



2024 King William Parade News Coverage Screenshot



AMERICA'S WALKING CLUB
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PRESIDENT/CEO - HENRY ROSALES

AVA BOARD OF DIRECTORS MEETING NOTICE

The AVA National Board of Directors will meet Tuesday, May 14, 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.

[Click here for the meeting agenda.](#)

Meeting Deadlines:

May 7, 2024: Meeting information package emailed to Board Members and Deputy Directors

May 14, 2024 – Board Meeting, 6:00pm Central

ADDITIONAL INSURED CERTIFICATES FOR CLUB EVENT

AVA clubs do not need to request additional insured certificates for club officers or clubs. Under the AVA's general liability policy, all clubs in good standing, and their officers, are covered automatically. Adding clubs and officers to an insurance request should be avoided since it requires additional manual effort by the insurance company which could result in an increase in next year's insurance premium.

Should you have questions contact henry@ava.org.

AVA ONLINE MONTHLY WEBINAR – MAY 15, 2024 @ 7:00P.M. CENTRAL TIME

The next AVA online seminar will be Wednesday, May 15, 2024, at 7:00pm Central. The registration link will be on the AVA website, or you can [click here](#) to pre-register for the event. If asked for a passcode the passcode is AVA.

Special Guest Host: Carol Giesecke, Northeast Region Board Member

March online webinar presenters include:

AmeriCorps VISTA Volunteer Program

Presenters: Patrick Whitty, San Antonio Area Foundation

Learn how your club may be able to apply for a Senior VISTA volunteer who is eager and ready to support your club!

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AVA Operational Updates

Presenters: Members of the AVA National Office and Marketing Committee

Get the latest updates on the New Strider program by Grouper. This program is designed to attract new walk participants while paying Clubs their \$2.00 participation fee! Also learn more about the marketing tools and products available for club use.

GROUPE PARTNERSHIP UPDATES (ELEMENT3 HEALTHCARE IS NOW CALLED GROUPE.)

The original Element3 Health (E3H) “RSVP” program continues to be supported where E3H (now Grouper) members can register online via the *Grouper web site* for self-guided and group activities. These activities include AVA TEs, YRE/SEs with a physical start box, and group activities uploaded by the clubs via the Grouper club web interface. These participants are now identified as “RSVP” participants. Like OSB participants who also register online, RSVP participants are NOT required to sign a start card or registration log. Should an RSVP participant sign a start card/log, their participation is NOT reported by the club. Instead, RSVP participation is credited to the club similar to OSB participation, Except RSVP participation will only be credited annually in the club Q4 quarter invoices.

Should you have any questions on how this program works please contact Henry at henry@ava.org.

GROUPE MEMBERSHIP DUES REIMBURSEMENT PROGRAM

Exciting news! Grouper is reimbursing AVA national and local club dues! Eligible members receive a check in the mail within 45 days of registering.

Grouper is a company whose mission is to encourage healthy living through activities that build meaningful social connections, like walking. This aligns perfectly with the spirit of our AVA community. Members who have participating Medicare Advantage or Supplemental plans can get their AVA and local club dues reimbursed through the Grouper benefit!

This program is entirely FREE to the AVA Associate and Clubs members who qualify. Members can check their eligibility here:

<https://app.hellogrouper.com/p/ava>

We are asking AVA club leaders to help inform members. Grouper has created a webpage exclusively for AVA club leaders to access marketing materials designed to help you communicate with club members.

Explore the materials available to you at the AVA club webpage: <https://hellogrouper.com/ava-groups/>

Next Steps. Please take two actions:

1. Share the first Email Template (found at link above) with your members.
2. Select a social media graphic paired with social media blurb and post to your club Facebook page.

Need flyers to hand out? Print them off yourself or email louisa.neumann@hellogrouper.com with your shipping address and Grouper will ship you a stack of color flyers.

This Walk is on your Health Plan

Grouper works with health plans to cover your annual membership dues.

SIGN UP

Grouper
Formerly Element3 Health

King William PARADE

Special thanks to all club officers, club members, employees and family members who participated in the King William Parade. It was a great marketing opportunity for the AVA! We had over two hundred visitors! Thanks to John Ives for keeping the office lawn beautiful and to Ellen Ott for hosting Medal Mania!



NEW AVA COMMUNICATION PLATFORM – CONSTANT CONTACT

The AVA now uses a new email platform to send information to all our members. This platform is called Constant Contact. When emails from the AVA arrive in your inbox the header (sender) will read: AVA: America's Walking Club. The associated email address will always be hector@ava.org, until otherwise notified. The American Wanderer (TAW) and all AVA correspondents will be sent on this platform.

If you do not want to receive any emails from the AVA you can unsubscribe at the bottom of the email. **If you unsubscribe, you will no longer receive any emails to include the TAW.** The Checkpoint and Club Officer updates will continue to be sent from Hector@ava.org until further notice. To unsubscribe from the Checkpoint and Officer Updates you must go into my.ava.org and unsubscribe on that platform. The AVA does not sell or share contact information of its members other than the club POC information that is already public on the my.ava.org website. Should you have any questions contact hector@ava.org.

CONVENTION COMMITTEE - JERRY WILSON, CHAIR

START CONCEIVING YOUR TRAVEL PLANS FOR APRIL 26 - MAY 4, 2025!

The 2025 AVA Biennial Convention dates are actually April 29 (Tuesday) - May 2 (Friday), however there will be pre-convention events beginning April 26 - 28, Saturday - Monday; and post-convention events Saturday, May 3 - Sunday, May 4. I know I have planned trips where later I learn I should have saved days surrounding the convention's planned dates.

In addition to Convention-related events, two of the New Mexico local AVA clubs will be hosting county walks, traditional events, in the Northwest portion of New Mexico beginning May 5, 2025.

