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## EXECUTIVE DIRECTOR'S UPDATE - HENRY ROSALES

### CRAZY HORSE VOLKSMARCH A BIG SUCCESS!

Special thanks to the Crazy Horse Memorial Foundation, the Black Hills Volkssport Association, the AVA Board of Directors, and all volunteers who supported this annual outdoors event. The walk drew 4,116 walkers! In spite of all the challenges we are currently facing, this is a great example of what can be accomplished when we all work together in partnership with our community.

I admire the commitment of the event organizer, Diane Johannesen, who works so hard to make sure this event runs smoothly every year. Thanks to her leadership this event is successful! I appreciate her support as well as the support of everyone who volunteered.



Crazy Horse Memorial  
Photo Courtesy of Henry Rosales.



Emily Chetwood leading our Big  
Give Celebration Walk.  
Photo courtesy of Samanta Sanchez.

"I want to **THANK AVA** for all your help at Crazy Horse. I don't know how I could of done it without all 19 of you! Passing out the start cards, keeping the pens clean and back to the tables and giving directions at the tables and to anyone wondering what to do next!"

#### **THANK YOU TO:**

David and Mindy Bonewitz  
Nancy and Buffy Wittenberg  
Butch and Sandy Spaulding  
Jerry Wilson  
Tom and Louise Baltes  
Susan Medlin  
Bob Buzolich  
Carl Cordes and Brenda Harris  
Ed Hainline  
Henry Rosales and wife and her family

Wow- AVA President, Vice President, Executive Director,  
and four Regional Directors!

Thanks again,  
Diane Johannesen - POC for the Crazy Horse Volksmarch  
(307) 290-0746

## **ELEMENT3 HEALTH, INC. UPDATE**

In the most recent issue of Checkpoint, you may have noticed information about Element3 Health, which partnered with us to offer free virtual clubs while the pandemic ran its course. Many of our AVA walking clubs have now joined the Element3 Health network, and I wanted to let you know more about Element3 Health, as they can help boost attendance at our events and help our clubs raise much needed funding.

More than 8 million people look to Element3 Health for fun activities across the nation, and now they are expanding their services to make it easier for their members to attend club events and activities.

In the upcoming months, each club will now have an opportunity to welcome any Element3 Health member at its events and Element3 Health will pay a portion of the participation fee for each participant that attends one of your club events. We are still working out the details and more info will follow in the November Checkpoint. If you are interested in the opportunity, please contact [samanta@ava.org](mailto:samanta@ava.org) for more details about the program.

## **ABOUT ELEMENT3 HEALTH**

Element3 Health is a network of clubs that provides a unique matching service focused on engaging older adults in their passions (including walking!) to increase social, mental, and physical activity for healthy aging. AVA joined Element3 Health as a partner in early 2020. All AVA clubs are encouraged to sign up for the Element3 Health network membership to benefit from: access to new members through their matching service (Element3 Health connects their members directly to your clubs), FREE access to GroupWorks, FREE access to the Virtual Club Community filled with classes, events, educational content, and more.

## NOMINATING COMMITTEE - TOM JACKSON, CHAIR

### CANDIDATES FOR AVA TREASURER

The deadline for submitting a Letter of Intent to become a candidate for AVA President, Vice President, Secretary, or Treasurer for the term of office from July 3, 2021, to June 30, 2023 was October 4. We have received Letters of Intent from candidates for President, Vice President, and Secretary. No more nominations for these three officer positions will be accepted until the AVA Meeting on July 1 at the AVA Convention in Madison, Wisconsin.

We are still seeking a candidate for AVA Treasurer. The deadline for submitting a Letter of Intent to become a candidate for AVA Treasurer is being extended until **October 18** with the Nomination Package now due by **October 23**. The Letter of Intent is just an email message with office being sought, candidate's name, official mailing address, phone number, and email address. The email should be sent to Tom Jackson at [nominations@ava.org](mailto:nominations@ava.org).

We need your assistance in identifying potential candidates for AVA Treasurer. We are looking for avid Volkssporters who have a background in Resource Management. If you know of someone who is qualified, please let me know who they are and how to contact them.



