

DONATE TODAY



CHANGE LIVES TOMORROW



SEPTEMBER 20-21, 2023 | BIGGIVESA.ORG

AVA IS MUCH MORE THAN JUST A WALKING ORGANIZATION

Meet Rose (left side), she has been walking for 40 years. Along the way, she has made beautiful friendships. One of those friends is Mrs. Pat Gunter (on right side), whom Mrs. Rose has known since she began her participation with AVA. Just imagine a 40 year friendship. This is truly a beautiful story. Both of them are widowed. They have developed friendships that helped them overcome their losses. The AVA means more than just walking. The AVA provides socialization, physical health and so much more.

Rose, recently broke her femur (thighbone). This thighbone aids in walking and standing. Because of Rose's history of walking with the AVA, Doctors and friends were impressed with her fast recovery. She walked out of the hospital two weeks after her injury. This is truly remarkable.



FOURTY YEARS OF WALKING FRIENDSHIP
Rose Foerester and Pat Gunter

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DONATE TODAY, CHANGE LIVES TOMORROW

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 health and wellness for all Americans. Our primary aim is to promote walking, biking canoeing, and other non competitive physical activities. By implementing these activities on the ground, we foster a sense of community while enhancing individual health. These activities offer opportunities for participants, families and friends to engage in a physical activity while enjoying the beautiful scenery, building friendships, and having fun.

As an individual, just a small donation of \$10.00 can start making a difference. Your donations, big or small helps us pursue the implementation of new membership programs. The development of a mobile walk application and an improved TAW are also part of the exciting projects we are pursuing with your donations. Donate today, change lives tomorrow.

Mark your calendar for September 20-21, 2023. Help us achieve our fundraising goal of \$90,000. If you would like to donate by mail, you may send your donation check to our National Office now through October 31, 2023. If you would like to donate online now, please visit www.ava.org.

HOW YOU CAN YOU HELP US REACH OUR GOAL OF 90K #BIGGIVE2023

1. Make an online contribution

TAKE NOTE OF THESE IMPORTANT ONLINE GIVING DATES

- **September 13, 2023**- Early online giving starts
- **September 20th @ 6:00 p.m. Central Time and end on September 21st at 6:00 pm Central Time.** - The Big Give Day of giving and match minutes begin
- **October 31, 2023**- Last day to send Big Give Contributions.

The *Big Give*

Click here to visit the AVA:
America's Walking Club
Big Give giving page.



MATCH MINUTES EXPLAINED

2. Set Your Alarms! Donate During Match Minutes

Donate online on **September 20-21,2023** and the Big Give will match any donation dollar-for-dollar, up to \$100.00, during their Match Minutes! Our goal is to always maximize donor dollars because every contribution is part of a successful fundraiser. The funds will be matched during the specified minutes below up to \$10,000. We encourage all our donors to donate during the match minutes below. Depending on where you live, the minutes are provided with your specific time zone.



