



**Fun, Fitness, Friendship**

**July 2019**

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

# CHECKPOINT



## IN THIS ISSUE!

### **Fun, Fitness, and Friendship!**

Starting Point Contest	1
990 E-Postcard	1
YRE Renewals	2
Convention Survey	2
Big Give Save the Date	3
Quarterly Report	3
October Patch	3
Walk Together Patch	4
Tip of the Month	5
Club Assistance	6

## FINANCIAL—990 E-Postcard

It is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers in the ESR. A IRS user guide, and the AVA Retention policy for financial and event records have been posted on the AVA website under “Clubs Only”. Marian will now be processing annual club reports; please submit a copy of your filings to [marian@ava.org](mailto:marian@ava.org). Thank you.

## AVA National Office Team



2019 Publicity Contest Winner for People category.—Julie Heath

## Starting Point Photo Contest

What is the essence of Volkssporting in the USA? Is it the “People”, “Places” or “Things” you encounter! Can you capture the essence of Volkssporting? Let’s try! Please submit your entries for this year’s photo contest, capturing the People, Places and Things you encounter while walking.

The first and second place winners will get their photo printed on the front side (1st place) and backside (2nd place) cover of the 2020 Starting Point book. Winners will also get a complimentary copy of the Starting Point!

Entries are due to the AVA National office no later than August 31, 2019. Rules, guidelines and the official entry form are [attached here](#). Participation in the nationwide contest is open to AVA members, clubs and state organizations. All entries must have been created or occurred during the time period from July 1, 2018 – August 31, 2019. For more information contact Hector at [hector@ava.org](mailto:hector@ava.org).

## Electronic Sanctioning Update

The sanctioning of our Year Round and Seasonal Events opens June 1. All sanctioned events appear on the AVA website where they can be viewed by seasoned Volkssporters as well as potential new participants.

Clubs have the responsibility of providing good information that will interest people in attending the event and enable them to get there. These events identified as Year Round or Seasonal (begin February 1) during the identified sanctioning window are included in the Start Point book published annually by AVA. Additional information may be entered from the Edit page and will appear on the AVA Events webpage only under Comments, this provides free information for the clubs. Accuracy is important.

## Renewal Season

It's time to renew your events! Events need to be entered into the ESR so that stamps can be made and mailed out in November/December.

The 2020 YRE and Seasonal Renewal process is open. The deadline is midnight September 15, 2019. If you would like your walks to be listed in the Starting Point book, please renew your walks at your earliest convenience. Click the link for [Renewal Instruction](#).

Here are some tips to renew your YREs and Seasonals.

- Please do not mark your events "No Renewal" if undecided. There is no "undo" button, you will have to re-enter a new ESR.
- For a faster and error free renewal, do a fast and quick renewal without changes. Simply click renew and submit. You may enter your changes or updates by going to the ESR Listing page to edit your event information.
- Your event will disappear from your renewal list if you enter incorrect information. Contact Hector to have your event reactivated if your event disappears during renewal.
- Most of the errors occur when entering information in the POC section. Please follow the instructions carefully.

Contact Hector at [hector@ava.org](mailto:hector@ava.org) for any ESR renewal problems and concerns.

## 2020 Starting Point Books Print Deadline

Sanctioning of 2020 YREs and Seasonals began June 1, 2019 and will end September 15, 2019. RDs have until September 30 to review their region's events. If your club sanctions a YRE or Seasonal after September 30, it will not appear in the 2020 Starting Point Book.

For tips and guidelines on entering information in the ESR for the Starting Point book please [click here](#).

by WRGB STAFF | Thursday, June 13th 2019



WRGBThumbnail

Click on image to see News footage on Convention.

Don't forget to let us know what you thought about the Convention by completing the short survey.

*Click here for survey.*

## Starting Point Changes

Starting Point changes on the AVA website are only for events published in the Starting Point Book. 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](mailto:hector@ava.org).

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

## Communications— Samanta Sanchez

### We Surpassed Our Big Give 2019 Goal!

Our AVA community came together during our annual fundraiser, the Big Give 2019, and made an impact! Thanks to our match donors, club donors, and individual donors, the AVA managed to reach and surpass it's \$78,000 goal. Your generosity raised a **grand total of \$81,665!** We would like to give a big thanks to all the 517\* donors that contributed to our annual campaign. Your generosity will help build a stronger walking community for future generations. Thank you!

