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THANK YOU TO ALL THAT ATTENDED OUR OPEN HOUSE

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AVA PRESIDENT - DAVID BONEWITZ, PhD

FINAL REPORT ON SPECIAL CALLED MEMBERSHIP MEETING OF MARCH 15, 2021

On March 15, 2021 a Special Called Membership Meeting was held via Zoom. The meeting rules as approved stated that in addition to the votes tallied during the meeting, email and mail ballots would be accepted if postmarked by March 24, 2021 and received at the AVA National Office by March 31, 2021. In addition, the total number of valid votes would be used to determine if a quorum was present as required by the current bylaws. After March 31, 2021 all ballots would be verified to ensure that there were no duplicate votes and that all votes were from valid members (clubs, state associations, Regional Directors, and national officers). This necessary due diligence has been done.

Based on this information, the Secretary has indicated that a quorum was present (as defined by the meeting rules). The vote taken is valid.

Effective immediately, the Restated and Amended Certificate of Formation of American Volkssport Association, Inc. and the Restated and Amended Bylaws of American Volkssport Association are in effect.

Thank you for your participation and understanding as we move AVA forward and back into compliance with Texas law.

This completes the business of the Special Called Membership Meeting of March 15, 2021.

On Motion 1: Approval of the Restated and Amended Certificate of Formation of American Volkssport Association, Inc.

Votes For: 105

Votes Against: 3

The motion carries.

On Motion 2: Approval of the Restated and Amended Bylaws of American Volkssport Association, Inc.

Votes For: 104

Votes Against: 4

The motion carries.

EXECUTIVE DIRECTOR'S UPDATE - HENRY ROSALES

NATIONAL OFFICE OPEN HOUSE AND PRESS CONFERENCE

The launch and open house of the National Office in San Antonio, Texas was very successful and well attended with over 85 people in attendance throughout the day to include the local councilperson and representative from the San Antonio Chamber of Commerce. Sixty-two people signed up for the walk!

The event was covered by **KSAT-12 (ABC) news**, **KTSA radio**, **Texas Public Radio**, the **San Antonio Report** and **Lavaca and Friends local newspaper**. For more information on media coverage [click here](#).



To all volunteers, club officers, and club members who contributed countless hours, we much appreciate your efforts and attribute the success to your support! Thank you John Ives and Ellen Ott.

Special thanks to Southwest Regional Deputy, Director Susan Medlin for creating the walk route and Vice President, Nancy Wittenberg, Pacific Regional Director, Carl Cordes and Southwest Regional Director, Sammy Hunnicutt for attending the event.

2021 CONVENTION – PUBLIC HEALTH ORDERS

Last month the AVA Board of Directors approved to host the 2021 Convention in Madison, WI as scheduled, June 29-July 2, 2021. Rest assured, the National Office is making every effort to ensure health and safety protocols are implemented and followed according to local public officials. These measures will include social distancing at all times and the wearing of masks during workshops and all indoors activities. In effort to meet the restrictions for indoor events, some of the social activities may be moved outdoors. As of April 6, 2021, 39.2% of the Madison and Dane county population have been vaccinated.

Below is a summary of the COVID-19 restrictions currently in place for Madison, WI. These restrictions change monthly. The new order will be released by public officials May 5th and be announced in the May Checkpoint.

- Restrictions for outdoor events have been loosened. Previously the max was 500 people. Per the new order there is no maximum amount of people, there just needs to be enough space for everyone to distance.
- Masks are still required at all times indoors, other than while actively eating or drinking. They are no longer required anywhere outdoors but are strongly recommended when distancing is not possible.
 - Although the mask mandate for the state of Wisconsin is no longer in effect. Madison falls under the guidelines of the city/county public health department, which has kept the mask mandate in place.
- To read the full Public Health Order released April 2nd, [click here](#).



