



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

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CHECKPOINT

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PRESIDENT/CEO - HENRY ROSALES

WINDY CITY WALKERS ON GOOD MORNING AMERICA THIS WEDNESDAY!

Congratulations to Irena Paronis and the Windy City Walkers for their engagement with Robin Roberts co-anchor and the Good Morning America (GMA) show! Members of her club and the AVA will walk during the live segment of the GMA show this Wednesday, May 10th, as part of National Walking Month. We do not have an exact time therefore it is best to tune in at 7am EST and watch the full show over a good cup of coffee. Please check your local listing for times.

[Good Morning America' Announces Walking Challenge for National Walking Month | ABC Updates](#)

IMPORTANT DEADLINES FOR THE JUNE 14, 2023

ONLINE REGULAR MEMBERSHIP MEETING

April 30th, 2023 – Deadline for clubs to be in good standing to vote in the Regular Membership Meeting, June 14, 2023. If you have questions about this, please contact Erin at erin@ava.org

May 15, 2023 – Officer, Board Member and Committee Chair reports are due. Please limit reports to 300 words. There will not be a printed book of reports. All reports will be posted on the AVA website prior to the meeting under a special tab.

May 24, 2023 – Regular Membership Meeting information packet which includes all reports and supplemental documents are emailed to Officers, Board Members, Committee Chairs, and Club Officers.

May 31, 2023 – Credentialing forms must be received at the National Office by this date. You may mail or email the forms to Marian at marian@ava.org.

June 14, 2023 – AVA Regular Membership Meeting, 5:00 pm – 8:00 pm Central Time. This will be an electronic meeting utilizing the Zoom online meeting platform. Club Delegates who will be voting must register in advance for the meeting.

MEETING REGISTRATION LINK:

https://us02web.zoom.us/meeting/register/tZl0f-6orj8jGdWI2Jx4ilf8nos_8o8lVc1e

Click the above URL to register well in advance of the meeting date.

When you register for the meeting using the above link, if you are a club delegate, alternate, or proxy, be sure to put the same email address you used in the Credentialing Form that was submitted to the Marian at the National Office. Other non-voting meeting attendees should enter their personal email address into the registration form in the above link.

After registering, you will receive a confirmation email containing information about joining the meeting. It is important that you only use the specific URL (link) sent to you via email after you have registered to join the June 14th meeting.

If you are a club voting delegate, alternate, or proxy you will need to enter your personal Delegate Voting Code (DVC) during the meeting Before voting. All club delegates will be emailed their DVCs prior to June 1st. Your DVC will come to the email address you used in the credentialing form. Any club delegate who has not received their DVC by June 1st should contact Marian by email, marian@ava.org.

QUESTIONS AND TESTING

If you need help setting up or have any questions, please contact hector@ava.org. If you would like to test your system before the meeting, please contact Hector in advance.

REQUESTS FOR ADDITIONAL INSURED CERTIFICATES

Sometimes when a club hosts an event at a park, city, or private facility, the owners will ask to be added to AVA's insurance policy as an Additional Insured. This Additional Insurance Certificate covers outside parties who may have a financial stake in the club event. Clubs do not need to request Additional Insured Certificates for themselves because they are already covered under the AVA's General Liability Policy. Should you have questions please contact henry@ava.org

HOW TO REQUEST AN ADDITIONAL INSURED CERTIFICATE

Go to the club's my.ava.org home page and click on the Sanctions tab, then the Insurance tab.

Click on the Request Insurance button next to the event you wish to request Co-Insurance for.

Complete the form including the event POC information (who will be receiving the completed Certificate of Insurance (COI) via email) and enter the Additional Insured Info for COI case.

Hit the Submit button.

A request can be edited once submitted until it has been sent to the AVA Insurance provided (every Monday, Wed, and Friday around 4am)

Once a request has been sent to the Insurer. The club can create an additional COI request for an event if needed. Allow about a week for the COI pdf to be created and sent to the POC email address.

Clubs must enter their event for sanctioning and get it approved by their Regional Director before using the Insurance tab to create a Certificate of Additional Insured request. (There is no support for getting Co-Insurance for unapproved events.)

WEBINAR FOR NEW RDS, DEPUTIES AND CLUB OFFICERS OR THOSE RESPONSIBLE FOR SANCTIONING EVENTS - MAY 17, 2023 – 8:00 PM EASTERN TIME

PROGRAMS COMMITTEE ONLINE MONTHLY MEETINGS



Be sure to look below to join us for our monthly online meetings.

Topics To Be Covered

Update on Special Programs

Creating and Editing Events

Request Approval for new events or edited events with changes to event dates, city, or state.

Publish (make public) for other changes (not event dates, city, or state).