\*Number includes duplicate donors



### Congratulations to Our AVA Prize Winners!

Phyllis A. Olson, John R. Glass, Cynthia Mayfield, Tak K. Hui, Fred Pugh, and Leslie Stone have all won a free 2020 Starting Point Book. The US Freedom Walk Festival & the Four-Plus Foolhardy Folks were the lucky winners of a free sanctioned traditional event. Kathleen Phillips and one lucky club were the grand prize winners of a free 2021 Convention Registration. Each donor should have received an email from [samanta@ava.org](mailto:samanta@ava.org) with instructions on how to redeem your prize. Thank you for donating!

*Let's Spread Kindness on March 26, 2020*

## Accounting Specialist— Marian DeVaul

### Quarterly Reporting

It's time once again to submit your 2nd Quarter Participation Reports. Even if you had zero participants, you must go into the ESR and check the 2<sup>nd</sup> Quarter box to report this information. Don't forget, the deadline is midnight on July 31<sup>st</sup>, and all reports submitted after this date are past due and subject to late fees.

### October 2019 National Volkssport Month Patch

October is National Volkssport Month. Celebrate by pre-ordering patches using the order form and returning to the National Office. You may mail the form to AVA, 1001 Pat Booker Rd #101, Universal City, TX 78148, or fax to 210-659-1212. You may also place your order by e-mailing the form to [Marian@ava.org](mailto:Marian@ava.org). The deadline to order these October patches is August 4th. Don't miss this opportunity to offer this collectible patch to walk participants!

Note: AVA will not be ordering extra inventory of this patch, clubs must pre-order the patch. Click on image for form.





### AVA Programs—Debra Kruep, Chair

Congratulations to Laney Sypura of Troop #14629 from the Rivers Valley Girl Scout Council. She designed the winning entry for the 2019-2020 Walk Together Youth Patch. Special Thanks to the Twin Cities Volkspoint Club and Rita Holland for coordinating the 2019-2020 Patch Contest. Patches will be available September 1, 2019.

Remember, any youth who walks together with your club may earn the patch. You might want to have a few on hand for when those kids and families come to walk. The patches can be used through December 2020! We still have 2018-2019 patches available in the



office, these may be used until December 2019. To place an order contact Karen at [AVA.org](http://www.ava.org) The order form is located here for the 2018-2019 patch.

[http://www.ava.org/Youth/Walk\\_Together\\_Consignment\\_Form\\_2018.pdf](http://www.ava.org/Youth/Walk_Together_Consignment_Form_2018.pdf).

Please click on patch image for 2019-2020 order form.

Congratulations to the Rocky Mountain Region team for winning the 2019 AVA Regional Traveling Trophy Challenge! The trophy was awarded to Sherry Sayers, the Rocky Mountain Regional Director. Way to encourage your team! Walk on!

### Convention Co-Chairs—Lea Darling & Teresa Kennedy

#### AFTER CONVENTION THANKS

**The Northeast Clubs** hope that all the conventioners enjoyed themselves with our WALK THRU HISTORY themed walks, socials and workshops. We had a fun time deciding which walks would give you a sense of the incredible history of our country's founding. If we succeeded, then we did our job. A comment was made that we do have some pretty impressive 300-400 year old architecture in these parts.

Our socials were very well received and attended. Folks chowed down on the Baseball themed hot dogs, bratwurst, veggie dogs, man sized pretzels and melted cheese, baked beans, etc. The baseball trivia was enjoyed by those who joined in the questions. Almost 400 attended this evening.

Our entertaining, clog dancing, singing and mutual camaraderie traditional music and NY cheesecake or apple pie evening involved some singing and lots of laughs with the almost 370 in attendance.

AVA put on the closing banquet show for 375 diners with an emcee, esteemed award presentations, and our national speaker from the Crazy Horse Foundation. An evening packed with firsts, a sit down meal with new and old friends, ending with almost 2 hours of Elvis hits by a remarkable Elvis Tribute Artist.

We thank each of our nine dedicated Northeast Clubs for their participation and energies to make this the **BEST NORTHEAST AVA NATIONAL CONVENTION**. To the many AVA Nation individuals who helped with volunteering, you were a dynamite help. One comment was "it was so easy to pick out the volunteers with their bright yellow vests and smiles".

Our convention participant statistics listed 41 states and the District of Columbia represented, England (2), Canada (12) representing 3 Provinces, Norway (1). The three states with the most attendance were NY (71), TX (56), and WA (50).

Convention Walks: Portsmouth (418), Danvers (409), Springfield (426), Cohoes/Waterford-Erie Canal (643), Saratoga Nat'l Historic Park/Schuylerville (604), President's/Albany (602), Cooperstown (422) and finally Buffalo (261).

