

TAKE THE STEP! IT'S TIME TO MAKE AN IMPACT.



SEPTEMBER 22-23 | 6 PM - 6 PM CT

www.thebiggivesa.org

"My first volkswalk was in 2003 and I have been volkswalking ever since. Some of my walking friends ask me 'what does the AVA do for us?' What does the AVA do for me? I respond that I wouldn't even know my walking friends if it hadn't been for the AVA. None of us would have met each other and become close friends if it wasn't for the local AVA clubs. I know people across the US and Canada whom I never would have met if it wasn't for the AVA organizing in the US in the 70's.

My parents got involved with the AVA too and we shared this together for many years before they stopped walking. It led us to a closer relationship which I am grateful for.

The AVA changed my life. I struggled emotionally when my ex-husband committed suicide in 1995. Once I joined local volkswalking clubs and made friends my life changed for the better. I am a stronger person today and I thank the AVA for that."



PAT JEWETT

AVA Member

Publicity Committee & Big Give
Committee Member



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TAKE THE STEP! MAKE AN IMPACT.

One of the most fulfilling components of our job is learning from our own members how our mission has transformed their lives. Since our founding in 1976, our mission has been to promote regular physical fitness activity for all Americans as an essential component of overall good health. Although the major benefits of exercise are a healthy body and mind, our network of AVA clubs also strives to provide opportunities to socialize and build lifelong friendships. This upcoming February, we intend to expand our mission to include our friends from across the world during the 2023 IVV Olympiad.

The 18th IVV Olympiad will take place in North America for the first time ever, attracting thousands of walkers, bikers, and swimmers from more than 40 countries! Our international friends and local community will be able to experience San Antonio like never before. In addition to offering our friends the chance to experience San Antonio's dynamic culture, the Olympiad will increase the visibility of our organization on a national and international scale. We want as many people as possible to take part in this thrilling, once-in-a-lifetime international celebration. A celebration of fun, fitness, and international friendships. An event that people will remember for a very long time. We've got a lot of work ahead of us, but your participation in the Big Give on September 22-23, will make it that much easier to get things done and thrust us forward.

The total amount raised by the Big Give initiative last year was \$96,548.55! With your support, the AVA was able to host a very successful biennial convention in Madison, Wisconsin, assist clubs with the design and purchase of 170 feather banners, and conduct all program and administrative operations of the organization during a pandemic without reducing our workforce. Thank you for making a difference through your support and generosity.

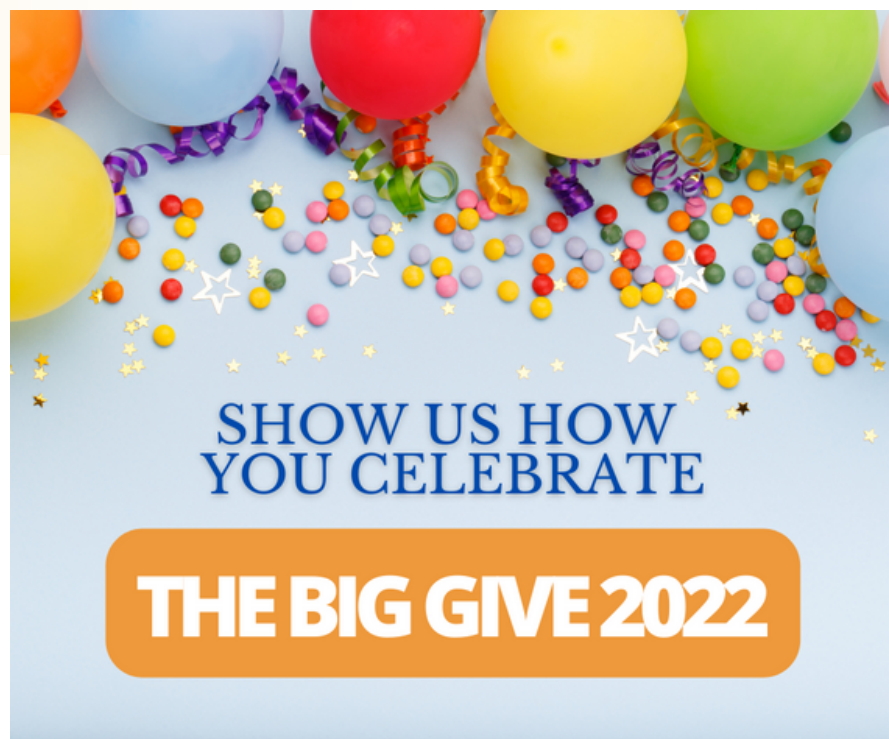
To continue to make an impact, please consider making an online contribution to our annual fundraiser, the Big Give S.A. on September 22-23. Any gift, big or small, will get us closer to reaching our \$90,000 goal. If you would like to donate by mail, you may send your donation check to our National Office now through October 31, 2022. If you would like to donate online now, please visit www.ava.org.

