



The official voice of the American Volkssport Association

**AVA: America's Walking Club**

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[www.ava.org](http://www.ava.org)

May 2017



## May the 4<sup>th</sup> Be With You!

The Big Give is tomorrow, May 4<sup>th</sup>! Help us better our chances to win an hourly prize of \$1,000 by donating online during one of the two specified hours listed below. The non-profit with the most unique donors within an hour will be awarded \$1,000! The goal here is to get as many individuals as possible to donate to the AVA during one of the two time slots indicated based on your time zone:

West Coast: May 3rd 10pm—11pm Or May 4th 2pm—3pm

Mountain Time: May 3rd 11pm—12pm Or May 4th 3pm—4pm

Central: May 4th 12am—1am Or May 4th 4pm—5pm

East Coast: May 4th 1am—2am Or May 4th 5pm—6pm

Thank you to all who have made an early contribution to the Big Give Annual Fundraiser. Your generous donations are getting us closer to our \$60,000 goal! Thank you!

## NEC News

### Important NEC Meeting Deadlines for the June 2017 Convention

**May 8, 2017** (30 days before meeting): Officer's, Regional Director's and Committee written reports are due at AVA National Headquarters, will also appear in Biennial Report (*500 word limit please*).

**May 17, 2017** (21 days before meeting): Meeting information package emailed to NEC members.

**AVA NEC Officer's Reports and Committee Reports:**

[Click here for Agenda Items Form](#)

[Click here for Officer Report Form](#)

[Click here for Committee Report Form](#)

The next NEC meeting will be Wednesday, June 7th, 2017 from 11:00a.m. – 1:45p.m. in Billings, Montana preceding the convention. The meeting room will be **Parlor 1001**. Everyone is welcome and encouraged to attend.

The AVA General Membership meeting will be on Wednesday, June 7th, 2017 from 2:00p.m. -5:00p.m., Thursday, June 8th from 2:30p.m. – 5:30p.m. and Friday, June 9th, from 2:00p.m. – 5:30p.m. The meeting room will be the **Stillwater Room**.

**All meetings will be at the Red Lion Hotel and Convention Center, 1223 Mallowney Lane, Billings, Montana 59101.**

## May 8<sup>th</sup> PRINT DEADLINE to submit all printed materials for the Convention

The deadline to submit all articles, reports, adds, pictures, names, events, etc., that will go in the 20th Biennial Convention Biennial Report, Awards Booklet or Convention Program is May 8<sup>th</sup>, 2017. This date has been set so all convention booklets can be printed in a timely fashion for the convention. Please do not miss this deadline if you want to ensure your information gets into one of these booklets. All information should be sent to Hector at [hector@ava.org](mailto:hector@ava.org) . Please copy [henry@ava.org](mailto:henry@ava.org)

### Convention Chairperson—Sherry Sayers

#### Pre-Registration Closed

If you have not yet pre-registered for the 20<sup>th</sup> AVA Biennial Convention, pre-registration is over. If you missed it and still want to register before arriving on site, please send an email to [info@2017AVAConvention.org](mailto:info@2017AVAConvention.org) or leave us a message with your name and phone number on our message line, 303-785-6177 and we will work with you to get you registered. Otherwise, join us when you get there and we will get you registered for the fun at that time.

The convention is being held at the Red Lion Hotel and Convention Center from June 7<sup>th</sup> to 9<sup>th</sup>, with pre-convention walk events June 5<sup>th</sup> and 6<sup>th</sup>, and post-convention walk events June 10<sup>th</sup> and 11<sup>th</sup>. We are making it leaner and more relaxed.



[Newsletter](#)

[Brochure](#)

One of the innovative things we have done for this convention is to separate out the workshops. Having attended all of the AVA conventions since 1984, one of the regularly heard complaints is, "I cannot get done with my walk in time to get to the workshops." This time, there is no competing walk. The workshops will be a stand-alone portion of the convention, with your choice of three out of a possible 21. Yeah, I know that sucks too, because there are so many useful workshops this year. That is why both you and your spouse need to sign up and each do a different workshop. Hah! Then you get six. In addition, there have been several technological improvements for the AVA over the past two years. We are inaugurating the AVA Tech Bar to provide continuous information about those improvements, supplementing with our technical experts as their time allows. Here is how it will flesh out.

The AVA Tech Bar will be available whenever you have a few minutes between other stuff that is going on. For the complete tentative schedule check out the Business Tab on the convention web site. The AVA Tech Bar will be open on Wednesday from 1pm to 7pm, Thursday from 8am to 6pm, and Friday from 8am to 11am. It will be in the Rosebud room, which is at the back of the restaurant, so purchase your favorite beverage and Come On In! There are four continuously running presentations: The New AVA Database; Building and Maintaining a Web Site; the Online Start Box; and the new Electronic Sanction Request. Additionally, as time permits, our tech experts (Hector, Frank, Mike, Chris) will be on hand when they have time between their other duties.

We have 21 spots for workshops. Some of them will be done twice. Our tentative schedule and brief description of each one is located on the Convention web site on the Business Tab. Just scroll down to Thursday. During the pre-registration, we asked everyone to indicate their preferences so we could estimate how many would attend each. Using that we have put together a tentative schedule.

