIT ON ROUTE 66



Get Fit on Route 66



2021 REGIONAL TRAVELING TROPHY

Once you begin the exciting *2021 AVA Virtual Walking Program*, be sure to join your Region's Team so your Steps will count for your Region in the *Regional Traveling Trophy Challenge*.

AND THE 2020 VOP WINNERS ARE...

We are excited to announce the winners of the 2020 Regional Traveling Trophy Challenge. Because of the inequity of the number of Members on the Regional Teams, we decided to have two winners... one for Regions with 20 or less Members, one for Regions with more than 20 Members. The two winners for the 2020 Regional Traveling Trophy Challenge are the Pacific Region and the Southeast Region. Congratulations for your hard work and the many, many steps taken by your members! You will be receiving your Traveling Trophies soon!

For more information on the AVA's virtual online programs email Jan at vop@ava.org.

AVA BIENNIAL PUBLICITY CONTEST 2021 – AVA PUBLICITY COMMITTEE

It is time for the Biennial Publicity Contest! This convention year we are introducing two new categories, Multi-Day Walking Weekend and Local Special Programs. The third category will be the traditional ever popular Photography category. All other categories have been eliminated due to lack of sufficient participation. Be sure to enter your submissions before the April 15th deadline! For more information click on the attached documents below.

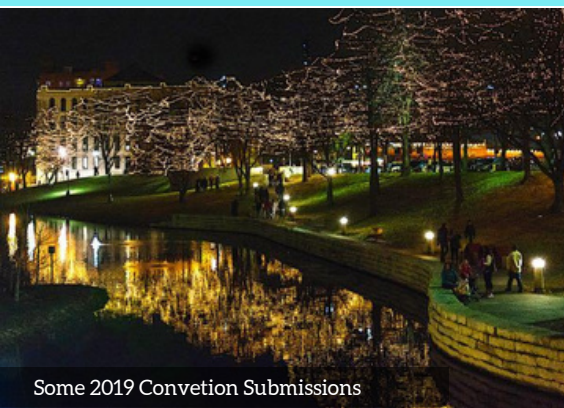
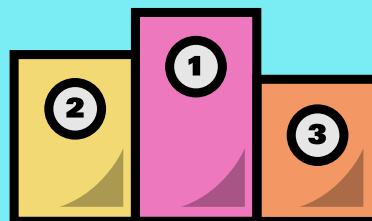
[2021 AVA Biennial Publicity Contest Information \(Cover Page\)](#)

[Official Entry Form 2021](#)

[Photography Contest Guidelines](#)

[Multi-Day Walking Weekend Guidelines](#)

[Local Special Programs Guidelines](#)



Some 2019 Convetion Submissions



COMMUNICATIONS - SAMANTA SANCHEZ

PACK YOUR BAGS AND BOOK YOUR STAY AT THE SHERATON HOTEL!

The Madison Concourse Hotel in Madison, WI is almost completely booked! We are excited and happy to learn that we will see many of you at the 2021 AVA Convention. If you plan to attend our convention and have not made your hotel reservations yet, consider staying at the Sheraton Madison Hotel, located just a short drive from the Monona Terrace Convention Center and downtown Madison. The AVA has secured a second block of rooms at a discounted group rate of **\$114** per night. Please note, the Sheraton is not a full-service hotel and continental breakfast will not be included. Complimentary parking is included with your stay. To make your reservations please call the number below and ask for the **2021 Biennial Convention** block. To receive our discounted group rate, make sure to book your reservations before **May 29, 2021**. After this date, our group rate will close. **For reservations dial: 1 (888) 625-4988.**



Sheraton Madison Hotel
706 John Nolen Drive
Madison, WI 53713

2021 INSURANCE CERTIFICATE

The General Certificate of Liability Insurance for 2021 is now available for clubs through our AVA website. [Click here](#) to download and print a copy of the certificate. Copies of the certificate should not be included in your Start Box; however, we do encourage you keep a copy in file for your records and have a copy in hand for Traditional events. If you are in need of a Certificate of Insurance for an Additional Insured, please submit your request through your club's ESR. [Click here](#) for step-by-step instructions on how to submit your insurance request online. Please email Samanta at samanta@ava.org for any questions or concerns.

ELEMENT3 HEALTH, INC. PARTNERSHIP UPDATE

Over the past few months, you have gotten to know Element3 Health (E3H), which has been partnering with us to offer free virtual clubs during the pandemic. Many of our AVA walking clubs have already joined the Element3Health network to boost attendance at events and hopefully build club capacity.

In the past issue of the Checkpoint, we announced our expansion of engagement with Element3 Health. This new initiative will allow Element3 Health to market all AVA Seasonal, Year Round (YRE), and Traditional events to their members. We had a great turnout during last month's Element3 Health informational webinar and we have seen more and more clubs interested in enrolling in the program.