CALLING ALL REGIONS PURCHASE AN INFORMATIONAL TABLE FOR CONVENTION



For the reduced price of \$10, each Region has the opportunity to have a table in the Vendor's area where their clubs may showcase some of the unique and fun walk brochures, YRE and seasonal walk schedules, seasonal walking events for their states, i.e. Texas Roundup, Walking Around Florida, etc., give out candy to people who stop by your table, make friends, good conversation, etc. If you want a table with cloth and skirting, the cost is \$20

AVA STATE ASSOCIATIONS MEETING JUNE 30, 2021-DURING CONVENTION

A meeting for all AVA State Associations has been scheduled during the 2021 Convention on June 30, 2021 at 12:30 pm in the Monona Terrace convention center. All AVA State Association Officers and AVA Regional and Deputy Directors are encouraged to attend. The purpose of this meeting is to solicit input from State Association Officers on how the AVA can better support State Associations so they can better support the clubs in their Regions. We will also discuss the AVA's top priorities for the next 3 years. Please share your ideas with us on what you would like to discuss during this meeting. Send your comments to henry@ava.org

2021 CONVENTION ODDS AND ENDS

The following is in no particular order. Enjoy! We are looking forward to seeing you at the 2021 AVA Biennial Convention in the Midwest!

If you haven't registered for the 2021 AVA Biennial Convention but plan to, do it soon. We still have some decision points coming up that will be affected by projected convention attendees pre-registered. Do it now! See you in Madison in June.

Pre-convention Event Start Point in Green Bay Wisconsin, Monday, June 28: There will be a change to the Start Point, including the directions to vehicle parking. The original start point has been closed for months due to Covid-19 concerns and on March 29, our Dairyland Walkers Trailmaster was informed the old location will remain closed until August. So, we are moving across the river to an incredible historic location, also with parking and indoor restrooms. Hint: In the entry area participants will see music memorabilia dating back to 1959. "I envy walkers and bike riders that will do the event on the "Main Date" of June 28 to be able to enter the Riverside Ballroom. "This is an exciting addition!" Jerry Wilson, signed "an out of luck pre-walker."

Pre-convention Bike Event in Sparta Wisconsin, Tuesday, June 29: The bike route takes riders along the Elroy-Sparta Bike Trail, a great route. Tom Jackson wants riders to be prepared: "There is a Facebook page for the Rails to Trails which had a recent post about the Elroy-Sparta Trail that will be used for the Sparta Pre-Convention Bike Event. The post mentioned that there were three tunnels on the trail and based on their length (two at 1600 feet and one at 3800 feet), I am guessing that bicyclists need to use a light when going through the tunnels." I agree, I have been told riders are cautioned to have a bike light or at least a flashlight along.

FINANCE DIRECTOR - ERIN GROSSO

GOOD STANDING POLICY AND DEADLINES

The AVA Form 500 (credentials form) was mailed out April 7th. Please follow the directions on the form and return to AVA for Credentialing at Convention. **All forms must be postmarked no later than May 31st, 2021.** If the deadline for mailing this form to the National Office is missed, **all copies of the form** must accompany the Delegate, Alternate, or Proxy to the Credentials Booth at the Convention. The form should be mailed to:

American Volkssport Association, Inc.
Attn: Erin Grosso
1008 S. Alamo Street
San Antonio, TX 78210

Please do not forget that clubs must be in "good standing" forty-five days before the opening of the membership meeting to be entitled to one vote on each matter submitted to a vote of the members. **The final date for clubs to meet the criteria of being in "good standing" to vote is midnight of May 15, 2021.** Detailed information and some things to keep in mind regarding the AVA's Good Standing Policy and Membership Voting Policy is provided below.

[To Review AVA's Good Standing Policy Click Here](#)

The 2021 "DELEGATE SELECTION AND PROXY DESIGNATION" (AVA Form 500) will be mailed out to the Point of Contact for each AVA active club on April 6th. Please look for them and let me know if you have not received your club's form by May 1st.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

1ST QUARTER PARTICIPATION

It's time once again to submit your 1st Quarter Participation information. In the case where start boxes cannot be accessed, clubs can report their numbers based on the fees they receive via mail, and then adjust accordingly on the 2nd Quarter Participation reporting.

If a paper invoice from the AVA is requested at the time of filing, a \$5.00 shipping & handling fee will be added to the total amount due.

The filing deadline is midnight on April 30th, and all reports submitted after this date are past due and subject to late fees.