One thing we have been working on is Pole Walking. We put it on the schedule in the very beginning, but did not have anyone to present the workshop. But as of last Saturday, we have good news.

We've been in contact with Robert Sweetgall, a well-known author, walker and speaker. He has presented workshops and seminars to over one million people. Some of you may remember that AVA partnered up with him in the early 2000s. He has walked across America seven times, has walked 11,208 miles through all 50 states in one year, and has helped over 5,000 schools, corporations, hospitals and communities to implement wellness programs. He is a proponent of Nordic Pole Walking and this is what one of our workshops will be about. Nordic Pole Walking takes tons of pressure off your feet, knees and hips, strengthens your upper body, improves your balance, and increases metabolic rate by 40%. Unfortunately, Robert is experiencing some health issues and cannot teach the workshop himself, but he has lined up an excellent instructor for us, Bruce Coulton, from Bozeman, for our Pole Walking workshop scheduled on Thursday at 8:30 am. Robert is offering us an extremely good deal on the poles at half-price. They sell for \$100 on the website ([creativewalking.com](http://creativewalking.com)) and he is offering them to us for only \$49. I urge you to consider buying a pair. They also come with an instructional DVD in case you miss the workshop.

I'm very excited about all the workshops we have planned and hope you will be able to attend the ones you are interested in, as we have many great topics scheduled. They include information for the clubs, such as all about Headquarters Operations, Club Operations Training, Trailmaster Training. We have Tai Chi, Experience an Event, Using your passport by Walking Adventures International, News Media Relations, Couch to 5K, Meetup, Volksmarching in Self Defense, and one of the most popular, the History of Billings.

We hope you have an exceedingly great time. See you soon.

## Don't forget to vote for the AVA Mascot at the Convention!

AVA Clubs will vote at the 2017 Convention during the general membership meeting for the new AVA Mascot. For more information contact Susan Medlin at [sw\\_rd@ava.org](mailto:sw_rd@ava.org)



Click on image to view Mascots.

## **Programs Committee—Debra Kruep, Chair**

Everything you ever wanted to know about kids and volkssporting AND THEN SOME will be presented at the convention in the workshop titled "**AVA and Navigators.**" Come explore the world of Navigators USA, Girl Scouts, kids and families and how your club can have new adventures. You will learn what to expect from them and what they expect of you and how to make memories!

## ***AVA National Office Team***

## ***Awards and Membership Coordinator—Karen Winkle***

To view the Monthly Comparison Chart for the Total Number of Awards processed [click here](#).

Don't forget May 8<sup>th</sup> is the final day for name to add to the necrology list. Names after that date will be added to next convention.

## ***Information and Technology Specialist—Hector Hernandez***

### **ESR—ELECTRONIC SANCTIONING REQUEST—2018**

The sanctioning of our Year Round and Seasonal Events each year opens in June, however due to the implementation of the upgraded ESR system clubs will not be able to start sanctioning events for 2018 until July 1, 2017. All sanctioned events appear on the AVA website where they can be viewed by seasoned Volkssporters as well as potential new participants.

Clubs have the responsibility of providing good information that will interest people in attending the event and enable them to get there. These events identified as Year Rounds or Seasonal (Begin February 1) during the identified sanctioning window are included in the Starting Point Book published annually by AVA. Additional information may be entered from the Edit page and will appear on the AVA Events website only under Comments. This provides free information for the clubs and accuracy is important.

### **Walks to Remember**

Who has the good weather this time of year? What is your club's famous walk coming up for the month of June? Email your club's walks information to [hector@ava.org](mailto:hector@ava.org) and we will help market your walk.

## Starting Point Changes

Please remember to make all changes within your ESR and then send to Hector. The website will be updated weekly. Email changes to [hector@ava.org](mailto:hector@ava.org).

*Click here for this months [Starting Point Changes](#)*

**Reminder: Please update all Club and contact info in your ESR asap to make sure you get all your important updates.**

## Communications—Samanta Sanchez

### Past Due Reports

The deadline to submit 1<sup>st</sup> Quarter Participation Reports was April 30<sup>th</sup>. Clubs are not able to submit participation numbers through the ESR after this date. Those who missed the deadline must call or email [jessica@ava.org](mailto:jessica@ava.org) to submit participation numbers. A late fee will be applied. Thank you!

