



Johnson City Lights Spectacular Walk - Photo submitted by Martin Callahan

# CHECKPOINT

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

HAPPY

New Year



## THEIR LEGACY LIVES ON...

It is with a heavy heart that we share information on the passing of Colonel Charlotte Elizabeth Phillips and Lieutenant Colonel Nelda Ruth Cade. They were both very active and strong supporters of the AVA. May they rest in peace.

### MEMORIAL SERVICES

Lt. Colonel Nelda Ruth Cade, USA, retired, died December 1, 2021. Ruth was born, March 27, 1931, and was preceded in death by her parents Winnie (Gaston) and Alfred Cade. She was survived by an admiring extended family and her long-time friend and traveling companion Colonel Charlotte Elizabeth Phillips, USA, retired. Charlotte died December 6, 2021. A joint liturgy for the deceased will be held at St David's Episcopal Church, 1300 Wiltshire, San Antonio, Texas on Thursday, January 13 at 10:30 am. Immediately following a reception at the church Ruth's burial with full military honors will be at Fort Sam Houston National Cemetery, San Antonio, Texas. Burial for Charlotte will be at Evergreen Cemetery in Cornwall, Vermont at a later date. In lieu of flowers, donations may be made to St. David's Episcopal Church Camp Scholarship fund or to SA Pets Alive ([sanantoniotopetsalive.org](http://sanantoniotopetsalive.org)), The service at Saint David's will be available on FacebookLive.



### IN THIS ISSUE:

- Memorial Services Pg. 1
- Element3 Health Pg. 1
- Olympiad Postcards Pg. 2
- 4th Quarter Participation Pg. 2
- Starting Point Book Pg. 2
- Merchandise Increase Pg. 2
- Banner Update Pg. 3
- Saving Legacy Sanctions Pg. 3
- VOP Winners Pg. 3
- VOP Retired Pg. 4
- Community Engagement Pg. 4
- NW Regional News Pg. 5

### CEO/PRESIDENT - HENRY ROSALES

### NEW AVA/ELEMENT3 HEALTH WALK VOUCHER PROGRAM UPDATE

Thank you and congratulations to all members who have already signed up for the new Walk Voucher Program with Element3 Health. By now you should have completed your activity survey questionnaire for events completed in 2021. The next step is to create an AVA member account on [my.ava.org](http://my.ava.org) so you can receive your free health walk vouchers!

## ELECTRONIC WALK VOUCHER REDEMPTION PROCESS

Below is the process that eligible program members will follow to receive their free walk vouchers:

1. Each qualifying participant will receive an email from AVA informing them how many vouchers they will receive, when they will be available, and whether they qualified for a one year complimentary AVA Membership.
2. All qualifying participants must have a "myava.org" account in order to receive your vouchers.
3. For each voucher awarded, AVA will place a \$3 credit into your Online Startbox (OSB) account. These vouchers can be used for any OSB Event.
4. As members redeem their vouchers on the Online Startbox (OSB) the club will report this participation on their quarterly report and will receive a credit for \$1.75 for the redeemed voucher.

If you have any questions or need help to sign up, please reach out to [marian@ava.org](mailto:marian@ava.org).

If you were not able to sign up for this program to report 2021 activities, you can still sign up to report activities for 2022 and be eligible to receive free walk vouchers and a free AVA membership! Details on how to do this will be in the February 2022 Checkpoint.

Happy Healthy New Year and Happy Trails in 2022!

## GET YOUR FREE 2023 IVV OLYMPIAD POSTCARDS TODAY!

Help us promote the 2023 IVV Olympiad and IML Texas Trail RoundUp Walk Festival! If you would like some free postcards to pass out during your events please email Hector at [hector@ava.org](mailto:hector@ava.org) with the number of cards you want and shipping address. We appreciate your support and look forward to walking with all our club members in 2023!



Click image to go to official website.

## 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 books available for sale at a cost of \$25.00 plus shipping and handling. For purchase, please e-mail [marian@ava.org](mailto:marian@ava.org), or call 210-659-2112.

### MERCHANDISE PRICE INCREASE:

Due to an increase in manufacturing prices, we will be raising the price on the following items in 2022:

- October and May Patches will increase to \$5.00 for clubs and \$7.00 to individuals
- New Walker Packets will increase to \$10.00
- 2023 Starting Point books will also have a price increase depending on increase in print and publishing prices.

## CLUB BANNER UPDATE

The 2nd batch of banners have arrived and have been mailed out. I'm working on the next batch and these banners should be out some time this spring. If you have any questions please email [hector@ava.org](mailto:hector@ava.org).

## IT COMMITTEE - CHRIS ZEGELIN, MY.AVA.ORG DEVELOPER

### SAVING LEGACY SANCTIONS ON MY.AVA.ORG

The legacy sanction database will be retired about 3 months after the new ESR system is available. Retirement is needed because of the cost and effort to maintain it. To aid this we are actively copying the legacy sanctions into the new ESR database. In doing so we ran into several problems that affect over 3,000 sanctions, out of more than 40,000.