Take the step! Make an Impact.

HOW YOU CAN SUPPORT THE #BIGGIVE2022

1. Make an Online Gift

Get ready to give! This year's Big Give will start on September 22nd at 6:00 p.m. CT and end on September 23rd at 6:00 pm CT. That's right, the time frame has changed, but you will still have 24 hours to make a contribution. Invite family, friends, co-workers, and everyone you know to go online to the Big Give website and support AVA: America's Walking Club. The minimum online contribution per Big Give guidelines is \$10.00. Early online giving will start September 15 and run through September 21 for those unable to donate on September 22-23. Early gifts will count towards our total amount raised. Click [here](#) to make a gift online.



2. Set Your Alarms! Donate During Match Minutes

Donate online on September 22-23 and the Big Give will match any donation dollar-for-dollar, up to \$100, during their eight Match Minutes! This year, the Big Give has added two additional Match Minutes for Nonprofit Council Members only. Why is this so great? During these two minutes, there are only 123 agencies that will have access to these funds for a potential match in comparison to the other six Match Minutes, where more than 400 agencies will be eligible to participate. Our chances of having a donation matched as Nonprofit Council members are significantly higher during the following Match Minutes - Thursday at 10:09 p.m. and Friday at 7:09 a.m. In addition to the eight Match Minutes, the Big Give is also introducing three Golden Ticket Minutes this year. During the Golden Ticket Minutes, only one donation will be randomly selected to have \$500 automatically added to it. Remember, gifts will only be matched if they are completed within the one-minute or before the match pools run out, whichever comes first. We recommend having your donor/payment information entered and ready to click submit as soon as the Match Minute hits. Match Minute dollars are distributed on a first-come, first-serve basis. Last year, an additional \$2,625 was raised by donors who gave during these times! Set your alarms, give during the Match Minutes, and double your impact!



#BIGGIVE2022 MATCH MINUTES

Make a donation on September 22-23 during the Match Minutes below and your donation will be matched dollar for dollar, up to \$100!



PACIFIC TIME

Sept. 22 | 4:09 PM
Sept. 22 | 8:09 PM
Sept. 23 | 5:09 AM
 Sept. 23 | 6:09 AM
 Sept. 23 | 10:09 AM
 Sept. 23 | 1:09 PM
 Sept. 23 | 2:09 PM
 Sept. 23 | 3:09 PM

MOUNTAIN TIME

Sept. 22 | 5:09 PM
Sept. 22 | 9:09 PM
Sept. 23 | 6:09 AM
 Sept. 23 | 7:09 AM
 Sept. 23 | 11:09 AM
 Sept. 23 | 2:09 PM
 Sept. 23 | 3:09 PM
 Sept. 23 | 4:09 PM

CENTRAL TIME

Sept. 22 | 6:09 PM
Sept. 22 | 10:09 PM
Sept. 23 | 7:09 AM
 Sept. 23 | 8:09 AM
 Sept. 23 | 12:09 PM
 Sept. 23 | 3:09 PM
 Sept. 23 | 4:09 PM
 Sept. 23 | 5:09 PM

EASTERN TIME

Sept. 22 | 7:09 PM
Sept. 22 | 11:09 PM
Sept. 23 | 8:09 AM
 Sept. 23 | 9:09 AM
 Sept. 23 | 1:09 PM
 Sept. 23 | 4:09 PM
 Sept. 23 | 5:09 PM
 Sept. 23 | 6:09 PM

GOLDEN TICKET MINUTES

During the Golden Ticket Minutes, one donation will be randomly selected to have \$500 automatically added to it.