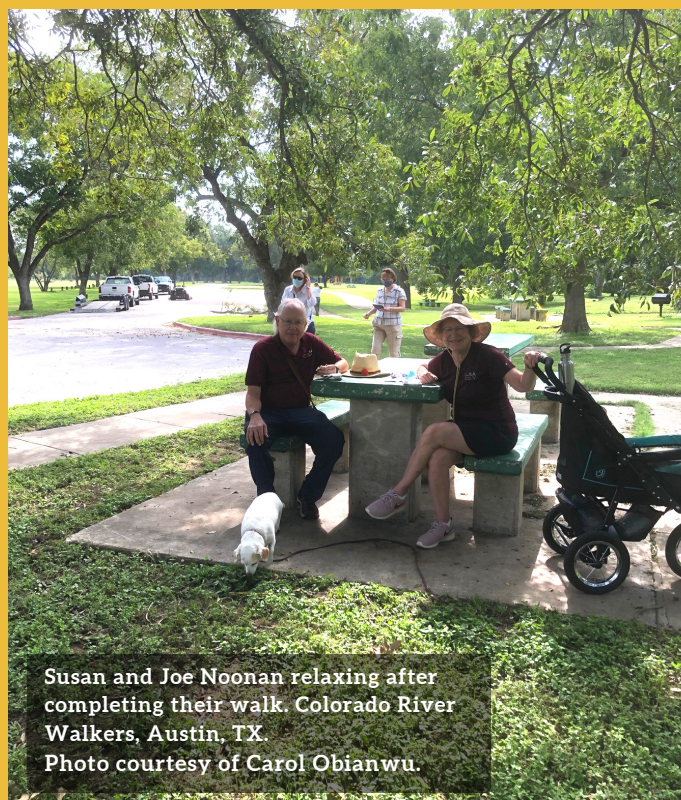
Coleen and Steve F. enjoying the walk at Moya Park on September 26, 2020. Colorado River Walkers, Austin, TX. Photo courtesy of Carol Obianwu.

## AWARDS AND RECOGNITION COMMITTEE—CARL CORDES, CHAIR

### AWARD NOMINATIONS DUE NOVEMBER 1ST

The awards program is designed to recognize and honor those that have made significant contributions to furthering the AVA mission. National Awards are Distinguished Service, Hall of Fame and the President's Award. Time is running out to nominate deserving individuals for national awards that will be presented during the AVA Biennial Convention in Madison, Wisconsin, June 26 - July 3, 2021. Nominations must be received by your Regional Director no later than November 1, 2020 to be considered in this cycle. Review the [Guide for Nominations](#) for help with the nomination process.

The Awards committee is still seeking volunteers from across the AVA nation that would like to serve. The committee works in partnership using email and electronic meeting sessions, if needed. We will be reviewing nomination packages in December to present to Board in January. Please email me at [pa\\_rd@ava.org](mailto:pa_rd@ava.org) if interested.



Susan and Joe Noonan relaxing after completing their walk. Colorado River Walkers, Austin, TX. Photo courtesy of Carol Obianwu.

## ATLANTIC REGIONAL DIRECTOR - MIKE GREEN, IT COMMITTEE CHAIR

### 2021 STARTING POINT REPORT AND ANALYSIS FOR CLUBS AND STATE ASSOCIATIONS

A new AVA IT feature has been implemented that can be used to create a **2021 Starting Point report PDF** for Clubs and State Associations. This report has two parts. The *first* part presents YRE/SE information as it will appear in the upcoming 2021 Starting Point book. The report's *second* part is a summary listing of the same events that includes an analysis of where improvements are recommended (typically missing data). Both parts are preceded by a single page of explanatory text applicable to the following pages.

The goal of this report is to encourage clubs to improve their event content by making use of the new my.ava.org event data features that will appear in the 2021 Starting Point Book.