MAY 2021 NATIONAL PHYSICAL FITNESS & SPORTS MONTH PATCH

We are currently taking orders for the 2021 May National Physical Fitness Patches. People are still walking, even if it's just around their neighborhood block. There is also heavy participation in the Virtual Online Program. There are plenty of walkers that would love to purchase this collectible patch.

Clubs can order patches by filling out and returning this form to AVA national headquarters no later than April 30, 2021. Supplies are limited, so orders will be filled on a first come, first served basis. Clubs may place reorders until supply is exhausted. The cost is \$2.50 each to clubs which includes shipping. 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.



Please click on image to view form.

FINANCIALS:

If your club is on a calendar year, Annual Financials Reports, e-Postcard filings, and Officer Updates (ESR update) are due by May 15, 2021. Please submit a copy of your filings to marian@ava.org.

May 15th, 2021 - 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 me with any questions or concerns, I am certainly available and eager to help in any way possible.

Note: Financials for clubs with a fiscal year ending 6-30-21 are not due until November 15, 2021.

MERCHANDISE:



Vinyl Book Covers – New Colors!!

We have received new vinyl book covers which reflect the colors in our new logo. They are yellow, teal, blue and orange. The price is \$5.00 plus shipping and handling.

2021 Starting Point Books:

We still have 2021 Starting Point books available for sale at a price of \$27.00 plus \$7.00 for Shipping and Handling.

You may place an order for the above merchandise by e-mailing Marian at marian@ava.org, or by mailing a check to AVA, 1008 S. Alamo St., San Antonio, TX 78210.



Please click on image to view form.

INFORMATION TECHNOLOGY SPECIALIST - HECTOR HERNANDEZ

EMAIL SCAMS

Looks like they are at it again and trying new convincing ways of scamming you. As a reminder cyber scammers are very smart and are trying new sophisticated ways to steal your information and money! They are now even trying to prey on everyone by using products we know or trick us into clicking things that we would otherwise think we have to. Please be aware of where these emails are coming from and what they are asking for. These scam emails like to use names and emails addresses that look familiar so please look out for misspellings or added numbers and NEVER respond to an email.

Failure_Report 10791911 message - Tuesday, April 6, 2021

 Quarantined_report ava.org <ogochukwufa@futureconcerns.com>
To: Hector
If there are problems with how this message is displayed, click here to view it in a web browser.



Quarantined notification

Hello avawebmaster

12 messages were quarantined as of 4/6/2021,9:41 AM.
Review them now by going to the Review page in the Security & Compliance Center.

Activity: Undelivered emails from Contact

Severity: ● High

Time: 9:41:45 AM



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Quarantined_report ava.org <ogochukwufa@futureconcerns.com>

NOT OFFICIAL EMAILS

From: Amazon <zakariamaz895@gmail.com>

From: Amazon <zakariamaz895@gmail.com>
Date: March 29, 2021 at 11:05:01 AM EDT
To: ma_dnd@ava.org
Subject: Order Confirmation

[Your Recommendation](#) | [Your Account](#) | [Amazon](#)

Order Confirmation.
Order #1139-681564-023

Dear customer,

Thank you for shopping with us. We'd like to tell you know that Alpha International has received your order, and is preparing it for shipment. Your estimated delivery date is indicated below. If you would like to view the status of your order or make any changes to it, please visit Your order on.

If you need change or cancel your order then call us Customer service (202) 945-0747

Your estimated delivery date is:
Tomorrow

Your shipping speed:
Standard Delivery

[Track Your Package](#)

Payment Details
Order # **1139-681564-023**

Item Description
Apple iPhone 11 128 GB, Black (Includes Adapter and USB cable)

Item Subtotal:	\$ 500
Shipping and handling:	\$ 09
Total before tax:	\$ 90
=====	
Order Total:	\$ 599

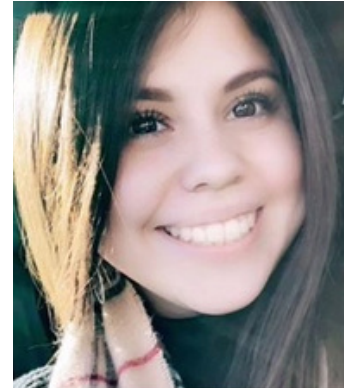
If you use a mobile device, you can receive notification about the delivery of your package and track it from our apps [Amazon app](#).