There will be no cost or additional administrative burden to our clubs when an Element3 Health member participates. When an Element3 Health (E3H) member attends a YRE/Seasonal event they will sign the registration log and check the E3H box under the Participation Category then take a map and go walk. E3H will be responsible to make sure their members have signed an electronic waiver before they are advised where to find the walk box. The waivers will be sent electronically to the National Office where they will be archived so clubs do not need to worry about this. E3H will reimburse the AVA \$1.00 for every YRE/Seasonal event each of their members attends and the AVA will credit club accounts the full \$1.00 at the end of each quarter. E3H will track the number of member participants and send a report with the reimbursements to the AVA. Clubs also need to report the number of E3H member participants in their YRE/Seasonal quarterly reports.

When an E3H member attends a traditional or group walk, the E3H member will identify themselves as an E3H member and should be allowed to participate without paying the \$3.00 registration fee because they are E3H sponsored walkers. E3H will reimburse the AVA \$1.75 for each traditional event that an E3H member participant attends and the AVA will credit clubs the full \$1.75 at the end of each quarter. (Currently, Traditional events are not marketed in the E3H system, however the goal is to eventually get them in this system.) If a club wants to market event information for traditional, social and other events the club must join the E3H network. Clubs must report E3H member participation for **socials and other non-walking events** in the ESH system in order to get reimbursed. **Clubs do not need to be a member of the E3H network to get reimbursed the \$1.75 for traditional events but they do need to report these numbers to the AVA with their traditional event reports under the Free/E3H category.**

In addition, E3H has offered to pay any additional map printing costs that clubs might incur as a result of their members attending club YRE, Seasonal, and Traditional events.

It is important to emphasize, E3H participants are not free walkers. They are sponsored by Element3 Health. All Clubs need to do is enter the number of E3H participants in their online participation reports for YRE/Seasonal and Traditional events under the Free/E3H category. Clubs will also continue to report free walkers under this same category (Free/E3H). We understand the current fee for YRE/Seasonals is \$1.75, however these are new referrals, individuals who would not have attend your walks had they not been referred by E3H. This fee will be reviewed in May 2021 and renegotiated with E3H as necessary. The immediate goal is to generate more participation and revenues for clubs. Long term we would hope some of these participants become volunteers and club members.

Joining the Element3 Health network is not required for clubs to benefit from this program. However, we highly encourage clubs to join the Element3 Health network so clubs can maximize the benefits of this program. If you would like to join the program, please send an email to samanta@ava.org.

Element3 will be emailing participating clubs their log-in credential on January 5, 2021. We encourage all participating clubs to log into your Element3 Health account and review the platform. If there are any questions on how to use the platform or questions on how to make any changes, we encourage you to schedule a 1:1 call withElement3. Please click [HERE](#) to let them know what time works best for you to meet.

Please add these updated Registration Log Forms to your walk boxes: [Form 900A](#) [Form 900B](#)

FINANCE DIRECTOR - ERIN GROSSO

POSTAGE UPDATE

Due to a processing error between the Universal City, TX Post Office and our new US Post Office located in San Antonio, TX some of our mail has been "Returned to Sender" or been delayed in delivery. Although, the correct paperwork was timely filed, communication between the two offices failed.

We apologize for the inconvenience this will cause and we will work with you to resolve any issues that come up because of the postal error. As typical, there are always challenges when offices relocate. We have been lucky to have the patience and support of our staff, volunteers, clubs, and members. We appreciate your continued patience and support as we work through the next couple of weeks.

On a very happy note, we are excited to have relocated to a community that has been very welcoming in the past two weeks. We are eager to explore our new opportunities, meet our neighbors and introduce them to our organization, our mission, and our walks!

Please feel free to contact me with any questions or concerns. I am always available for help or suggestions.



ACCOUNTING SPECIALIST - MARIAN DEVAUL

4TH QUARTER PARTICIPATION

Quarterly Participation data entry for 2020 Q4 is further delayed until the AVA staff have completed the move to the new office. Data entry is now expected to be available on Jan 7th, 2021 after 6pm CDT. Clubs will be given an additional week to submit the participation numbers before being considered late. The new remittance address is: 1008 S. Alamo St, San Antonio, TX 78210

INFORMATION TECHNOLOGY SPECIALIST - HECTOR HERNANDEZ

STAMPS AND REQUEST

2021 YRE's and Seasonal events stamps have all been mailed out and should be in your hands as of now. If you do not have them for your events please do not be afraid. Chris Zegelin has been working diligently on ways to ease the stress of not having your stamp on hand.

There are two new systems in place that you may utilize on my.ava.org in your Club account. One is the cut and paste stamp. You can use this edition to your account if you misplace your stamp, loose it, or waiting on a new one and you have an event coming up. You simply go to your events stamp page and click on the cut and paste button. Once you have done this you can you put in the participants name for individuals or the date of the event and download the stamp page.

The second addition is you can now request a stamp for reprint on your events stamp page. This will allow you to get the request in quickly and not have to notify me. It also quickly adds it to the next stamp run so I don't have to add them individually. You do this on the same page as the cut and paste just click the "Edit/Req" button. There will be a drop down field for you to select how many stamps you need in the lower right corner. Once you have selected how many you need click on the Request button and your done.

