



# CHECKPOINT

[WWW.AVA.ORG](http://WWW.AVA.ORG)

Happy New Year

Wow! An amazing group of 74 people joined us this morning on our First Day of 2024 Walk in Fredericksburg. - Photo courtesy of the Fredericksburg Walking Club Post via Facebook

## PRESIDENT/CEO - HENRY ROSALES

### AVA BOARD OF DIRECTORS MEETING NOTICE

The AVA National Board of Directors will meet Tuesday, February 13, 2024, at 6:00 p.m. Central Time Zone. This will be a virtual meeting on the Office 365 Teams platform. To access the meeting [click here](#). If you have problems accessing the meeting, please contact Hector at 210-659-2112 or email him at [hector@ava.org](mailto:hector@ava.org). The meeting link will also be posted on the AVA website with the agenda.

#### Meeting Deadlines:

**January 22, 2024:** Agenda items due to the Board Chair, Nancy Wittenberg, at [chair@ava.org](mailto:chair@ava.org), please copy [henry@ava.org](mailto:henry@ava.org)

**February 2, 2024:** Officers, Board Members, and Committees written reports and all supplemental documents for the board meeting are due at AVA National Office. Email reports and all supporting documents to [henry@ava.org](mailto:henry@ava.org)

**February 7, 2024:** Meeting information package emailed to Board Members and Deputy Directors

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Click Image to go to Facebook Page

### TRAVEL PARTNER AND LIFETIME AVA MEMBER TO DONATE BACK TO AVA

Robert McDaniel, a former Southeast Deputy Regional Director and lifetime AVA member, will donate 30% of his commissions to the AVA, when you book travel or events through his new company New Vista Enterprises, LLC. His sponsorship of AVA is committed to the continuing sustainability of our organization. Every hotel stay, every flight, car rental, every cruise you book through New Vista is included. For questions email Robert at [rob@newvistaenterprise.com](mailto:rob@newvistaenterprise.com)

Thank you Rob, we appreciate your support!

## ANNOUNCING THE 2023 BIG GIVE WINNERS! CONGRATULATIONS TO ALL!

Once again, thank you to all who contributed to the success of our annual individual donor campaign, The Big Give. The total amount raised was \$94,905! Congratulations to everyone! As promised, here are the winners of the different prize categories that all donors were eligible for. Stay tuned for a Big, Big Give Celebration at the 2025 AVA Convention!

### WINNERS OF 1 FREE SANCTIONED TRADITIONAL EVENT IN 2024!

Northern Virginia Volksmarchers  
Lake County Wanderers

### WINNERS OF A STARTING POINT BOOK!

Jill Champley  
Myrna L. Jackson  
William Anderson  
Patricia Fairall  
Kevin M. Carlson  
Melvin Ciecioraka

**2023 BIG GIVE GRAND PRIZE WINNERS! WINNERS OF A FREE 2025 CONVENTION REGISTRATION!**

**1 Club- Vancouver USA Volkssporters  
1 Individual- Daniel W. Spink**

## EVENT REGISTRATION LOG/FORM 900A CLARIFICATION

Although a Non IVV Participant and Guest (Participant) are the same, the Non IVV Participant check box was left on the form for the benefit of clubs who want to use both categories. The rationale being some clubs use this category to record participants who do not pay the club any participation fees. In this case, clubs count the number of Non IVV Participants and Guest Participants and use this number to reimburse the AVA the \$2.00 participant fee.

## AVA ONLINE MONTHLY SEMINARS CONTINUE JANUARY 2024

**Moderator-Tim Miner, Vice President, IVV-Americas & Oceania/President, Virginia Volkssport Association**

The next AVA online seminar will be Wednesday, January 17, 2024, at 7:00pm Central. The registration link will be on the AVA website, or you can [click here](#) to pre-register for the event. If asked for passcode the passcode is AVA.