A HUGE thank you to many of you who donated Silent Auction items. We had over 152 donations with another seven clubs and our members donating a total of \$525 to the Silent Auction fund. Our SA made about \$12,000. With only two days for the room to be opened, we were thrilled and so thankful.

YOU are an amazing group of people, and we so appreciated your generosity. Many of you became friends and we enjoyed talking with you as you entered our SA Room.

Now it is on to Madison, and we know you will be helping out Madison as you helped us. We now have two years to think about our donation to this wonderful club.

Your tired but very happy Chairs of the AVA Albany Silent Auction!

## Club Development & Support Committee—John McClellan, Chair

### Volunteers Needed!

The Club Development & Support Committee is looking for volunteers to join the committee in the new term. We welcome any AVA Associates or club members who want to help us solve problems for clubs. At our peak last term, we had representatives from 5 AVA Regions including at least 3 club Presidents. I'd like to continue that broad representation, and, if you are in one of our State Organizations – add that voice as well!

If you are ready to serve – pls contact me. John McClellan [johnmc82@cfl.rr.com](mailto:johnmc82@cfl.rr.com)

### Club Tip of the Month

A club bulletin board flyer is still an effective and low-cost way to get the word out.

Give them to your club members to hang locally – gives everyone a stake in your success!

Here's the "5 Places" to start:

- Your Gym
- Your Library
- Your Church
- Your HOA
- Your OTHER club!

Both Starbucks & Panera Bread outlets have "Community" bulletin boards in their stores that local clubs / non-profits can advertise on for free. Just bring your flyer to the store manager for approval! If you add a QR code your existing club flyer, then customers can just hold their phone up to your flyer and be connected straight to your website!

Photo submitted by Stephen Cramer for 2019 Publicity Contest.



Your request goes to your Regional Director, or your State Organization for those clubs in California, Indiana, Maryland, North Carolina, Ohio, Oregon, Pennsylvania, Texas, Virginia or Washington.

### If Your Club Needs Assistance

Section 6 – Club Development & Support -- of the updated AVA Policy Manual includes a process for any club to request support such as technical assistance, publicity, or event support. If your club needs help, here's the link for making an application:

[http://www.ava.org/checkpoint/2019/Mar/Club\\_Support\\_Request\\_Form\\_03.11.2019.pdf](http://www.ava.org/checkpoint/2019/Mar/Club_Support_Request_Form_03.11.2019.pdf)

# The Surgeon General’s STEP IT UP! Campaign

Announced with great fanfare in September 2015, this initiative is now close to 4 years old but not gaining much traction nationally. *Your club can help!*

Here’s a template for a club press release supporting the campaign:

[www.ava.org/CLUB\\_PUBLICITY\\_TOOLKIT/Sample%20Press%20Release%20on%20Surgeon%20General's%20Call%20to%20Action.pdf](http://www.ava.org/CLUB_PUBLICITY_TOOLKIT/Sample%20Press%20Release%20on%20Surgeon%20General's%20Call%20to%20Action.pdf)

**Here are the CDC’s guidelines for non-profit participation in the program:**

- Physical activity is one of the most important things Americans can do to improve their health.
- Walking is an easy way to start and maintain a physically active lifestyle.
- Walkable communities make it easier for people of all ages and abilities to be active.
- Communities can benefit from safe and convenient places to walk.

Nonprofit organizations interact with all facets of American life. That means nonprofits have many ways to promote walking. Some have facilities that can be used for walking. Others can reach particular groups, such as minority populations or people with mobility limitations, or can work toward changes to the design of communities and streets. Because of your reach and the trusted relationship you have with your members, you are in an excellent position to share messages about walking—and improve the health of your community.

**How your club can encourage people to walk more:**

- ✓ **Promote community programs and policies that make it safe and easy for residents to walk.**
  - ☞ Promote the availability of safe, convenient, and well-designed community locations and programs that promote walking.
  - ☞ Offer evidence-based walking programs that are free or low cost.
  - ☞ Set up walking groups, buddy systems, and other forms of social support for walking that provide multiple opportunities to walk each week.
- ✓ **Educate people about the benefits of safe walking and places to walk.**
  - ☞ Educate pedestrians about how to walk safely and the risks of alcohol-impaired and distracted walking.
  - ☞ Develop effective and consistent messages and engage the media to promote walking and walkability.
  - ☞ Provide public education and awareness campaigns to promote walking and walkability and link these campaigns with other activities meant to increase walking.

## Support Our National and International Friends

### National



Click on image for more information



Click on image for more information

**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](mailto:samanta@ava.org).

**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.*