**Club** specific Starting Point reports are available via a "Quick Link" on the **my.ava.org** club home page as shown in the image below:

#### 2021 Club Starting Point Report



Create Report PDF including an analysis with recommendations for improvement

State specific Starting Point reports are available to State Associations via a link of the State Association Legacy ESR Nav page as shown, for example, in the image below for Pennsylvania:

2021 State Starting Point Report PDF  
(including an analysis with recommendations for improvement)

Get Report for PA

Best regards,  
Mike Green  
AVA IT Committee

## my.AVA.org DEVELOPER - CHRIS ZEGELIN, IT COMMITTEE MEMBER

### GROUP "CUT AND PASTE" STAMPS - A NEW STAMP FEATURE

Chris here with a "[my.ava.org](https://my.ava.org)" update. My club, the South bay Striders, wanted a stamp with the World Walking Day dove logo for our WWD event on October 4th, this Sunday. Not being one to disappoint, I have created group "cut and paste" stamps as an option on "[my.ava.org](https://my.ava.org)". These group stamps can be used at any event instead of a rubber stamp.

There is an option to add a little graphic instead of the usual text. This is all in keeping with the stamps being fun to collect.

To see what the options are, log into your personal account on "[my.ava.org](https://my.ava.org)". Click the link to your club (Select connections under profile if you haven't set this up). Under the Sanctions tab, select Stamps. Click "Cut & Paste" for the event. This page lets you create stamps for an individual, or for a group. Click to select the WWD dove, and then "Update preview image". Put the date (Oct 4th) on the stamp, then download and print the stamp page.

You may print as many copies of the page that you need for all participants, there are 30 stamps per page. Please warn everyone that they may only put one of these unique (Security code) stamps in any book. Duplicate or defaced stamps in a book are rejected.

You will notice that there are a few other options available for stamps. It is pretty easy to add more. Read the help on the page to see how you can submit other ideas. We will have images for major holidays and events when time permits. Please enjoy this new feature. My club was thrilled.

Happy trails... Chris Zegelin

## COMMUNICATIONS - SAMANTA SANCHEZ

### HERE'S TO YOU! WE COULDN'T HAVE DONE IT WITHOUT YOU. \$103,760 RAISED!

We are so grateful to all our donors for the success of this year's Big Give fundraising campaign. Our goal of \$80,000 was surpassed once again. With your help, we were able to raise \$103,760! More than 800\* donors (118 clubs and 712 individuals) spared a minute of their time to give back to our mission. Special thanks to all those individuals who donated during the five Match Minutes. An additional \$2,300\*\* was raised through the five Match Minutes. This has been the most successful Big Give campaign to date. We couldn't have done it without you. Thank you! Stay tuned for more #BigGive2020 updates in the upcoming November Checkpoint.

\*Donor numbers include duplicate donors.

\*\*\$2,300 is included in the amount raised total.



## ACCOUNTING SPECIALIST - MARIAN DEVAUL

### FINANCIALS

If your club's fiscal year end is in June, it is time to start preparing your required financial documents. You will need to file your 990 E-Postcard, submit the Annual Financial Report (AFR), and review/update your club officers in the ESR. An IRS user guide, and the AVA Retention policy for financial and event records have been posted on the AVA website under "Clubs Only". Please submit a copy of your filings to [marian@ava.org](mailto:marian@ava.org) no later than **November 15, 2020**. The financials for clubs who switched to the calendar year ending in December, will not be due until **May 15, 2021**. Thank You.

### OCTOBER PATCHES

If you missed the opportunity to pre-order the October patch, we still have a limited amount available. Please contact [marian@ava.org](mailto:marian@ava.org), if you are interested in purchasing these beautiful seasonal patches for your event.



Click on image to view our Thank You video

### A SPECIAL GIFT AS A SPECIAL THANKS

Congratulations to all our AVA Prize Winners! The winners of a 2021 Starting Point Book or AVA T-shirt are: Kevin M. Carlson, Barbara Jacobson, Catherine Greutert, Bob Morrison, Lynn Blazek, Daniel Barnett, Theresa Booker, Carolyn Ott, Linda Dennis, and Jesus Martinez III. The winners of free AVA Memberships for their club members are: East Texas Trekkers, Inc., Windy City Walkers, Tecumseh Trailblazers, and Ridgewalkers Walking Club. Please expect an email from [samanta@ava.org](mailto:samanta@ava.org) with instructions on how to redeem your prize.