New/Edited event changes do NOT appear publicly until RD approved / Published.

RD / State Association event approval.

Types of Club / RD reports.

Click here to register for the session at:

https://us02web.zoom.us/meeting/register/tZEIcOuqqDouEtMn2oI-kpN_nXkej18Ocbli

You will receive a confirmation of your registration which will contain the link to join the online session.

SPECIAL THANKS TO ALL WHO PARTICIPATED IN THE KING WILLIAM PARADE!

The King William Parade in San Antonio, Texas was a phenomenal walking event and fun for those who participated. It is important to participate in these types of events because they are excellent marketing and outreach opportunities to different audiences who may want to volunteer or just walk with us.

As a result of the publicity we received from the Olympiad, the AVA was invited to participate in this citywide parade. It was unfortunate the parade date coincided with one of the local walks in New Braunfels, although in the end, both were well attended. Hopefully the AVA will be invited again next year, with advance notice, so we can coordinate better with local clubs. Again, thank you to AVA officers, club members, high school students, family, friends, and the National Office for making this happen with minimal notice!

Special thanks to Ellen Ott, Road Runners President, and club members for organizing the second annual Medal Mania! They raised \$282.00 for the AVA! In case you are not aware, the San Antonio Fiesta is all about how many medals you can wear without falling over! Some say the medal concept originated with Volksmarching! Click here to read the History of Fiesta Medals.

[The Weird History Behind Fiesta Medals | TPR](#)



AVA BUS TOUR TO THE VOLKSMARCH AT CRAZY HORSE MEMORIAL CANCELLED

Thank you to those who expressed interest in the 2023 bus tour from San Antonio, Texas to Rapid City, South Dakota. Unfortunately, this trip has been cancelled due to lack of participation. However, I encourage all to attend the 37th Annual Spring Volksmarch, June 3, 2023, in support of our Black Hills club. [Click here](#) to view information on the event.

ELEMENT3 HEALTH UPDATE

Element3 Health would like to thank everyone for partnering with them. Qualified members who report social, physical, and mental wellness activities earn walk vouchers and income for their clubs.

Their updated link allows members to keep track of the number of activities reported monthly. As a reminder, the Medicare Advantage companies providing this benefit will reimburse for ten activities per month but please report your total number of activities. Click on this link to report activity - [Report Activity Here](#).

If you have difficulty, please contact Element3 Health at 833-906-1700. Their hours of operations are Monday through Friday from 9am to 7pm EST.

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY COMMITTEE UPDATE

The Windy City Walkers in Chicago will be hosting Robin Roberts with Good American America, on Wednesday May 10th, from 6am – 7:30am, as part of National Walking Month. What a wonderful opportunity to publicize AVA: America's Walking Club. You can contact Irena to get more info, if you can walk with them, or watch the show that morning. We are sending talking points about AVA, and will gladly do so for your club. If you have been contacted by any TV, radio or newspaper, whether local or national media, please let us know, so we can help in any way you need. We also appreciate receiving copies, or links to any media about AVA or your walking clubs. You can email me anytime: susanf@ava.org or 817-925-5447.

Two big events are coming up, so please post your photos to our AVA Facebook page.

1. Crazy Horse, Saturday June 3rd, in southwest South Dakota, which is celebrating 75 years since the first blast occurred on Thunderhead Mountain. Bring 3 cans of food and \$3 event fee, and the regular admission will be waived. More info available here.



2. US Freedom Walk, October 20-22, 2023 in Arlington, Virginia, an international IML event which explores parts of Arlington and Washington D.C. The IML Presidium will be attending, so we would like to have a huge crowd welcome them. Get more info: usfreedomwalk.org.

I know many clubs will be downsizing their events this summer, as the heat rises. But an idea is to meet at a local mall to walk indoors, and continue the momentum of walking and talking. Most malls open early for walkers. For many malls, it would take 8-10 laps for a 10K, depending on the mall size. Remember to post your walks/photos on AVA Facebook page, so we continue seeing the wonderful events you do.



YEAR ROUND AND SEASONAL EVENT RENEWALS FOR 2024 BEGIN JUNE 1ST, 2023

The renewal of 2023 Year Round and Seasonal events (YRE/SEs) for 2024 will be enabled starting June 1st, 2023. Clubs are expected to complete the renewal of their 2023 YRE/SEs as well as any new YRE/SEs for 2024 by 8/31/2023.

NOTE: Clubs should NOT use the "New event - copy previous" feature in the Edit/New "NEW EVENTS TO BE COMPLETED" section to renew events.

On June 1st, the my.ava.org system will automatically copy the current (published) event information of each club's sanctioned 2023 YRE/SEs into the Edit/New event buffer. These copied events will then be listed in the "EVENT RENEWALS" section of the club's Edit/New page (found via the club's home page, then clicking on the "Sanctions" tab, then the "Edit/New" tab).