You are now also able to request Online Start Box event stamps on the event stamp page. If you sanction a new Online Start Box event, you will need to check the box requesting a physical stamp so that I can print and mail it. If you do not then you will not receive one. You are not given one automatically. If you have further questions email hector@ava.org.

WALKING WITH THE ANGELS - GEORGE SNYDER 1931 - 2021

"Sergeant Major." This is how we knew him and how we will remember him.

Command Sergeant Major George Joseph Snyder passed away January 2, 2021, holding his wife Sharon's hand while she sat by his side, where she always lovingly was, after 26 years of marriage. After 89 years of his sparkling blue eyes, sweet smile, and jovial sense of humor, we have lost a true American patriot - a man of integrity, deep faith, and abiding love for his family, friends, and country. Although his list of military awards is long and distinguished, George remained humble throughout. He possessed that rare quality which allowed him to talk to anyone - he never met a stranger.

George was born in 1931 to Alonzo Dominic Snyder and Rose Margurite Ramczyk Snyder in the city of Oak Park, Illinois. He joined the U.S. Army at age 20 and served in the Korean War Conflict. George had a highly decorated 30-year military career and received many medals and commendations, including the Army Commendation Medal, Expert Marksman, Meritorious Service Medal, and Good Conduct Medal, to name a few. He also served as an honor guard in President John F. Kennedy's inauguration in 1961. His service to his country took him to many military bases throughout the world, including Korea, Japan, and Italy.



During one of his early assignments in Japan, George met his first wife, Linda. They were married for 39 years and had three children, Nancy (of Melbourne, Florida), Grace (of Austin, Texas), and Patricia (of Houston, Texas).

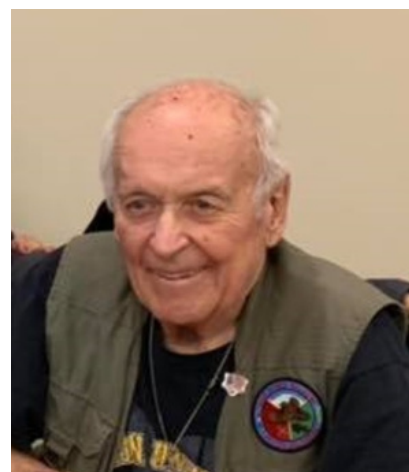


Following Linda's passing, George married Sharon Wade in 1994. George was not defined by his highly decorated military career alone. He received his Bachelor's degree in History from Cameron University in Lawton, Oklahoma. He also enjoyed gardening, volksmarching, volunteering for Holy Family Catholic Church in Lawton, Oklahoma, domestic and international travel, and he received the most joy from being a host family to international Army officers during their training in Ft. Sill, Oklahoma. To name a few countries: Indonesia, Croatia, Lithuania, Georgia, Kenya, Chile, Slovenia, Moldova, Ghana, Jordan, Bangladesh, Korea, Singapore, Latvia, Hungary and more.

George was founding president of the Holy Family Volksmarching Club and served as president for 30 years and completed volksmarches in all 50 states, as well as many countries. Holy Family Walkers were known for their cane shields, brat dinners and having George always there to greet and joke with walkers. Even though he has not walked for several years, his wisdom, experience and positive outlook will be so missed. He is probably walking around with Will Cantrell, long time friend and Lawton Walkers trail master. George resided in Lawton, Oklahoma, for more than 50 years.

George was preceded in death by his first wife, Linda. He is survived by his wife, Sharon Snyder; his three daughters and sons-in-law, Nancy and Don Simmons, Grace and Bob Wagner, Pat and Kevin Mitchell; his grandson, Ryan Wagner; five step-children, Kevin Cherry, Kimberly Woods, Bridget Hill, George Wade, and Rachel Thorson, in addition to thirteen step-grandchildren and eight step-great grandchildren.

Arrangements are under the direction of Becker-Rabon Funeral Home in Lawton, Oklahoma. Funeral Services are scheduled for Tuesday, January 12th at 12 pm at Holy Family Catholic Church. Burial with full military honors is scheduled on Tuesday, January 12th at 2 pm at Fort Sill National Cemetery, Elgin, Oklahoma.



SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

INTERNATIONAL EVENTS



Dear Friends,

As this extraordinary 2020 is coming to an end, I would like to express my heartfelt greetings to the brothers and organizations of our IVV family!

Jin Qiao
CVA Secretary General
China Volkssport Association (CVA)
China BeijingToday Walk Center

NATIONAL EVENTS

US FreedomWalk Festival (USFWF) 15-17 October 2021. It's a go! A Guided Walk will be held for all AVA walkers. Click on image to go to the official website.

Dear Walking Friends,

Season's Greetings and a Happy New year.



President
Sangkyu Sun
Korea Athletic Promotion Association



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](#).