The lucky winners of an all paid 2021 Convention Registration will be drawn during next month's Electronic Board Meeting. The meeting link will be posted on our AVA website. You don't want to miss it!



## QUARTERLY REPORTING

It's time once again to submit your 3rd Quarter Participation Reports, even if you had zero participants. Don't forget, the deadline is midnight on **October 31st**, and all reports submitted after this date are past due and subject to late fees!

## IOWA'S WALKING CLUB - SUSAN PINNEKE, TREASURER

### THANK YOU FOR VISITING OUR STATE PARKS

Suzy Belle here, saying a very big Iowa thank you to all of you who came and helped celebrate 100 years of state parks in Iowa. Iowa is a special place and our state parks showcase our scenic landscapes! We really appreciated your enthusiasm for our walks. We hope you enjoyed your visit to "the most beautiful land beneath the sun".

Iowa has been a national leader in park development since the 1920's. The passage of Iowa's State Parks Act in 1917, made Iowa a national leader in the creation of a state park system in an organized manner. The first park, Backbone state park (sadly, not one of our 20 walks) was dedicated May 28, 1920. More parks, forests, preserves and recreation areas followed. So impressed with Iowa's state park movement, the National Park Service requested a conference on state parks held in Des Moines in 1921. In the 1930's the Civilian Conservation Corps made many park improvements and built many stone shelters, lodges & beach houses. You can see improvements in progress today if you walk at Geode State Park, where the lake is drained to make improvements and ensure water quality.

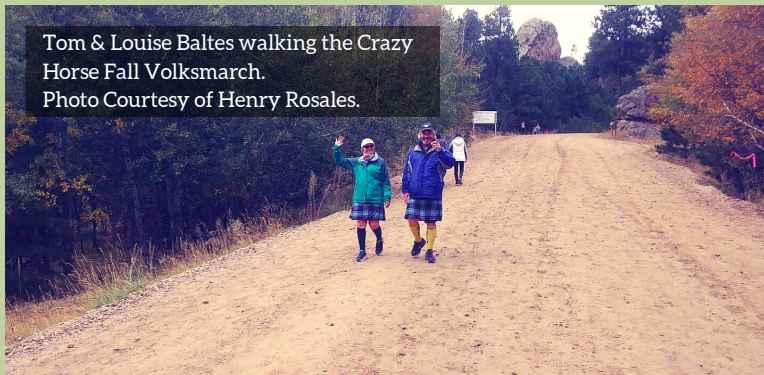
Fall is here in Iowa and which brings cooler temperatures and lower humidity, perfect walking weather!! The Iowa state park walks are open until **October 15, 2020**. You still have time to enjoy a walk or two, it's especially beautiful with the fall colors.

For additional information visit the Iowa's Walking Club website, [Iowaswalkingclub.org](http://Iowaswalkingclub.org) or the Nebraska Trailblazers website, [netrailblazers.club](http://netrailblazers.club). Questions – [walk20in20@gmail.com](mailto:walk20in20@gmail.com).

Suzy Belle, Photo Courtesy of the Nebraska Wander Freunde Trailblazers.



Tom & Louise Baltes walking the Crazy Horse Fall Volksmarch.  
Photo Courtesy of Henry Rosales.



AVA Board Members & volunteers pose during the Crazy Horse Fall Volksmarch.  
Photo Courtesy of Henry Rosales.



## **TIME TO ORDER YOUR (WALK WITH AMERICA'S VETERANS) WWAV SPECIAL PROGRAM BOOK(S):**

The goal of this special program is to walk for fitness while discovering the many ways our country's veterans are honored for their military service. "Collect" 15 different qualifiers in the logbooks for 6 different awards which are military "challenge" coins that honor the six military services. Each qualifier is:



### **"Walk With America's Veterans"** **An America's Walking Club Special Program**

- An individual fixed memorial, identifiable on any civic map.
- A local display program that honors veterans (all similar and related banners, for example, are ONE qualifier as a single "program").
- A building that is the location of any veterans' organization, or any government body that supports veterans.
- A memorial to victims of 9/11 attacks that identifies the Pentagon by name, or a veteran who was killed on that day.
- A road marker giving "Blue Star" or other designation to honor a GROUP of veterans, or a park or space that honors veterans. (NOT individuals unless the "memorial" name is for a veteran who is being honored for military service -- usually KIA-- not just a politician or other notable who was a veteran.)
- Individual grave markers or headstones for veterans do not qualify.