Any unpublished or unapproved changes to 2023 YRE/SEs will NOT be included in the event information copied on June 1st. The club's home page contains a "Edit/New Sanctioning Summary" table providing a count of events needing to be published or approved. Any club YRE/SEs listed in the Edit/New "EDITING CURRENT SANCTIONS" section may have unpublished/unapproved changes. Clicking on the "Review" button, for a listed event, displays all event information with change bars indicating what changes are still pending. Clicking on the displayed "Publish (make public)" or "Req Approval" button near the top of the Review page at least a week prior to June 1st will allow time for regional directors (and possibly state associations) to approve any event changes (needing approval) such that resulting published event information will be included in the corresponding renewal.

On June 1st, all published 2023 YRE/SE information will be copied into the renewal events with the following exceptions:

1. The event year will be changed to 2024.
2. Special Programs (SPs), that "expire" 12/31/2023, will be removed. (The SP expiration date is the date after which the SP POC will no longer officially accept completed SP books, as indicated on the current SPs web page, <https://cb.ava.org/specprog.php>)
3. The requested number of stamps for each renewal will be set to 1 for PSB and PSB/OSB events and 0 for OSB events. (The previous year's stamp request number is ignored. The first stamp for any event type is always free.)
4. The "Request event to be PPSF (Per Participant Sanctioning Fee) will be NOT checked off. (The 2023 PPSF setting is ignored.)

Clubs may also choose to mark any listed renewal as "Do Not Renew".

For an event the club chooses to renew, a club manager should click on the listed renewal's "Edit" button. Then inspect/update the information displayed on the Edit page by clicking on each of the "Sanction Tiles" buttons near the top of the page. In particular, the club should consider possibly checking off "Request event be PPSF", adding any applicable/new SPs (starting in 2024, see <https://cb.ava.org/futureprog.php>), and adjusting the number of requested stamps. Once a renewal's information has been edited and saved, a "Review" page displays all the renewal's information on one page. Clubs must click on the "Req Approval" button (near the top of the "Review" page) to indicate the renewal is ready for regional director (and state association if applicable) approval.

New YRE/SEs for 2024 should also be submitted for approval before August 31st, 2023, to assure their inclusion in the 2024 Starting Point book. Clubs may use the Edit/New page features in the "NEW EVENTS TO BE COMPLETED" and "RESURRECT AN OLD YRE / SEASONAL" sections to create new YRE/SEs as described via the "Help" button on the Edit/New page.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

STARTING POINT BOOKS

Our 2023 Starting Point books have gone on sale for a cost of \$25.00 plus shipping and handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

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, 2023. Please submit a copy of your filings to marian@ava.org.

May 15th, 2023 – 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 6-30-23 are not due until November 15, 2023

T-SHIRTS & BALL CAPS

We have a new AVA t-shirt design available for sale. Also, if you missed the opportunity to purchase your Olympiad t-shirt or ball cap, now is your chance to buy the merchandise at a discounted price. The pricing, colors and sizes are noted below:

- AVA T-Shirts: Turquoise, Kiwi Green, Lavender, Pale Blue Green
Limited sizes available from medium to extra-large (they will shrink)
Price: \$20.00 plus Shipping / Handling
- Olympiad T-Shirt: Sorbet
Sizes range from small to 2xl
Price: \$5.00 plus Shipping / Handling
- Olympiad Ball Caps: Pink, Charcoal, Smoke Blue, Turquoise, Orange
Price: \$20.00 plus Shipping / Handling

For purchase, please contact Marian at 210-659-2112 or e-mail at marian@ava.org. Thank You!



CLUB DUES

Just a friendly reminder the Annual Club Dues for the upcoming 2023 – 2024 fiscal year, will be invoiced on July 1, 2023. The yearly rate is \$75.00, and is due within 30 days of receipt of the invoice.

IOWA'S WALKING CLUB - PHYLLIS OLSON, CLUB HISTORIAN

CHOOSE YOUR OWN ADVENTURE

Are you making plans for your 2023 summer walking adventure? The North Central Region Adventure Weekend will fill the bill. On September 15-17 the North Central Region is holding a weekend of walking, socializing, meeting, and fun. The northwest Iowa small town of Rock Valley will host the event. Nine walking events are available for each participant to choose their own adventure with 5 of them featured with start tables in the 3 days. In addition, there is a pizza party with games, a plated dinner with meeting and a multitude of prizes.

This is a multi-state adventure; walks are in Iowa, Minnesota, and South Dakota. The walk events are within a 50-mile radius of Rock Valley. The Grand Stay Hotel & Suites in Rock Valley is the headquarters, but camping is also available.