### January webinar presenters include:

**A Healthier You in 2024 - Remove Toxins in Your Daily Life.**

Brenda Hernandez Daraiseh, MPA  
Dr. Suhail Daraiseh, DC



Information will be presented on how we are surrounded by toxins on a daily basis, and we are not even aware of many of them. In fact, many of us are overburdened by toxins because of this. Toxins hide in our cells and in our body fat making it difficult to remove them quickly and easily if we are not eating and exercising enough. Steps on how to begin the process of removing toxins that surround us, i.e., through our diet (food we eat), household items we use daily to clean or for aroma, the air we breathe, and the water we drink.

### Marketing Update by Susan Fine, Committee Chair & Members of the Publicity Committee

Join us for an update on the 2024 American Wanderer (TAW) to include publication timelines, deadlines, and guidelines. Learn about marketing initiatives your club can utilize to promote events.

## UPDATE ON THE AVA BUS TOUR TO THE VOLKSMARCH AT CRAZY HORSE MEMORIAL MAY 30 – JUNE 3, 2024 (PROPOSED)

The AVA National Office is organizing a fundraising bus tour to the Crazy Horse Memorial Volksmarch, May 30 – June 3, 2024. The tour bus will leave San Antonio early morning on Thursday, May 30, 2024, with an overnight stop in Colorado Springs on the way out and back from Rapid City, SD. The tour bus will return to San Antonio late evening on Monday, June 3, 2024. The approximate cost is **\$990.00** per person. This includes four hotel nights with breakfast, a minimum of three walks, and two box lunches during the bus trip. The more that register the cheaper the cost. Space is limited to the first forty registrants. A small non - refundable deposit will be required to reserve your seat.

If you think this is something you might like to attend, please send an email of interest to Henry at [henry@ava.org](mailto:henry@ava.org) with your name and number of additional family members or friends who you think might also be interested.

The AVA will notify all interested parties the first week of February regarding the status of this trip, which will include additional information or notice of cancellation of this event.

## JOIN US AT THE NATIONAL OFFICE IN SAN ANTONIO, TEXAS, SATURDAY, APRIL 27, 2024, FOR THE KING WILLIAM PARADE!

Thanks to the support of the King William Association, the AVA will once again be invited to participate in the annual King William Fiesta Parade. This event draws over 30,000 national and international participants. If you have always wanted to be in a parade now is your time! Parade participants will walk approximately three miles carrying an IVV or IML banner and this year we invite you to also carry a banner from your state! If you would like to participate in the parade, please RSVP by emailing [henry@ava.org](mailto:henry@ava.org) with your name and the number of participants in your group. Children and grandchildren are welcome to participate with you. Please put King William Parade in the subject line. Parade participants are limited to the first thirty individuals who RSVP. What a terrific way to market the AVA and our Clubs!

The 2024 Parade Float Contest is closed. Thank you to all who participated!



**PUBLICITY COMMITTEE - SUSAN FINE, CHAIR**

**AS WE CONTINUE CREATING THE NEW TAW, HERE ARE ANSWERS TO QUESTIONS WE'RE RECEIVED:**

**Is the new TAW only for AVA members?** The electronic version of the TAW is FREE for everyone, and will be a flipbook style newsletter. We encourage all club presidents and members to share the TAW when received. The TAW will also be on the website.

**I want a printed version.** You must opt in to receive a printed version (in others words, you must email [Hector](mailto:Hector) to have a printed version mailed to you), AND you must be a member of AVA.

**Where do we send stories?** The same email works for stories: [taw@ava.org](mailto:taw@ava.org). Stories about upcoming walks will continue to be featured in your region's section or may be highlighted in its own section. You should copy your RD, so they know what will be included.

**What is the deadline for stories?** The first edition deadline is Feb. 25 for April newsletter. We will send a couple of reminders via email.

**Will the distance and event achievements be listed?** There will be a link in the newsletter to the web page, so it's easy to find names and their accomplishments. We realized how important this is for everyone to see, and for you to congratulate those who achieved certain goals.