#BigGive2023 Match Minutes

MAKE A DONATION ON

WEDNESDAY, SEPT. 20 @ 6PM

THROUGH

THURSDAY, SEPT. 21 @ 6PM

DURING THE MATCH MINUTES DEPICTED BELOW



Pacific Time

SEPT. 20 | 4:10 PM

Sept. 20 | 5:10 PM

Sept. 20 | 6:10 PM

Sept. 20 | 7:10 PM

Sept. 20 | 8:10 PM

SEPT. 21 | 7:10 AM

Sept. 21 | 10:10 AM

Sept. 21 | 12:10 PM

Sept. 21 | 1:10 PM

Sept. 21 | 2:10 PM

Sept. 21 | 3:10 PM

Mountain Time

SEPT. 20 | 5:10 PM

Sept. 20 | 6:10 PM

Sept. 20 | 7:10 PM

Sept. 20 | 8:10 PM

Sept. 20 | 9:10 PM

SEPT. 21 | 8:10 AM

Sept. 21 | 11:10 AM

Sept. 21 | 1:10 PM

Sept. 21 | 2:10 PM

Sept. 21 | 3:10 PM

Sept. 21 | 4:10 PM

Central Time

SEPT. 20 | 6:10 PM

Sept. 20 | 7:10 PM

Sept. 20 | 8:10 PM

Sept. 20 | 9:10 PM

Sept. 20 | 10:10 PM

SEPT. 21 | 9:10 AM

Sept. 21 | 12:10 PM

Sept. 21 | 2:10 PM

Sept. 21 | 3:10 PM

Sept. 21 | 4:10 PM

Sept. 21 | 5:10 PM

Eastern Time

SEPT. 20 | 7:10 PM

Sept. 20 | 8:10 PM

Sept. 20 | 9:10 PM

Sept. 20 | 10:10 PM

Sept. 20 | 11:10 PM

SEPT. 21 | 10:10 AM

Sept. 21 | 1:10 PM

Sept. 21 | 3:10 PM

Sept. 21 | 4:10 PM

Sept. 21 | 5:10 PM

Sept. 21 | 6:10 PM

YOUR DONATION WILL BE MATCHED DOLLAR FOR DOLLAR. UP TO \$100!



Pepper Prize payout



Winners will be chosen after close of event @ 6:00pm on Thursday, Sept 21.

Frist Place- \$2500.00

SecondPlace -\$1000.00

Third Place - \$500.00

The agency with the most money raised through online donations made by individual donors between 12-01am September 13 through 6pm September 21.



ALL WINNERS WILL BE FINALIZED AFTER A PRIZE AUDIT WITHIN 3-5 DAYS FROM THE END OF THE CAMPAIGN

3. Set up a Peer to Peer page and Invite Friends to Donate

Creating a peer to peer page is a way to introduce our organization and mission to new people. A peer to peer page makes it your own personal space to tell your story and why you believe in AVA and all it has to offer. ***This is an interesting fact, a Peer-to-Peer page 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. 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 send an email (subject line: Peer-to Peer Help) to avabiggive@ava.org. Are you a visual person, [click here for Peer-to-Peer How to Video](#). Don't delay, the earlier you start the more chances you have of raising funds. We thank you in advance for all your efforts and support of our organization.

4. Ask Your Employer to Match Your Donation

You may be surprised by what you can accomplish just by asking a simple question to your employer. It can go something like this, "Will you consider matching employee donations to the AVA?" If your employer says yes, imagine what you can contribute to this year's Big Give. Even if your employer doesn't match the funds, don't be discouraged. If your employer donates any amount because of your question, consider your fundraising efforts a success.

IS YOUR CLUB UP FOR THE BIG GIVE REGIONAL CHALLENGE?

Last year, the Northwest Region won the Big Give Regional Challenge after raising a total of \$17,104.07! Way to go Northwest Region!! Your efforts are an example to follow. Our Southwest region was not too far behind raising a total of 16,174.34. Who will triumph in this year's Regional Challenge? Who is ready to take the crown? Will the Northwest Region keep its position as reigning champion or will it be the Southwest region or another region this year?

The region with the most amount raised during our Big Give fundraiser will be awarded the Walking 2023 Stick of Kindness. Donors from the winning region will also receive special recognition during our 2025 Convention and a Front of the Line Pass. This Pass includes front line access to all AVA food and beverage catered events like lunches, socials and gala dinner during the 2025 Convention.

AVA Giving Back - 2023 Big Give Raffle Prizes

- Free Sanctioned Traditional Events - For every 25 clubs that donate, one free traditional sanctioned event will be raffled.
- 2024 Starting Point Books - For every 50 unique donors, one 2024 Starting Point Book will be raffled.

Grand Prize

- 2025 Convention Registration- One club and one individual will be the lucky winners of a free 2025 Convention Registration (travel not included).



Click here to visit the AVA: America's Walking Club Big Give giving page.



Click here for Peer-to-Peer How to Video



How You Can Participate during #BIGGive2023



1. Mail your donation check to the AVA National Office @ 1008 South Alamo St, San Antonio TX, 78210. Send checks prior to **October 31st, 2023.**



2. Make an early online contribution anytime from **September 13th to September 21st, 2023.**

3. Make an online contribution on September **20th-21st, 2023** 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 12 Match Minutes & double your impact.