SEPT. 22 | 8:09 PM CT

SEPT. 22 | 11:09 PM CT

SEPT. 23 | 2:09 PM CT

3. Become a Fundraising Champion

Become a fundraising champion during this year's Big Give. Champion (Peer-to-Peer) pages are personal fundraisers on behalf of the AVA. These small fundraising campaigns are a great way to introduce our organization and mission to new individuals. One Peer-to-Peer campaign can bring up to four new donors! Talk to your friends, family, and colleagues about who we are, what we do, and why it is important to YOU to continue AVA's mission. Every dollar your friends give to your champion page will count towards our fundraising goal of \$90,000! Setting up your fundraising page is easy and fun! Just create your page, personalize it, and send out emails to your family and friends inviting them to support the AVA! If you need assistance creating or personalizing your page please refer to the [Crash Course on Peer-to-Peer](#) handout. If you need further assistance, please send an email to samanta2@ava.org (note on subject line: Peer-to-Peer Help). [Click here for Peer-to-Peer How to Video](#).

4. Ask Your Employer to Match Your Donation

Employers want to give to causes you care about the most. Many companies will match employee donations dollar-for-dollar through their Employer Matching Gifts program. Make your ask today!

THE BIG WALK - BOB HALL, BIG GIVE COMMITTEE MEMBER

For several years, Panda, a Giant Schnauzer, and I have conducted walkathons to raise money for AVA through Big Give. One year we walked all the year-round events for one of our clubs in SW Washington - a total of 100 km - in one weekend. The following year we walked 200 km in the week leading up to the Big Give and covered many of the peaks in the local area including Mt Tabor, Rocky Butte, Powell Butte, Forest Park, and Prune Hill, and the many beautiful trails and footpaths in the area including Burnt Bridge Creek, Ellen Davis, the Vancouver Waterfront, and several others.

This year, we are joined by Pat Jewett and are walking as far down the Pacific Crest Trail from the Washington Border to Canada as we can on the weekends. We are averaging 15 to 20 miles per hike. NOTE: It's about 500 miles from the Columbia River to Canada.

PLEASE CONSIDER supporting us as we trek our way along the Trail. If you are curious about the Pacific Crest Trail, this is a great opportunity to hike sections of it along with us. There are also opportunities to help out with logistics support. We have met and interacted with dozens of younger hikers and shared the benefits of AVA with them and some have shown an interest in the friendship and fitness opportunities AVA provides to senior family members.

To help with logistics or to join us, [click here](#). If you would like to make a donation, please visit my personal [Fundraising Champion Page](#). To read more about our progress, visit Pat Jewett's website - [All Things Walking](#). For more information on how you can support the Big Walk, you can reach me via email at bobhallfamily55@gmail.com.



BIG GIVE 2022 GIVEAWAY TIME!

- Donate \$100+ for a chance to win a VIP Pass to the 2023 IVV Olympiad or IML. 5 lucky winners will be chosen. (open to individuals & club donors)
- For every 50 donors, a 2023 Starting Point Book will be raffled. (open to individual donors only)
- Two lucky clubs will be chosen to receive a free registration to the 23rd AVA Biennial Convention. (open to club donors only)




Winners will be chosen after the campaign's end date - October 31, 2022.

GIVE BIG, WIN BIG!