### Traveling IVV Stamp for Guided Walk Events Can Start July 1, 2107!

In January, the NEC approved of a traveling IVV stamp for guided walk events for a pilot period of two years. The purchase of this stamp at \$75.00 per year would allow for multiple sanctioned walks during the year purchased. The ESR has been set up and clubs can begin sanctioning traveling guided walk events that will run during the months of July 1 – December 31, 2017. Because this time frame is only 6 months vs a full year the cost for this period will be \$37.50. Note that the participation fee is \$1.25 per ALL participants. To sanction events follow the same process with one exception. In the Event Type section go to the drop down menu and select “Traveling Guided Walk”. The rest of the sanctioning process is the same. Remember, even though there is a one-time payment per year and one stamp number issued, all events must be entered into the ESR. Once the information has been entered and approved in the ESR a stamp will be issued. Please be sure to adhere to the following guidelines that apply to this pilot program:

1. The details of Traveling Guided Walks must be publicized at least 6 weeks in advance in the same manner as other traditional events including electronic forums such as Facebook or Meetup.com.
2. Traveling guided walks may not be sanctioned when other traditional walks are sanctioned within a 75-mile radius.
3. Traveling guided walk events must not be held on currently sanctioned year round or seasonal year round walk routes and clubs must not eliminate current year round or seasonal walk routes.
4. **The sponsoring club using the TGW IVV stamp must also sanction a traditional walk event that does not use the TGW IVV stamp.**
5. All requirements for Guided Walks must be followed.

To view the approved motion on the Traveling IVV Stamp for Guided Walks [click here](#).

<b>Club Number:</b>	Roller Skate Round Long Distance Seasonal Bike	Select Region <small>Select the EVENT Region</small>	
<b>Event Dates:</b>	Seasonal Cross Country Ski Seasonal Ice Skate Seasonal Snow Shoe	<b>End Date:</b> (mm/dd/yyyy) mm/dd/yyyy	
<b>Event Type</b>	Seasonal Swim Seasonal Walk Snow Shoe Swim	<b>EVENT State Association</b> <small>(Select a State Assn if applicable)</small> Select State Assn	
<b>Registration / Start Point</b> <small>(website basic info)</small>	Traveling Guided Walk Walk Year Round Bike Year Round Cross Country Ski		
<b>Event City</b>	Year Round Ice Skate Year Round Roller Skate/Blade		
<b>Event Website</b>	Year Round Snow Shoe Year Round Swim Year Round Walk		
	<b>Event State</b> Select a State	<b>Distance</b>	
<b>Point of Contact</b>	<b>(Name)</b>	<b>(Address)</b>	
	<b>(City)</b>	<b>(State) (xx)</b>	<b>(Zip) (numbers only)</b> 00000
	<b>(Phone)</b> <small>(numbers only please! no "0" or "-" 0000000000)</small>	<b>(E-Mail Address)</b> <small>(ie: web@ava.org)</small>	
		<b>IVV Loaner Banner Requested:</b>	<input type="radio"/> Yes <input checked="" type="radio"/> No
			<b>#Stamps</b> <small>(1 or 2 only)</small> 1
<b>Foreign Events Only</b>	<b>Country</b>	<b>Justification</b>	

**AVA's Executive Director's Update—Henry Rosales**

**AVA's NEW PRIVACY POLICY PROCEDURES ON THE COLLECTION OF PERSONAL INFORMATION**

Last June the NEC approved the creation of a Privacy Policy so certain personal data collected by the AVA could be shared with club presidents, state association presidents and Regional Directors and used only for dissemination of information related to AVA services and activities. To view this policy [click here](#).

The only information that will be released will be name, address, telephone number and email address. If an individual does not want any of this information shared she/he can opt out at any time by contacting Karen at the AVA National office or by sending an email notice that you do not want your information shared to [optout@ava.org](mailto:optout@ava.org)

Any AVA club personnel, Regional Director or staff member with access to this information must ensure it is properly safeguarded in accordance with the AVA Privacy Policy Procedures. If this information is misused by clubs it could result in termination of membership. To view these Procedures [click here](#).

**How to Request Information**

Effective June 1, 2017 a Regional Director and/or State or Club Association President may request personal information from the AVA National Office. To simplify the process all that is needed is an email request from one of these representatives with the following information:

1. Name and title of Requestor
2. Name of the club and club number the Requestor is associated with
3. Phone number of the Requestor
4. Date
5. A list of the States the Requestor is asking for individuals' information. (We will only send out info by States.)

- The information request must be made from an email account on file in our ESR system. If the information is not sent from an AVA club or Regional Director account on file, the AVA reserves the right to hold the information until the requestor can be verified. A two weeks turn-around time for receipt of this information is appreciated.

Please see the [AVA Privacy Policy](#) for our information sharing practices located on our website, [www.ava.org](http://www.ava.org) or contact Karen at the AVA office at 210-659-2112.

## Come Visit with the AVA National Team During the Convention

Join us for an informative and engaging workshop at the convention called the **HQ Operations Workshop**. This workshop will take place on **Thursday, June 8th at 7a.m.** It is recommended by the AVA National Office that all club members responsible for club finances, club policies and club operations attend this work-shop. Come enjoy a cup of coffee with the AVA National Office team.

*Support Our National and International Friends!*

### National

Checks can be mailed in  
April 1—May 31, 2017

big  
give

Online Giving Day

May 4th!

**Checkpoint Available Via Email to All Club Members Who Request It**

To receive an electronic copy of the Checkpoint send us an email to the attention of Samanta requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line: Request for Checkpoint.

Send your request to Samanta at [samanta@ava.org](mailto:samanta@ava.org).



Fun, Fitness, Friendship



*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.*



### International



Click image for more information.