**Are stories only about volkssporting?** We want to feature articles of interest to anyone who walks, bikes, swims, etc. It might be about health, the Camino, how-to's, etc. Please send your interests, and what you would like to see to [taw@ava.org](mailto:taw@ava.org). If you find stories in other publications, send the links. We are wanting to be more about why walking and exercise are important to our health, social needs, etc.... and when/where/how you can join our wonderful organization.

**Are there guidelines to send stories?** We will have easy guidelines for story submissions in the next week, which will be published on the website, and sent via email.

**What else?** If you have questions I have not answered, you can email me at [publicity@ava.org](mailto:publicity@ava.org). We'll include your questions/answers in future checkpoints, as others may have the same question.

**OTHER NEWS:**

1.Upcoming [multi-day events](#) include group walks in Louisiana parishes Jan 11-15; [Texas Trail Roundup IML](#) weekend in San Antonio TX Feb 23-25; April Atlantic Regional Conference in Dover MD April 5-7; North New Mexico county group walks April 10-15; and Huffin & Puffin on the High Plains in Kansas, May 9-12. Remember to add any multi-day events, so we can help you promote them.

2.Reminder to plan your National Walking Week events for April 1-8...plus any walks you will be doing during the Solar Eclipse, since many states are in the eclipse path. We want to promote these.





# SWIMRUNWALK

*Against the Tide*

**Saturday  
June 8**

DCR's Nickerson State Park  
Brewster, MA *25<sup>th</sup> Year!*

**Saturday  
June 15**

DCR's Hopkinton State Park  
Hopkinton, MA *32<sup>nd</sup> Year!*

Virtual Event Sat, June 8-Sat, June 15

# 2024

## ACCOUNTING SPECIALIST - MARIAN DEVAUL

### 4TH QUARTER PARTICIPATION

It's time to submit your 4th Quarter Participation reports, even if you had zero participants. Don't forget, the deadline is midnight on January 31st, and all reports submitted after this date are past due and subject to late fees.

### STARTING POINT BOOKS

We still have 2024 Starting Point books available for sale at a cost of \$30.00 plus shipping and handling. For purchase, please e-mail [marian@ava.org](mailto:marian@ava.org), or call 210-659-2112.

This bound 7 ½" x 9" publication is a collection of sanctioned walking, bicycling, swimming, hiking, cross-country skiing, snow shoeing, and boating activities. It is your comprehensive guide to 1,966 self-guided events throughout the United States. The book includes directions to the event, trail ratings, hours of operation and whether an award is offered. [Click here for Order Form.](#)

### 2024 CENTURION ACHIEVEMENT CHALLENGE

The 2024 program begins January 1, 2024. You must be an AVA Associate Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2024 Challenge between October 1, 2023 and September 30, 2024 using the official registration form. Please mail forms to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or e-mail to [marian@ava.org](mailto:marian@ava.org).

American Volkssport Association

## CENTURION

100 EVENTS EACH YEAR

Click on image for order form.

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.

The King's Town Trekkers Volkssport Club  
CVF Festival  
Come join us May 24-26, 2024  
Kingston Ontario Canada welcomes you for a great weekend of fun, friendship and food, oops I mean fitness.  
Registration, hotel info and the schedule will be on the website: [www.walks.ca](http://www.walks.ca)

NATIONAL EVENTS

Click images to go to 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](mailto:hector@ava.org). Please note on the subject line: Request for Checkpoint.



The American Volkssport Association  
The Mission of AVA is to promote and organize noncompetitive physical fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.



1008 S Alamo St · San Antonio, TX 78210, Phone 210.659.2112 · Fax 210.659.1212 Message US.

Save  
THE  
Date

# 2024 Atlantic Region Conference

Dover, Delaware  
April 5-7, 2024

**The First State Webfooters is proud to host  
the 2024 Atlantic Region Conference. Come  
Join us for days of walking, hiking and  
swimming.**



April 5-7



**Information: [Info@firststatewebfooters.org](mailto:Info@firststatewebfooters.org)  
Host Hotel: Garden Hilton Inn  
Dover, DE 302-674-3784**