As a token of our gratitude and appreciation for our donors, the AVA is giving back in a BIG way! This year, anyone who donates \$100 or more to our Big Give campaign (individual or club) will have their name entered into a drawing for a chance to win a VIP Pass to the 2023 IVV Olympiad and/or IML. Five lucky winners will have the opportunity to enjoy eight glorious days of walking, biking, and swimming and have access to the Olympiad Village where all social events will take place. Additionally, for every 50 donors (individuals only), a 2023 Starting Point Book will be raffled off, and two lucky club donors will be chosen to receive a free registration to the 23rd AVA Biennial Convention.



PROMOTING THE OLYMPIADE AT THE EUROPIADE



HOW YOU CAN PARTICIPATE DURING #BIGGIVE2022



1. Mail your donation check to the AVA National Office prior to October 31, 2022.



2. Make an early online contribution anytime from September 15 to September 21, 2022.



3. Make an online contribution on September 22-23 to help us leverage additional cash prizes.



4. Donors can now make bank-to-bank transfer donations. Minimum donation amount for a bank transfer is \$100. *Fee for bank transfer donations is \$3.00 per transaction. Fee for all other online donations is 6.2% + \$0.30.



5. Fundraise on behalf of the AVA by creating a Peer-to-Peer page.



6. Donate during the eight Match Minutes & Golden Ticket Minutes to double your impact!

7. Share our Big Give social media posts using the hashtags #BigGive2022 #TakeTheStep #MakeAnImpact.

**big
give**
presented by THE AVA COUNCIL

IS YOUR REGION UP FOR THE CHALLENGE?

Last year, the Southwest Region won the Big Give Regional Challenge for the second year in a row after raising a total of \$20,619.61! Congratulations Southwest Region! The Atlantic and Northwest Regions were extremely close to winning the top slot, but the Southwest Region ultimately took the crown. Who will triumph in this year's Regional Challenge? Will the Southwest Region keep its position as reigning champion or will it be time to pass along the Walking Stick of Kindness to a new winner? Stay tuned!

TAKE THE STEP!



HAVE YOUR CLUB DUES WAIVED!

Want your club dues to be waived? Show us how your club celebrates the Big Give! This year we are inviting our clubs to host their very own Big Give Celebration. Email us your videos or photos of your Big Give event or live stream and share them on social media. Make sure you tag the AVA Facebook page! Email your video or photos to samanta2@ava.org and please provide permission to share your content. The Big Give Committee will judge all submissions based on creativity! The top 3 winning clubs will have upcoming club dues waived and will also receive one free IVV Olympiad pass to raffle off among its own club members.

PRESIDENT/CEO - HENRY ROSALES

2023 AVA GENERAL MEMBERSHIP MEETING

The meeting date, time, and location for the 2023 General Membership meeting has been confirmed. The meeting will take place on Friday, February 24, 2023, in San Antonio, Texas during the 2023 IVV Olympiad and IML Texas Trail Roundup walk festival. At this time, there is no voting that will occur during the General Membership meeting. However, that does not mean things could change by the 60-day cutoff date for agenda items. Should there be agenda items that need to be voted on, clubs will be advised on the credentialing process in December. Clubs must be in good standing to vote at any General Membership meeting. The agenda is set by the Board Chair, Nancy Wittenberg. Feel free to contact her at chair@ava.org.

National Officer's elections will take place in June via an electronic meeting. The date and time are to be determined. Regional Directors terms continue through June 2023. Per Awards Committee Chair, Carl Cordes, "Due to the 18th IVV Olympiad in San Antonio February 19-26, 2023, we will not have our normal convention and awards banquet next year. While details are still being developed, we anticipate the National Award recipients will be announced in June 2023 on or about the same time we will hold elections for National Officers. So please submit your nominations as usual. Nominations for Regional Awards (Meritorious Service, Commendable Service, Certificate of Appreciation) can be submitted at any time on AVA Form 303 to your RD. These awards are reviewed, approved, and prepared by the Regional Director. Presentation method is determined by the RD. Look for more information and tips on regional and national awards in future Checkpoints."