7. Share our Big Give social media posts using the hashtags **#BigGive2023** **#AVACHangesLives**



TAKE THE SELFIE CHALLENGE CONTRIBUTION

This is a great way to start making a difference on The Big Give 2023 fundraiser. This is how it will work: You nominate a friend to donate to The Big Give 2023 and select our organization AVA: America's Walking Club. After they have donated, they will take a selfie and post it on any social media platform of their choice with the hashtag #BigGive2023 #AVACHANGESLIVES. After that person posts their picture, they will nominate the next person. Keep the nomination going. Every dollar counts towards our goal. The link below is for online donations. [Click here to visit the AVA: America's Walking Club Big Give giving page.](#)

TAKE YOUR OWN SOCIAL MEDIA CHALLENGE

Are you up for creating your own social media challenge? Spark your creativity this Big Give 2023. Your challenge may bring AVA a surprising amount. You can challenge your friends to help you raise a certain amount on Facebook. When this amount is raised, you will do something your friends would never see you do. For example, I had a friend who challenged their friends to help her raise \$5,000. How did she do it, you may ask? If she raised the \$5,000, she would cut her long hair which she had for the last 20 years. Everyone wanted to see her with short hair. The curiosity spread among friends, family members, and coworkers. They all wanted to see her with short hair. She met her goal and her friends saw a new look. Post your challenge on Social media with the #BigGivechallenge #AVACHANGESLIVES. If you have a hard time setting it up, ask a family member such as a grandchild, son, or daughter. Let them know how important this organization is to you.

The **Big Give**

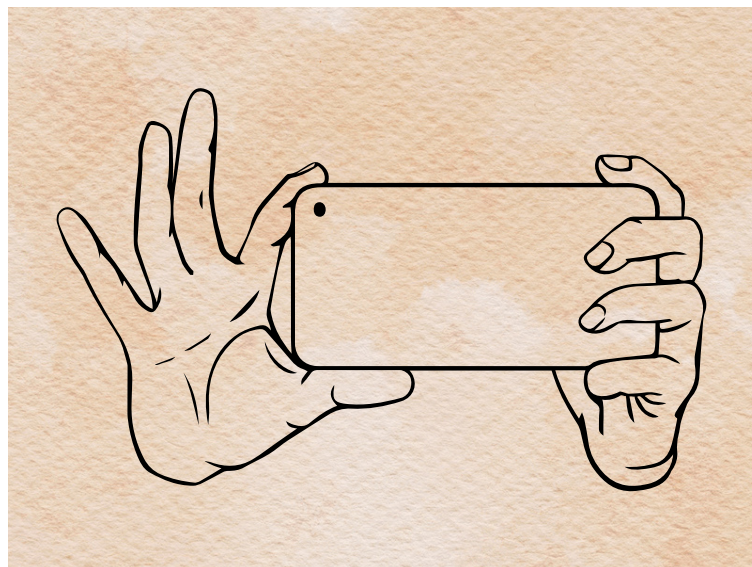
Take the selfie challenge

NOMINATE A FRIEND TO DONATE TO THE BIG GIVE 2023



IF THEY ACCEPT
THE OFFER

HAVE THEM POST A SELFIE ON
THEIR FAVORITE PLATFORM



MIKE AND BETTY GREEN - LIBERTY BELL WANDERERS

TRIBUTE TO DARRELL NEILY

Darrell will be greatly missed by our AVA community.

Darrell was the designated support person for the AVA Online Start Box (OSB) system for a number of years. He responded to emails sent to osbhelp@ava.org and helped folks create their online accounts and sign up for online walks. Darrell also helped clubs get their events into the OSB system. He carefully read and provided feedback for all OSB event directions with recommendations for improvement as well as assuring they contained the required elements prior to approval.

Volkssporters who contacted Darrell for Online Start Box advice received prompt help with utmost patience. Darrell helped people successfully use the OSB, including those with little computer experience.