Some products have a limited quantity available for purchase. Please see the product's detail

COMMUNITY OUTREACH - LESLY VILLANUEVA

INTRODUCING AVA'S NEWEST INTERN

My name is Lesly Villanueva, I am the new community outreach intern and a Senior at the University of Texas at San Antonio . My degree is in public health and I'm working to become a physician assistant. I'm an active gym goer and I enjoy distance running. I'm very excited to be part of the America's Walking Club. I'm looking forward to meeting everyone, learning more about the AVA and supporting the mission.



West Texas Trail Walkers - Susan Noonan

COLUMBUS DAY WEEKEND MULTIEVENT - BIG BEND, TEXAS



Hold the dates: October 5-10, 2021. Hike with an “altitude” over the Columbus Day weekend with the West Texas Trail Walkers (WTTW) in Big Bend, Texas. This marks our 40th year as a club hiking in the remote national and state parks in west Texas. The hikes this October are along the “Big Bend” of the Rio Grande in one of the most isolated and ruggedly beautiful areas of America.

For more information [click here](#).

PROGRAMS COMMITTEE - TIM MINER, CHAIR

ONLINE MONTHLY MEETINGS

The April webinar to be held on Wednesday, April 21, 2021, at 8 pm EDT, is for all AVA members and walkers. We will discuss some of the successes and partnerships with this month's National Walking Week. Also, learn about plans for the 2022 Special Programs and get more details on the National Conference in Wisconsin in July. All this and more with your favorite walking friends.

Registration is required at:

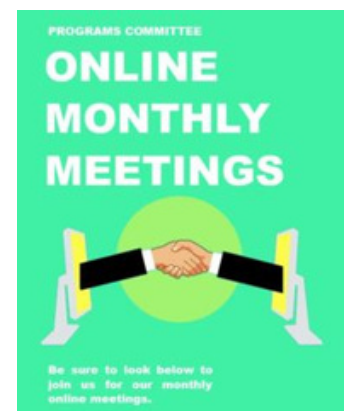
You are invited to a Zoom meeting.

When: Apr 21, 2021 08:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZlud-qgrj4rEtIxtF6ifi6DrkFpUbMJFxcd>

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



STRATEGIC PARTNERSHIPS

One of our strategic plan objectives calls for the establishment of national partnerships that benefit members and generate unrestricted revenues. Although strategic partnerships may look and feel different, depending on whom we partner with, the objective is to support club growth and sometimes the growth is indirect. By this I mean a club may benefit indirectly through other means like marketing and social media exposure, fees for service, community outreach (conducted by the partner) and volunteer support.

Such is the case with the Walk, Run, & Roll for Pediatric Cancer event. By partnering with the National Pediatric Cancer Foundation, we will be listed as a sponsor on their website, social media, and marketing materials. It is up to the clubs to determine if they want to participate and support this worthy cause and if not, it is totally fine!



NATIONAL
PEDIATRIC CANCER
FOUNDATION



WALK, RUN, & ROLL FOR PEDIATRIC CANCER

NPCF invites AVA clubs to become heroes to children battling cancer!

This April from (4/3 - 4/30) the NPCF invites AVA clubs to walk in honor of the 43 children a day diagnosed with pediatric cancer in the United States.

Here is how it works:

- Use the link below to register your club for just \$10.
- Make sure to name your team "AVA - (team name)".
- Have fun walking while wearing orange, making signs, and sharing your photos on social media.
- Fundraising is an optional way to amplify your impact. Friends, family, and advocates can directly donate using your team's webpage link or get creative and organize your own fundraiser.

Can't walk this April? Don't worry you can host a walk to support NPCF any time of the year!



About the National Pediatric Cancer Foundation

The National Pediatric Cancer Foundation is a top-rated children's health organization focused on developing less toxic, more effective treatment options for pediatric cancer.

Please contact us with any questions.
LNunn@NationalPCF.org or Hbusby@NationalPCF.org



AMERICA'S
WALKING CLUB
— ESTABLISHED 1976 —



Register Online Today

NPCF.CC/WALKRUNROLL

813-269-0955

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

NATIONAL EVENTS



Please click on image to learn more.



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.

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](#).