2023 AVA General Membership Meeting Date, Time, and Location

Date: Friday, February 24, 2023

Time: 1:30 p.m. – 4:30 p.m. Central

Location: San Antonio, Texas (Meeting place will be in the November Checkpoint)

2023 IVV OLYMPIAD AND IML TEXAS TRAIL ROUNDUP UPDATES

THE OLYMPIAD REGISTRATION CONTINUES! REGISTER TODAY AND RECEIVE A DISCOUNT!

You can now register for the 2023 IVV Olympiad and IML/Texas Trail Roundup Walking Festival. The early bird registration discount continues through October 31, 2022.

To register go to: Home - IVV Olympiad 2023

The host hotel, La Quinta, will be the event registration and packet pickup site.



LIKE US ON THE OLYMPIAD FACEBOOK PAGE!

Please go to www.facebook.com/2023IVVOlympiadUSA and "like" us! Invite your volkssporting friends and fellow club members to like us. Help us build awareness and excitement as we move towards 2023! Look for the latest on the joint Olympiad/IML events and answers to questions you may have.

RESERVE YOUR 2023 OLYMPIAD EXHIBIT TABLES NOW!

All AVA clubs are invited to host an exhibit table at the 2023 IVV Olympiad and IML Texas Trail Roundup Olympiad Village. There is no fee for clubs who want to host an exhibit table however, we ask for a commitment to open your exhibit for a minimum of four hours per day, Monday – Saturday. Exhibits will come with an 8-foot table and two chairs. Tablecloths will not be provided.

The Village hours will be 11:00 am – 7:00 pm, Monday, February 20 - Saturday, February 25, 2023.

For more information and to reserve your table contact Erin at erin@ava.org.

IVV -CONGRESS OF DELEGATES MEETING, NEURIED/KEHL, GERMANY

Thank you for the opportunity to attend the IVV-Congress of Delegates meeting and IVV Europiade in Germany two weeks ago with Nancy Wittenberg, AVA Board Chair, and David and Mindy Bonewitz. It was great to see the IVV Presidium at work. There was a total of 33 delegates present at the meeting. Some of the takeaways from the meeting include:

- Approval of the IVV Strategic Plan and request for individuals to participate on committees outlined in the plan;
- Approval to host the 2024 IVV Congress of Delegates in Australia;
- Approval to host the 2025 IVV Olympiade in Finland;
- Approval to continue to host IVV Olympiades every two years.

If you would like more information on the IVV Strategic Plan and are interested in serving on one of the strategic planning committees contact Board Chair, Nancy Wittenberg at chair@ava.org

It was great to experience my first international walking event at the Europiade. Everyone was very welcoming and excited to learn about the 2023 Olympiad in San Antonio, Texas. Special thanks to PTA tours for allowing us to share an information booth with them, David and Mindy Bonewitz for presenting to the IVV Congress, and to our Board Chair, Nancy Wittenberg who was up early every morning visiting with walkers and sharing information about the 2023 Olympiad.

ELEMENT3 HEALTH INTRODUCES \$500 CLUB REWARD PROGRAM!

Attention AVA Club Leaders: Your club is a few clicks away from boosting its bottom line. Through Element3 Health, health insurance companies pay the AVA whenever one of their Medicare Advantage members participates in a walk or other activities. Those members then receive Free-Walk Vouchers. To date, 109 AVA members have taken advantage of this program!

Now our partners at Element3 Health are introducing new incentives for clubs to get AVA club members registered and reporting their activities. This Club Reward Program will run through the end of October, and your club can receive up to \$500!

To receive \$100:

- Email your members a reminder to sign up and find out if their health plan offers the benefit. All this can be done at e3hfun.com/ava(contact Element3 Health for the email template and process)

To receive another \$100:

- Send a second email to your members, reminding them to sign up!

To receive an additional \$100:

- Add at least 5 group events for your club to the Element3 Health portal to attract new members.

To receive an additional \$200:

- For those clubs with 5 or more enrolled members, encourage your members to report all of their activities by the end of October. You can collect and report the information yourself, assign a volunteer to do it, or ask your members to report individually.

To get started and redeem some or all of these club reward payments, please call Element3 Health at (844) 974-0493.

ACCOUNTING SPECIALIST - MARIAN DEVAUL



Click on image for form.