Darrell helped write and review online tutorials. He completed OSB training presentations and conducted one-on-one OSB help sessions at Atlantic Region conferences and AVA national conventions. Darrell was a dedicated proponent of using the OSB system. During his tenure on the IT Committee, OSB events grew from just a few to almost 700 OSB events per year. He never complained about the increased workload. Darrell received the AVA President's Award in 2021.

More than all these technical attributes, Darrell was a kind person, generous of his time and ready to help whoever asked. He traveled to attend several of our club's events in Pennsylvania and always had a kind word and smile. We will greatly miss our friend.

PRESIDENT/CEO - HENRY ROSALES

AVA BOARD OF DIRECTORS MEETING

The AVA Board of Directors will convene for their quarterly meeting on Wednesday, October 18, 8:00 a.m. – 8:00 p.m. in Crystal City, Washington, D.C. Board and Committee members should email agenda items and reports no later than September 30th, 2023 to Nancy Wittenberg, Board Chair at chair@ava.org and copy Henry Rosales at henry@ava.org. The meeting agenda will be posted on the AVA website once it has been finalized. [Click here for the Committee report form.](#)

This will be an in-person meeting at the Double Tree by Hilton Washington D.C.-Crystal City. The address is 300 Army Navy Drive, Arlington, VA 22202. Board members are encouraged to stay and support the US Freedom Walk Festival. For more information on the USFW Festival click on this link. [Welcome to the US FreedomWalk Festival](#)

THE BIG GIVE THIS SEPTEMBER 1 – OCTOBER 31, 2023

This is the ninth year of our individual donor campaign, which happens only once a year and was initiated by one of our dear club members, Charlotte Phillips. Our goal this year is to raise \$90,000. If every member gave just \$15.00 that would generate over \$97,000! Contributions help the AVA pay for program expenses, special events, and new initiatives.

This year you can earmark your contribution to support new initiatives coming out of the membership committee or you can support the development of a new walk application by making a note in the comment section of the online giving form or by writing **membership or walk application** on the memo line of your check. Please make all checks payable to The American Volkssport Association. Of course, we always appreciate unrestricted donations to support our operation.

Online giving starts on Wednesday, September 20 at 6pm and goes on through Thursday, September 21 at 6pm. Don't forget to ask your family and friends to contribute!

Special thanks to all our early donors for investing in the American Volkssport Association. We appreciate your continued support and are committed to keeping AVA's legacy alive!

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

TAW/BIG GIVE/MULTIDAY EVENTS

WOW! There are so many exciting plans for AVA in the future, and we will keep you apprised of new goals as we move into 2024.

But first: the last "newspaper-oriented" TAW will be published in December. We want to give a huge SHOUT OUT OF THANKS! to Donna Seline for her many years of producing and publishing The American Wanderer. Please send any photos or stories you have about Donna to publicity@ava.org by October 15, so we can gather them for the October 25 deadline. We appreciate you, Donna!



The Big Give: please send a short (30 sec) video or written story of why you support AVA and The Big Give. Your stories are key to demonstrating the impact AVA has on our lives, and helps us in our fundraising goals for the organization to stay on budget and promote AVA even more around the country. Send your video/story to: avabiggive@ava.org.

We also give a shout out to POCs who plan multi-day events. The work is huge and helps walkers plan their traveling for events. We want to promote these walks who have submitted their multi-day events. [See the list here.](#)

- Sept 15-17: North Central Regional Adventure Weekend in Rock Valley Iowa
- Sept 14-17: Group weekend of walks, swims, and bike events in Bend, Oregon
- Sept 22-24: Walkfest Vancouver, BC Canada
- Oct 5-8: Fall Foliage Weekend in State College Pennsylvania
- Oct 6-8: Palo Duro Canyon Hiking Fest in Canyon, Texas
- Oct 20-22: 22nd Annual US FreedomWalk Festival plus IML meeting in Arlington, Virginia
- Oct 26-29: Hoofin' It On Halloween in various cities in Kansas
- Oct 27-29: Walk Around Florida 32 in St.Petersburg, Florida

Thank you to those who sent in their photos for the Starting Book contest. We have several great images to choose from. We will announce the winner soon.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

OCTOBER 2023 NATIONAL VOLKSSPORT MONTH PATCH

October is National Volkssport Month. Celebrate by pre-ordering patches using the order form and returning to the National Headquarters. The 2023 patches are \$5.00 each (20% club discount does not apply. Shipping cost is not included)



Click on image for order form.