For your visit to Las Cruces in 2025: Plan to get to Las Cruces by Saturday, April 26, 2025 to join in a local festival to get the flavor of the "Real New Mexico". The recently completed 2024 festival ran 2:00 - 9:00pm, which if the same in 2025 will allow travelers to walk the Saturday pre-convention event (still to be planned) and drive to Las Cruces on Saturday, April 26, 2025, in time for the festival. Traveling out to the pre-convention events on Sunday and Monday from Las Cruces should be no problem. Returning for the 2025 Convention which officially begins on Tuesday, April 29. Depending on your driving direction travelers could use Las Cruces as a home-base pre-convention.



PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

UPDATES

As we produce and edit the next TAW, to be emailed in June, please be sure to have your multi-day events posted on the AVA website, so we can include them also in TAW. You can check here: <https://my.ava.org/find-a-fest.php>. We can email you step-by-step instructions, if you need help: publicity@ava.org

For future TAWs, we will be back to normal deadlines:

- July 25 for September edition
- Oct 25 for December edition
- Jan 25 for March edition

AVA NORTHEAST REGION WALKING WEEKEND COMMITTEE

GREMLINS! RETURN ZIP CODE IN ORIGINAL WEEKEND BROCHURE WAS INCORRECT

Yes, egg on our face. Our original brochure sent out last month unfortunately had an incorrect Zip Code for the West Point PO Box in it. As a result, we are re-sending the brochure with the correct zip code (10996, not 10096) attached. We have sent out emails to all those registrations we have received to date. Our sincere apologies for this error.

Additionally, the hotel registrations have been amazing, and we've already increased our block three times to accommodate the interest. So please make your reservations as soon as you can, and if you already have and know you won't be attending, consider releasing your room for others. At some point, they will no longer be able to accommodate new hotel reservations.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

STARTING POINT BOOKS

We have a limited number of 2024 Starting Point books available for sale at a cost of \$15.00, plus shipping and handling. Don't miss the opportunity to buy this year's book! For purchase, please e-mail marian@ava.org, or call 210-659-2112.

This bound 7 ½" x 9" publication is a collection of sanctioned walking, bicycling, swimming, hiking, cross-country skiing, snow shoeing, and boating activities. It is your comprehensive guide to 1,966 self-guided events throughout the United States. The book includes directions to the event, trail ratings, hours of operation and whether an award is offered. [Click here for Order Form.](#)

PICTURES ON THE TRAIL



Walking around White Rock Lake in Dallas, TX



Walking among the bluebonnets in Dallas, TX



Walking Pueblo ruins at Salinas Pueblo Missions National Monument



Walking Downtown Fortworth, TX during National Walking Week

MAY NATIONAL PHYSICAL FITNESS PATCH

Time to purchase your 2024 May National Physical Fitness Patches!.

Don't miss the chance to offer this collectible patch to walk participants. The cost is \$5.00 per patch, which does not include shipping/handling or the 20% club discount.

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.



Click image for order form

AVA FINANCIAL REPORTS

If your club is on a calendar year, Annual Financials Reports, e-Postcard filings, and Officer Updates (ESR update) are due by May 15, 2024. Please submit a copy of your filings to marian@ava.org.

May 15th, 2024 – The following items are due:

- E-post card must be filed with the IRS and a copy provided to AVA HQ.
- Club's Annual Financial Report is due to the AVA HQ.
- Update of Officers Information in the ESR must be completed by each club.

Please feel free to contact Marian@ava.org with any questions or concerns. She is available and eager to help in any way possible.

Note: Financials for clubs with a fiscal year ending 6-30-24 are not due until November 15, 2024.

CLUB DUES

Just a friendly reminder the Annual Club Dues for the upcoming 2024 – 2025 fiscal year will be invoiced on July 1, 2024. The yearly rate is \$75.00, and is due within 30 days of receipt of the invoice.

More Pictures from the King William Parade!



IT SPECIALIST- HECTOR HERNANDEZ

MARKETING TOOLS

AVA National Office is always trying to figure new ways to update our marketing media to broaden our reach. We offer various templates for your branding and marketing efforts as well. Always remember, if you don't know what to do for a brochure, you can download a template off the website by going to the [New Publicity Toolkit page](#). Here you can find templates for flyers and links to useful brochures that you can leave behind or pass out to anyone. You can also send me an email at hector@ava.org for help or assistance on your marketing needs.

We have two new postcards that can be requested by sending an email to Marian@ava.org with the amount of how many you need, which one you wish to get, and the of address of where to send. She will be more than happy to take your order and mail them to you.



Postcard Front



Postcard Back



Convention Save the Date

SARAH GARCIA - AVID WALKER

ATLANTIC REGIONAL CONFERENCE HELD BY WEBFOOTERS

The Webfooters walk in Dover, Delaware was windy and delightfully scenic. The club hosted a raffle of unique items raising \$3,000.00 dollars. There were over 120 walking participants from ages 13-75 wandering on trails of nature and history. At night we were offered a ghost walk about the adventures of the spirits during the civil war era.



Susan Barna, Sue Capp and Sarah Garcia

Eleanor Garcia to the left with Jordana Capp

APRIL CHECKPOINT CORRECTIONS

MISSPELLED NAMES
SPIKE ELLIOTT
DAVID BONEWITZ

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

INTERNATIONAL EVENTS



The King's Town Trekkers Volkssport Club
CVF Festival
Come join us May 24-26, 2024
Kingston Ontario Canada welcomes you for a great weekend of fun,
friendship and food, oops I mean fitness.
Registration, hotel info and the schedule will be on the website:
www.walks.ca

Click images to go to
official website.

NATIONAL EVENTS



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.