OCTOBER 2022 NATIONAL VOLKSPORT MONTH PATCH

October is National Volkssport Month. Celebrate by pre-ordering patches using the order form and returning to the National Headquarters. The 2022 patches are \$5.00 each (20% club discount does not apply. Shipping cost is not included)

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. The deadline to order these October patches is September 15th. 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

2023 STARTING POINT BOOKS - PRE-ORDER NOW!

It's time to pre-order your 2023 Starting Point Book. The deadline is no later than midnight, September 30, 2022. Mail form to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or fax to 210-659-1212. You may also place your order by emailing the form to marian@ava.org.

As our publishing expense has increased over the years, the 2023 Starting Point books will see a price increase to \$30 plus Shipping / Handling. Clubs will still receive a 20% discount. Family and Individual Associate members will receive their 10% discount, and Lifetime members will continue to receive their 15% discount.

2022 STARTING POINT BOOKS ON SALE!

We have discounted our 2022 Starting Point books. They are now available for sale at a cost of \$15.00 plus \$7.00 for Shipping / Handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

FINANCIAL

If your club's fiscal year ends on 6-30-22, it is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers and members. 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. Thank you.

IT SPECIALIST - HECTOR HERNANDEZ

2023 STARTING POINT PHOTO CONTEST

Thank you to everyone who has submitted their photos for the contest. Our Publicity Committee will be reviewing them and sending me the results as soon as they can. Good luck!

REMINDER

Please use the sanctions edit, Location Tile and event mapping feature to place the map pin indicating the event starting point for your event location. This will make sure that your event is mapped correctly and shows up on the map in the search events feature online. Note that the legacy mapping feature is only synced to the my.ava.org system once a day (at 5 AM CT), thus any new map location will not show up on the legacy mapping system until this synchronization has occurred. Please refer to [April Checkpoint page 6](#) to refresh your knowledge on the system. There is also a link to a pdf on the club's my.ava.org home page that discusses the renewal steps that includes setting the map pin.

IT COMMITTEE - MIKE GREEN, CHAIR

MAPS PHRASE FOR OSB ONLY EVENTS

During the August meeting of the AVA Board of Directors, the IT Committee proposed (and it was generally agreed) that the YRE/SEs Maps Phrase (aka, Mapping Services Phrase) should be displayed for all YRE/SE types: OSB, OSB/PSB, and OSB Only events.

Background - When the OSB feature was initially developed, it was decided to suppress (not display) the event's Driving Directions and Maps Phrase when an OSB Only event details are viewed online. The concern was that those not familiar with the OSB would use the Driving Directions or Maps Phrase and expect to find a physical start box at the indicated location for an OSB Only event. Now that the OSB feature is more widely understood in the AVA community and based on numerous user requests, the IT Committee believes it is appropriate to display the location of an OSB Only event's starting point via the Mapping Services Phrase (aka Maps Phrase).

What's New - The my.ava.org the event edit Location tile now supports entry of a Mapping Services Phrase for OSB only events as well as reviewing and public viewing/usage of the Maps Phrase.

Maps Phrase Contents - Please note for PSB or PSB/OSB Events, this Maps Phrase should always indicate the location of the physical start box (including for Remote Start events - where the start box is not co-located with the event starting point). However, for OSB Only events, the phrase should indicate the event's starting point.

If possible, please include "address, city, state" in the entered phrase to support non-local users as well as commas to make the entry more readable, for example, "Redner's Marketplace, 201 Second Ave., Collegeville, PA 19426". Please verify the entered phrase results in a single, correct map location by using the "Verify above Location ..." button on the data entry page before saving/reviewing then publishing the changed event.

Missing Maps Phrase - The following Checkpoint article, "2023 Starting Point Report" points out an event analysis feature that clubs, state associations, and RDs may use to determine which 2023 YRE/SEs are missing a Maps Phrase.

2023 STARTING POINT REPORT

The “2023 Starting Point Report” for Clubs (as well as for Regions on the Club Reports page and State Associations on the Reports page) is now available. Below is a summary for clubs on how to create and use this report.