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

STARTING POINT BOOKS

2024 STARTING POINT BOOKS - PREORDER NOW

It's time to pre-order your 2024 Starting Point Book. The deadline is no later than midnight, September 30, 2023. 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. [Click here for Order Form](#)

2023 STARTING POINT BOOKS - CLEARANCE SALE

Our 2023 Starting Point books are now on sale for the low cost of \$10.00 plus shipping and handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

FINANCIAL

If your club's fiscal year ends on 6-30-23, it is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers. The financial documents are due by November 15, 2023. 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.

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

RD please go to My.AVA to approve all evnets by September 15th. Clubs make sure all your renewals are in and correct. All events will be added to the Starting Point book and should be accurate for printing.

PROGRAM COMMITTEE - DIANE HOWELL EVANS, CHAIR

VOLUNTEERS WANTED

As the new Chair of the AVA Program Committee, I am seeking 1-2 volunteers across all AVA regions that would like to serve with me. We are responsible for developing and implementing nationwide interactive programs bringing all AVA members together, both clubs and individuals of all ages, while promoting the presence of AVA to potential new members through the publicity of these programs.

Currently there are 2 AVA Special Programs beginning in 2024: a-MAZE-ing Labyrinths and Step to the Beat.

Our Committee meetings are monthly by conference call and/or video conference. E-mail, texting and phone calls between meetings may be used to communicate.

If you are interested in joining the Program Committee or would like a copy of the charter for review first, please contact me via e-mail at programs@ava.org. Thank you.

MEMBERSHIP COMMITTEE - SUSAN PINNEKE, MEMBER

AVA CLUB MEMBER COUNT

The membership committee is working on some ideas to help increase membership in AVA. To do that we need the most accurate data possible.

Would you please ask the club presidents in your to please review and verify the membership count in My.AVA.org by Monday, September 11.

Many thanks for your help.

AVA PARTNERSHIP - SANA WELLNESS & HEALTH

SANA Wellness & Health - Heal From Within

Greetings from SANA Wellness & Health! The goal of SANA Wellness & Health is to help people “heal from within.” We are excited about teaming up with American Volkssport Association this fall to provide an exclusive offer to all interested members of the AVA.

We offer three major services to help people get the most life out of their years. Chiropractic, Nutrition, and Functional Orthotics. At SANA, our favorite quote is “life is movement and movement is life.” So it is fitting that we are aligning with AVA San Antonio.

To get everyone off to a great start this year, we’re offering AVA members a free foot scan.

Beginning September 12th through September 29th, we invite you to receive a free 3-D foot scan. We will offer appointments from 1 PM to 3:30 PM Mon-Friday and select Saturdays from 12 PM to 2 PM (9/9 and 9/23) at our office located in the Historic King William District at 1032 S. Alamo Street (just a few doors down from AVA San Antonio). Appointments will be required, and should only take 15-20 minutes. And if you decide to order a pair of custom made orthotics, we will offer you a 15% discount. Delivery of your custom-made orthotics arrive in our office within 5-7 business days. We will then contact you for your fitting. Contact us at 210-927-2095 to schedule your appointment. If you would like to learn more about us you may visit www.sanawellnesshealth.com.

Why, you ask, should you care about your feet?

Your feet are the foundation of your body. As with the foundation of a home, if the foundation of your home is uneven, your walls and ceiling will start to crack and doors won’t close well. If you don’t level the foundation, your home will cave in and fall. Similarly, if you have flat feet or pronate, your knees start to buckle affecting your hips and misaligning all the way up to your shoulder. If not addressed, over time you will begin to walk crooked making you more prone to falling. Unfortunately as a result, you become a candidate for knee and hip replacements. We want to help you prevent that as soon as possible.