The first is that many sanctions were destroyed. The way to cancel an event on the legacy system is to erase critical fields in the sanction. This action is not recoverable without significant volunteer and club effort. The second is that whole swaths of sanctions were simply deleted. This sort of thing will not occur with the new ESR. My design will have data integrity as a key design element.

In truth, keeping this legacy sanction data is not important. We have worked with the legacy system for almost 2 decades with little or no club access to the old sanction data and it has had little impact on the organization. Bringing this legacy sanction data forward is to support a new ESR feature that can save a club considerable effort when creating a new sanction similar to an old one ("Copy from Previous").

You will be able to see your club's old sanctions with the new ESR. The intent is to make as much of the intact historic data readily available if only to spur clubs to bring back beloved events that were otherwise lost to time.

I have a file of old maps and route directions for my club. With the new ESR it should be simple to match up the original sanction request and have better than 50% of the work done for our next traditional event. I'm jazzed, I hope that you will be too. - Happy trails... Chris

## VOP COMMITTEE - JAN VAN VLACK, CHAIR



### AND THE WINNERS ARE...

We are excited to announce the winners of the 2021 Regional Traveling Trophy Challenge. For 2021, we divided the Regions into two groups, those with up to 15 members, and those with over 15 members, making it an even five Regions for each group. The two winners for the 2021 Regional Traveling Trophy Challenge are the Pacific Region and the Southeast Region, the same as last year! Congratulations on your hard work and the many, many Steps taken by your Members. You can keep your Trophies for another year.

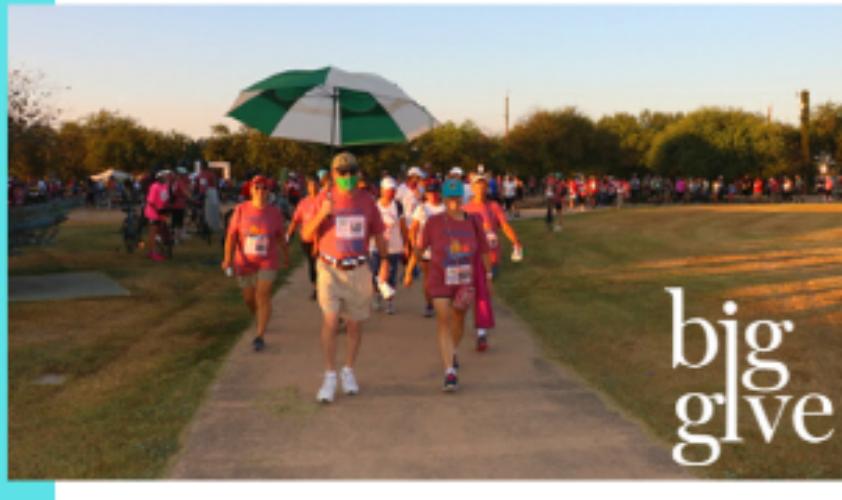
## **AVA VIRTUAL ONLINE PROGRAMS (VOP) RETIRED IN 2022**

During the November board meeting, the AVA Board of Directors approved the sunsetting of our virtual online programs. Closing of this program was recommended by the National Office because projected participation numbers did not increase substantially over 5 years to offset the cost of the administering the program and the online platform. The National Office will be researching new and better online platforms so we can reinstate online programs in the near future.

## **Mark Your Calendars!**

### **THE BIG GIVE 2022**

**6 PM Thursday, September 22 through  
6 PM Friday, September 23**



### **VANCOUVER USA VOLKSSPORTERS - TOM BALTES, PRESIDENT**

#### **COMMUNITY ENGAGEMENT BENEFITS**

The Vancouver USA Volkssporters are an interesting study in the benefits of engaging in the community. Initially chartered by the Vancouver Parks and Recreation Department, the club has had a long standing relationship with city and regional leadership. Our club's first event is enshrined in stone in the main city park with the club name and date of the first walk hosted at that spot in July 1989. Nearby is another large stone engraved to acknowledge the long partnership with the Discovery Walks in Vancouver as part of the International Marching League program. Engraved on that stone are the names of several club members who were key leaders of the Discovery Walks, as well as prominent leaders of our club.

The club has long since been independent of the Parks and Rec Department, but the partnership continues. Several years ago our club recognized the need for help in maintaining a section of trail in an 8-mile green space across the city. We donated funds and offered our assistance. As a result, we are recognized on a sign along the trail section we maintain and have our service advertised on a city website, bringing us in contact with new walkers.

Key to our community engagement is having individual members who have been involved professionally or personally in service to the community over a long span of time. The Discovery Walk program, managed by several of our past leaders, brought us in contact with the mayor and other civic leaders as we hosted hundreds to thousands of international guests to our community for each event. We have members whose Rotary Club affiliation helps engage our club with business leaders from across the city, including the Superintendent of Fort Vancouver, where we often conduct walks. Several club leaders have also built a strong relationship with the Port of Vancouver Commissioners. In recent years the Port leaders have been funding trail improvements across their properties and invite our club for the ribbon cutting ceremonies for each new trail section.