Just Click on “Go” - Clubs may preview how their RD approved Year Round and Seasonal Events (YRE/SEs) will appear in the upcoming 2023 Starting Point Book. Clubs are strongly encouraged to review all of their 2023 YRE/SEs using the report created by clicking the “GO” button below the heading, “2023 Club Starting Point Report”. Shown below is an image of this button from a club my.ava.org home page.



The report PDF contains two sections.

Starting Point Listing Section - The first section of the report includes an introductory page followed by the club's 2023 YRE/SE information formatted as it will appear in the 2023 Starting Point Book.

Event Analysis Section - The second section contains an introductory page followed by an analysis of each YRE/SE with recommendations for improvement. The introduction includes information on how to fix any missing Elevator Pitch and/or a Maps Phrase fields pointed out in the analysis pages.

Update and Repeat - Changes to the my.ava.org event data will appear immediately in the next report only after saving/reviewing, then publishing the changed event. Remember that this report is only for 2023 events. It is easy to mistakenly edit/save/publish the current year's YRE/SE then incorrectly expect the change to appear in this 2023 report.

OSB and OSB/PSB - 2023 OSB (Online Start Box) and OSB/PSB (Online Start Box / Physical Start Box) events renewed from 2022 inherit their OSB or OSB/PSB designation and event pdf. Clubs may choose to mark a PSB event as an OSB or OSB/PSB event (by using the Basics Tile, Event Flags section on an event's edit page). When a 2023 YRE/SE has been marked (saved and published) as OSB or OSB/PSB, it will appear in the Starting Point as an OSB or OSB/PSB event independent of whether the club has uploaded the required event pdf and obtained OSB customer service approval. The assumption here is that the club will upload the required event pdf file and submit the event for OSB approval well before (at least four weeks prior to) the event's start date.

Event Editing - Clubs have until 9/15/2023, to edit, save, and publish their RD approved 2023 YRE/SEs after which a final report of all 2023 YRE/SEs will be created for the 2023 Starting Point Book. In other words, any event changes after 9/15/2022 will not appear in the 2023 Starting Point Book. 2

TAKE THE STEP!
IT'S TIME TO MAKE AN IMPACT.

big give

AMERICA'S WALKING CLUB

DONATE TO THE BIG GIVE 2022
ONLINE GIVING WILL START AT 6 PM ON THURSDAY, SEPTEMBER 22, AND END AT 6 PM ON FRIDAY, SEPTEMBER 23.
www.thebiggivesa.org



PROGRAMS COMMITTEE - TIM MINER, CHAIR

The America's Walking Club online webinar for **September** is **TUESDAY, September 20th at 8 pm Eastern**. It will last for one hour.

[Register in advance for this meeting by clicking here.](#)

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

Topics:

Washington-Rochambeau Special Program

Using OSMAnd - a digital step-by-step map-guided direction program for USFWF

AVA Insurance

The Big Give

NOMINATIONS COMMITTEE - CHRIS MELLEN, CHAIR

AVA NATIONAL OFFICER ELECTIONS

Nominations are now being accepted from candidates who seek to be the next national officers of the American Volkssport: chair, vice chair, secretary, or finance chair. Elections will take place at the membership meeting at the San Antonio, Texas Olympiad starting June 30, 2023. Successful candidates will take office on July 1, 2023 and serve until June 30, 2025.

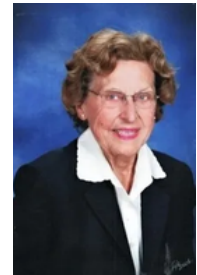
Step 1 in the process is for the candidate to submit a Letter of Intent by email no later than midnight (his/ her local time) Sunday, October 1. The brief letter need only include: office being sought; candidate's name; official mailing address; phone number; and email address. Electronic submission of the letter goes to the chair, Chris Mellen at capecodcyr@gmail.com. A confirmation of receipt will be sent via email, as well as an attachment of Election Guidelines for Officer Candidates. Late submission of the Letter will cease further consideration for Step 2 in the nomination process.