Your adventure is waiting! Come to the North Central Region this fall to walk and socialize with your Midwest Volkssport friends. For details: iowaswalkingclub.org or North Central Regional Director, Susan Pinneke, susanpinneke@gmail.com.



PACIFIC REGIONAL DIRECTOR - CARL CORDES

HERMAN (HERM) HUSBANDS 1933-2023

Sadly, the Pacific Region reports the passing of Herman H. Husbands, 89, on April 18th. He was the sole driving force of the Coronado Beachcombers which he managed over 20 years. His determination kept the popular Coronado CA YRE across the bay from San Diego alive after the start point was closed 13 months due to pandemic. This walk (YR0352) was one of the early year-round events first sanctioned over 30 years ago. While the club will be closing, the Coronado YRE will remain open as a Regional Director event. I have renamed it the Herm Husbands Memorial Walk in honor of his commitment to this walk, his club, and service to IVV, AVA and the Pacific Region. Herm was Pacific Regional Director 2001-2005. He was president of the Ramstein Roadrunners 1981-1983 while serving in the Air Force and received the DVV Bronze Medal for contributions to Volkssporting in Germany. Herm told me he walked in 26 IVV countries during his 12 years in Europe and received an IVV certificate and patch for the feat.

Funeral Mass for Herm will be May 5th at Mission San Diego e Alcala followed by internment at Miramar National Cemetery.



FIRST COAST TRAIL FORGERS WALKING CLUB - AMY THOMAS, PRESIDENT

KRISTIN RAASCH - 2023

When I joined the club almost 2 years ago it was Kristin and Diana I first met. I thought walking a 10 k would be no problem. Kristin definitely kept me on my toes! She walked so fast and I was determined to keep up with her the entire time! She was so kind and encouraging and she made me want to come back to every walk. She was encouraging when I wanted to be president even when I doubted myself a lot. I had so many wonderful talks with her while we walked. I'm honored to have known her even for a short time. We are all heartbroken for losing Kristin and we feel it every time we walk. I'm especially honored to have walked with her not only on my first walk with the group, but with her last walk with the group in Orange park in October. I got my first selfie with her and she told me about her trip to Croatia. We are all so sorry for Kristin's family who meant so much to her. We will continue to celebrate Kristin and her spirit every time we walk.

Kristin considered herself a Florida girl and loved the beaches and the ocean. After her family moved to the state early in her life, she always lived close to the beach, with the brief exception of her college years. To share her love of the coast, she designed and led numerous walks for the First Coast Trail Forgers including those at Jacksonville Beach, Washington Oaks and Fernandina Beach. All of these can be enjoyed as self-guided walks through the American Volkssport Association (AVA) and it's Jacksonville chapter, the First Coast Trail Forgers.

Kristin was an adventurous soul and loved to travel, especially anywhere with fiords and waterfalls. Some of the places she visited were Alaska, New Zealand, Australia, and Norway, the homeland of her ancestors. Her most recent travels included a cruise of the Great Lakes with her husband Eric and a visit to the Croatian coast with her daughter Sara.

She is survived by her two children Eric Jr. and Sara, her husband Eric and her brother William C. Kercher.



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.



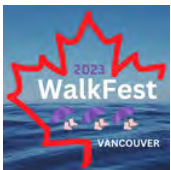
Coffee Break!
International Volkssport News
[IVV Website](#) [IVV Online Database](#)



Please click on the image to see the latest issue of the IVV Newsletter the Coffee Break. Enjoy reading it and have a good weekend.

NATIONAL EVENTS

Click images to go to official website.



WalkFest Vancouver -
September 22-24, 2023
Registration is Now Open

The Vancouver 'Venturers are pleased to welcome you to WalkFest 2023 in beautiful Vancouver, BC. Enjoy a weekend of walks that showcases the spectacular natural beauty of the area as well as the historical areas of Stanley Park, Gastown, Chinatown and the West End. An optional 3 hour harbour cruise and banquet will take you under the Lions Gate and Burrard bridges into False Creek passing Granville Island, Roger's Arena and the iconic Science World building. Come early or stay late, and start planning your visit to [Vancouver](#) in September.



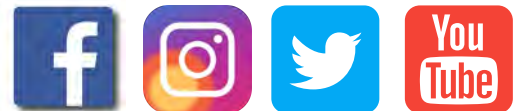
PALO DURO CANYON STATE PARK -
CANYON, TEXAS - OCTOBER 6-8

Pre-registration opens in early June when the brochure and registration forms are available on www.westtexastrailwalkers.org. Be sure to check our website regularly for updates. You can also reach out to Susan Noonan, susan.noonan@gmail.com for additional questions. More info in the April 2023 Checkpoint.

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.



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