In addition, as we age, we start to lose the arches in our feet. So, even if you were not flat-footed in your early years, you will be surprised how much your arches start to collapse over time. Custom made functional orthotics help keep you balanced and help to correct your posture—not to mention you'll get the boost of energy you need for your walks!



In addition to Functional Foot Orthotics, we offer Chiropractic care, Whole-Food, Organic (nonGMO) Vitamins & Supplements (Non-GMO, Organic), Muscle Testing, Food Allergy Testing, and LED Light Therapy for muscle and joint pain. We strive to help our patients understand that the body is an intelligent system. We look forward to working with AVA members, and look forward to meeting you soon.

In good health,

SANA Wellness & Health - Heal From Within

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

2023 HOOFIN' IT ON HALLOWEEN

Come walk in the Heartland this fall! The Sunflower Sod Stompers are sponsoring 7 events for your walking pleasure in their 3rd Annual "Hoofin' It on Halloween" weekend, October 25 - 29. These sanctioned walks are located in northeast Kansas-along the US 36 corridor.

These "Sunflower State" events will be in communities that are based around agriculture and county government. The towns have some stately, older homes for viewing mixed in with fall foliage and of course, Halloween decorations!

Three of the walks will qualify as Rail-Trail events, & one is a "Border Crossing". Different types of "Veterans Memorials" will be found as you walk the routes.

Group meals have been arranged for the evenings and motel rooms have been blocked. Remember, each town is unique with different sites and histories. Come enjoy northeast central Kansas this October! The Sod Stompers would appreciate your support!

More information for these events may be found on the AVA website along with the brochure. [Click here to view.](#)

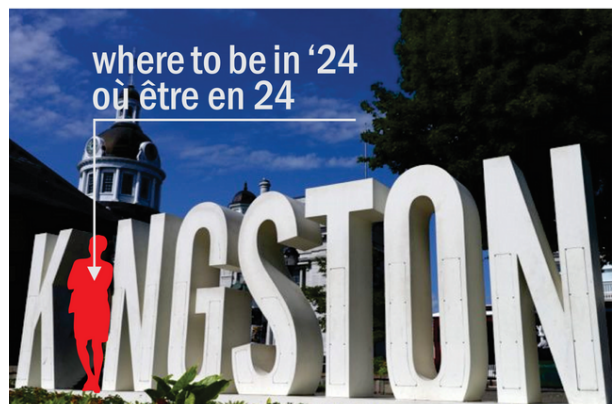


INTERNATIONAL EVENTS



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.



NATIONAL EVENTS

Click images to go to official website.



Germania of Poughkeepsie

Oktoberfest

SEPT. 8, 9 & 10

music by
 Die Spitzbaum
 Bernie's Orchestra
 The Adlers Band

BIER!
BRATWURST
PRETZELS
 RAIN OR SHINE

Traditional German dance by
 Germania Almrausch Schuplattler Verein

Children's Activities
 Vendors

Doors Open: Fri., Sept. 8th-5-10PM/Sat., Sept. 9th- 1-10PM/Sun., Sept. 10th-12-SPM
 \$\$ Daily Admission - 16 & under FREE - \$1 Discount for Veterans/Military with ID
FREE PARKING!

Proudly sponsored by:

101.5 WPOH

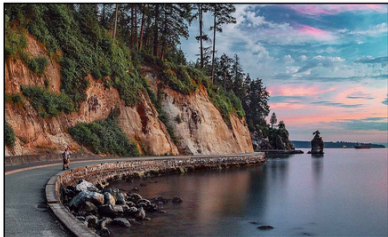
germaniapok.com

CALLING ALL WALKERS!!
 Join us in Arlington, VA USA
 for the 22 Annual US FreedomWalk Festival
 October 20-22, 2023
www.USFreedomWalk.org

AMERICA'S WALKING CLUB
 Volksmarching at its Best

Walk Arlington

An International Walking Experience



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
www.facebook.com/groups/vancouverventurers



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

SAN ANTONIO PATHFINDERS
Tribute to Freedom
Annular Eclipse Walk
October 14, 2023

AMERICA'S WALKING CLUB

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](https://www.usps.com).