Step 2 is for the candidate to submit a Nomination Package, only by email, no later than midnight (his/her local time) Sunday, October 8. The Package must be consistent with the information in the Guidelines for Officer Candidates, but must contain two items: a biographical article, in Microsoft Word, for The American Wanderer of no more than 500 words or less and a candidate photo. This bio should include reasons why you are a candidate for office and your goals. It should tell us what you hope to accomplish if elected. The Guidelines will also contain information regarding campaigning. Electronic submission of the package goes to the chair, Chris Mellen at capecodcyr@gmail.com. A confirmation of receipt will be sent via email. Late submission of the package will cease further consideration.

For those candidates who have met the timelines for submission, and whose narratives are deemed accurate, their papers will be forwarded by October 25 to TAW for submission in the December issue. However, the Nominating Committee reserves the right to make contacts with persons to verify the accuracy of information provided (e.g. positions held; awards received). We will correct neither grammar nor spelling. Photos submitted will not be altered by the Committee. Neither the photos or papers will be returned.

Basically, what you submit is what the AVA membership will see except in two cases: if the information submitted is found to be in error, or the word count exceeds 500 words. Erroneous information will be deleted. If word count exceeds the limit you will be notified to edit and resubmit your article. If you do not resubmit in time for publication, your article will be edited to delete everything after the 500 word count. So, please be clear, concise and correct with your submission.

You are entitled to one complimentary bio article and one photograph in TAW. This is considered to be your nomination package. These articles will appear in the December 2020 issue of TAW, which will be printed and released on or about November 15..



WALKING WITH THE ANGELS

Cathy was president of the Hawkeye Hikers in Iowa City for many years. We used to go over to Iowa city to do their events. The club was very small and could not survive when Cathy was not able to run it. The Greater Des Moines Volkssport Association inherited several of their YREs.

[Click here to see full Obituary.](#)

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

INTERNATIONAL EVENTS



Join us May 24-26, 2024 for a walk through history in Canada's First Capital and surrounding areas. Registration includes 5 Event Walks, a Meet & Greet, and a Dinner.

Rejoignez-nous les 24-26 mai 2024 pour une marche à travers l'histoire dans la première capitale du Canada et les environs. L'inscription comprend 5 marches événementielles, un Meet & Greet et un dîner.

**21st Annual
US FreedomWalk Festival**
14 - 16 October 2022
— An International Walking Experience —
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

Volkmarching at its Best



SOLAR ECLIPSE
APRIL 8, 2024
SAVE THE DATE

The Texas Hill Country will be one of the few places in North America in complete totality of the solar eclipse. Observers will see about 4 minutes and 29 seconds of totality!

The Randolph RoadRunners are planning
5 & 10 km walks
in Kerrville, Texas

COME WALK WITH US
www.randolphroadrunners.info

NATIONAL EVENTS

Click images to go to official website.



SAVE THE DATE
18th IVV Olympiad and IML Texas Trail Roundup Walking Festival

February 19-23, 2023/IVV Olympiad
February 24-26, 2023/IML Texas Trail Roundup

Eight glorious days of walking, biking and swimming including the world-famous River Walk and World Heritage missions. At night, enjoy a uniquely American experience at the award winning San Antonio Stock & Rodeo Show!

ivvolympiad2023.org
texastrailroundup.org

AMERICA'S WALKING CLUB

Save the Dates for
WALKFEST VANCOUVER
September 22-24, 2023

3 Days of Beautiful Walks
Including Walks in World Famous Stanley Park and on The World's Longest Seawall

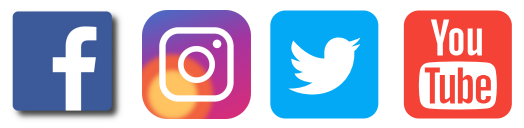
Three Hour Harbour Cruise
Including Onboard Banquet

Hosted by
Vancouver Venturers Volkssport Club
www.vancouverventurers.com
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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.](#)