ONE qualifier is collected with each AVA: America's Walking Club stamp.

When in doubt about a qualifier, post a question with a picture in the new Facebook group created to administer and discuss this special program, or ask the POC below.

All qualifiers must be for military service from 1890 to the present, nothing earlier (Revolutionary or Civil War) will count.

Each "entry" in the logbook is an AVA-stamp PLUS the name/ picture/ description of the qualifier and location. When using a TGW or GW stamp, the sanction number is also required. Qualifiers can only be used once in a book or in a year, whichever comes first. (A new year on the AVA stamp allows a repeat of the qualifier in the same book.)

Program dates: **1 January 2021 to 31 December 2023** (Tentative end which could change based on the popularity of the program)

Order books for \$12 each with check made out to "US FreedomWalk Festival Club" and redeem by 31 December 2024 to the following address:

Veteran's Walking Program  
c/o Volksmarching Club  
PO Box 2422  
Woodbridge, Virginia 22195

Contact information:

Tim Miner, 703.583.2916

Veterans@WalkVirginia.Org

Facebook Group: <https://www.facebook.com/groups/421653078810337>



## THE AVA: AMERICA'S WALKING CLUB PROGRAM COMMITTEE WILL HOST TWO DIFFERENT WEBINARS DURING THE MONTH OF OCTOBER

### Webinar #1: The America's Walking Club's Online Start Box (OSB) Program

You are invited to a Zoom meeting.

When: Oct 14, 2020 08:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

[https://us02web.zoom.us/meeting/register/tZ0sce-urTkjHNHkvSZcsYqhnjLba41HxniJ](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZ0sce-urTkjHNHkvSZcsYqhnjLba41HxniJ)

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

### Webinar #2: Changing the America's Walking Club's Governing Documents

You are invited to a Zoom meeting.

When: Oct 28, 2020 08:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

[https://us02web.zoom.us/meeting/register/tZUkf-CgqzwuHdECKyS0ONG6ahIK4CxcgJ9lQ](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZUkf-CgqzwuHdECKyS0ONG6ahIK4CxcgJ9lQ)

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

*This webinar has been postponed until November 18, 2020. All details (link & time) remain the same.*

## SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

### NATIONAL EVENTS



**19th Annual  
US FreedomWalk Festival**  
— An International Walking Experience —  
**October 16 - 18, 2020  
Arlington, Virginia USA**  
3 days of Fun, Fitness, and International Friendships.  
Come walk with us for a world class walking adventure alongside walkers from around the world!  
[www.USFreedomWalk.org](http://www.USFreedomWalk.org)  
Volksmarching at its Best  
Walk Arlington  
Walking Association of the National Capital Area

US FreedomWalk Festival (USFWF) 16-18 October 2020 It's a go! A Guided Walk will be held for all AVA walkers. For those who are unable to travel, a virtual walk is available. The IML portion has been canceled.

The C-19 Activities Program is a special version of the Virtual Online Program, The Appalachian Trail, based solely on activities converted to steps. Join our new program for only \$30 (C-19 t-shirt is included).

\$15 for current Appalachian Trail members.



*Sign up today!*  
**C-19  
ACTIVITIES  
PROGRAM**  
Illustrations of various activities: golfing, yoga, walking, pushing a cart, gardening, and dancing.

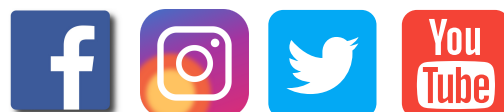
### Checkpoint Available Via Email to All Club Members Who Request It

To receive an electronic copy of the Checkpoint send your request to Hector at [hector@ava.org](mailto: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.



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