## NORTHWEST REGIONAL DIRECTOR - SHARON MOATS

### NW REGIONAL NEWS:

2022 is a great time to head to the West. We have many multi-day events for everyone! We have walks, hikes and swims and best of all, socializing with others who enjoy AVA and all the great opportunities.

April 22-24, 2022

Wild and Woodsy in Olympia, Washington

Features walks and hikes in the Olympia, WA area.

Hosted by Capitol Volkssport Club

Full information, brochure, walk descriptions and registration here:

[https://www.capitolvolkssportclub.org/cvc\\_specialevents/wild&woosy\\_wa\\_2022.html](https://www.capitolvolkssportclub.org/cvc_specialevents/wild&woosy_wa_2022.html)



June 16-19, 2022

NW Regional Conference in Ashland Oregon

This incredible multi-day event has been rescheduled several times but we finally get to have it! Big shout out to OTSVA (Oregon State Association) and Tom and Louise Baltes for their commitment to make this happen!

Full information, brochure, walk, bike and swim descriptions and registration here:

<https://www.walking4fun.org/nw-region-conf-2022.html>

September 29-Oct 2, 2022

Return to Winthrop and Walking the National Cascade Scenic on your drive.

This multi-day event is returning to the big red Barn in Winthrop. New walks and hikes and some old favorites with a fresh look, and of course the Bike through the valleys.

Information will be complete after the first of the year, but it is wise to grab a reservation for a local hotel or VRBO. There are no large hotels in this area so no reserved spaces.

Info for lodging in the Methow Valley:

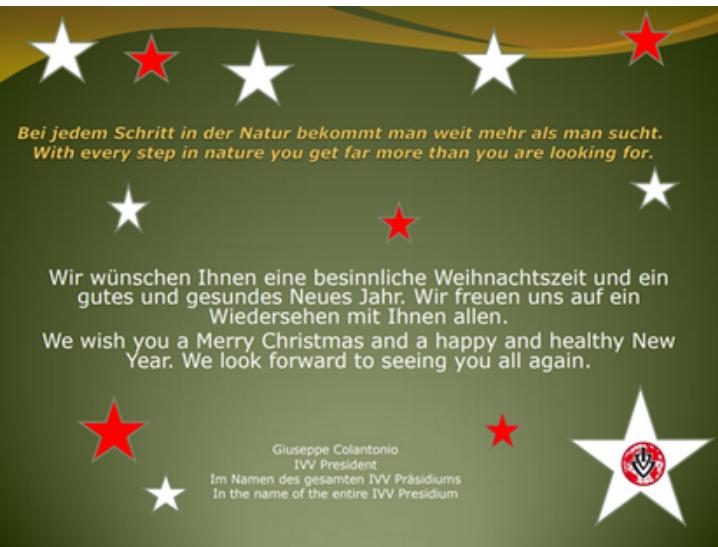
<https://www.methowreservations.com/>

Hosted by Interlaken Trailblazers Volkssport Club:

<http://www.interlakentrailblazers.org/>



## SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS



### GIUSEPPE COLANTONIO IVV PRESIDENT

It is with great pleasure that, on behalf of the entire IVV Presidium, I convey to all of you best wishes for a good year 2022, the year of rebirth.

We are leaving the year 2021, which we all experienced with great discomfort because we suffered from a pandemic that severely affected our social and sporting life.

Now it is up to us, respecting the precautions prescribed by the national health authorities, to lay the foundations for a true rebirth, which we hope will occur as early as the first half of 2022.

The date for the IVV Congress of Delegates in Ottawa in July 2022 must be a reason and an opportunity to rediscover together our unity, oral and visual face-to-face communication and the possibility of finally realizing viable projects.

This is the wish I would like to convey to you for the upcoming New Year at the end of 2021, in the hope that we are moving towards a better time.

Stay well. I wish you a happy and reflective Christmas season and a happy and healthy New Year.

Dear IVV-friend,

Hope that we will join hands in 2022 towards a better future!

Liebe IVV-Freunde

Ich hoffe, dass wir uns im Jahr 2022 für eine bessere Zukunft zusammentun!

Jin Qiao (金乔)



## INTERNATIONAL EVENTS

Click on image to go to the official website.



Penticton, British Columbia, Canada

May 27-29, 2022

We hope you will "Come Walk with Us, Visit with Us, Eat with Us and Enjoy a Fantastic Weekend of Fun, Fitness and Friendship"

Register now and see you soon.



Mid-America Regional Conference

**MAC2022**

June 17 - 19, 2022

Dayton, Ohio

Click image to see brochure.

## NATIONAL EVENTS



**TEXAS TRAIL ROUNDUP  
FEBRUARY 18-20, 2022**



Join us in beautiful San Antonio as we offer 3 days of great walking events and 4 nights of the award winning Stock Show and Rodeo. For those who attend our 2020 IML and our 2022 IML, we offer a free Sugar Skull pin to commemorate every one we lost in the COVID Pandemic.—POC: sueammed@aol.com  
*Come walk with us.*

Click image to go to official website.



Click image 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](#).