

Keystone State Volkssport Association  
February 6, 2016  
HealthSouth Rehabilitation Hospital, York

KSVA President Joan Lampart called the meeting to order at 1:05 pm, thanking the York White Rose Wanderers for again hosting in conjunction with the York Winter Walk and Swim.

Welcome to the new President / Vice-president of Penn Dutch Pacers: Maria Roshon / Jane Holmes.  
Others present were: KSVA / Marcy Lucas –VP, Pat Eby - Treas., Carol Talaga - Sec.  
Susquehanna Rovers / Sharon Miller, Louise Clouser; Liberty Bell Wanderers / Dave Brown; York White Rose Wanderers / Pam Copenhaver; Atlantic Regional / Tom Jackson; Bob and Suzanne Wright, guest presenters; Susan Osborn / Baltimore Walking Club.

**Secretary**

Dave Brown moved to approve the minutes of November 28; motion carried. Since the last meeting, minutes from May 1998 were found, as reflected in the table.

	<b>Secretary has the following KSVA minutes</b>			
2015	0207 York	Wyomissing 0418	Lake Nock 0829	
2014	0201 York	0607 New Freedom	0913 Lake Galena	1129 Hershey
2013	0202 York			1129 Hershey
2012	02/04 York		0908 Lake Galena	1124 Hershey
2011		0404 Manchester	0820 Academia Port Royal	1126 Hershey
2010			1016 State College	1127 Hershey
2009		0718 Harrisburg		
2008		0426 Ned Smith Wildlife Preserve	0521 Maytown	
2007	0203 York	0505 Wildwood Sanctuary		1013 Colebrook
2006		0422 Newport	0624 Camp Hill	
2005		0430 Pennypack Trust	0705 Hollidaysburg	1126 Hershey
2004	Seeking minutes from KSVA inception to 2004			
1998		0512 Bald Eagle State Park [Nomads]		

**Treasurer**

November, December, and January were distributed. The balance as of January 31 is \$5752.91. October was re-submitted to correct the check book balance. Pat also circulated her annual directory of KSVA officers, member clubs, and points of contact, as well as the annual PA Year Round and Seasonal walks listing which is arranged by AVA event number.

**Vice-President**

Club Presidents have received Marcy’s AVA/KSVA *Special Challenge Programs 2016* checklist which is appended. It is intended for trail masters as a tool for designing walks, but can also be inserted into start boxes as a book stamping guide for walkers.

## President

### Old Business:

When submitting sanctions, include as much information as possible. I realize everyone wants to get their date, but once it is approved, it goes into the system, and if we don't have enough information, people checking the website will find nothing worthwhile. ...Please remember to submit quarterly reports to AVA in a timely fashion; a few were filed late.

AVA's 40th Anniversary -- should KSVa sponsor an event to celebrate it?

KSVa By-Laws / Louise Clouser: no report yet

### New Business

Atlantic Regional Conference / Donations to the Chinese Auction will be appreciated. The Auction at Lancaster was a major source of revenue for KSVa, so hopefully the success will extend to Maryland.

Nominating Committee / Louise Clouser The slate thus far for 2017-2018 is: President – Marcy Lucas, Vice-President – Jane Holmes, Secretary – open, and Treasurer – Pat Eby.

## KSVa SPONSORED EVENTS

Event / PoC	#	Comments
20/10 Award /Bev Molnar		No progress since last meeting – have participants received reward pins and how many have completed program?
State Parks & Programs completed as of Feb 3 Tom Jackson	40	We have patch and program booklet for completing the challenge a second time. The patch features a ruffed grouse (the Pennsylvania State Bird). All events must be done beginning January 1, 2016.
State Parks –	0	Ansonia – Tioga State Forest seasonal –begins April 15
	0	Ansonia – Tioga State Forest seasonal bike – begins April 15
	0	Troy – Mt. Pisgah State Park seasonal – begins April 15
Participated in 2015	74	Michaux State Forest. We have two snowshoe events for 2016. They are sanctioned as: Biglerville – Michaux State Forest – Piney Ridge Road Fayetteville – Michaux State Forest – Smokey Zimmerman XC Ski Area
Participated in 2015	77	Mont Alto State Park
Participated in 2015	69	Pine Grove Furnace State Park
Shepherdstown / Jane Snurr	44 credit 7 free	
Erie / Pat Eby	0	Seasonal – begins April 1
Harper's Ferry /Jan Snurr	62 credit 3 free	
67 Counties – completed Sharon Miller	18	Same as November meeting. Both State Parks and App Trail offer possibilities to incorporate counties
Appalachian Trail- Jane Holmes	Begins 1/1/17	Jane presented a month by month publicity plan for flyers, program booklet, patches, web page, TAW article, etc.

## CLUB REPORTS

Cumberland Valley Lead Foot – Tom is the PoC for Caledonia State Park 5k/10k in Fayetteville; it has a seasonal swim option

Liberty Bell Wanderers – Traditional Events

Annapolis MD day bus trip – guided walk through Naval Academy & harbor boat tour - Saturday, April 16

Lorimer Park Remembrance walk – Saturday April 23

Easton – Bike & Walk - Saturday, May 14

Quakertown – 32<sup>nd</sup> Annual Picnic at Nockamixon State Park - Saturday, August 27

Kennett Square Mushroom Festival - Saturday, September 10

Nittany Nomads – no report

Penn Dutch Pacers:

Susquehanna State Park group walk – May 21

Cove Outlook Park walk in Mt. Joy – June 18

Camp Mack Scout Reservation walk in Newmanstown – September 17

Penn Mary Walkers: Tom Jackson

Shawnee State Park in Bedford & Cowan’s Gap State Park in Fort Loudon seasonals – April 1 to Sep 30

Rockwood-Great Allegheny Passage walk and bike in Somerset County – June 4

Susquehanna Rovers:

Lebanon Valley Rails to Trails 2 walks + 1 bike – April 23-24

Punxsutawney group walk – May 7

Carlisle Barracks Oktoberfest at Army Heritage Education Center in Carlisle - October 8-9

Hershey Walk fest – November 25-26

York White Rose Wanderers:

York Winter Walk and Swim February 6-7

Hanover – Codorus State Park, June 11

Civil War Trails Spring Bus Trip in Virginia, April 29-May 1

East Berlin and Dover planning for 2016, but dates not set

## **REGIONAL DIRECTOR**

1. Atlantic Region Conference is in Hagerstown, MD from March 18-20. The conference will be sponsored by the Maryland Volkssport Association. There will be walks at Hagerstown, Antietam Battlefield, and Shepherdstown, WV. There will be a swim event at the hotel. The route for Shepherdstown is different than the YRE. The Shepherdstown walk crosses the Potomac River to Lock 38 on the C&O Canal where you can start a YRE. The format will be similar to Lancaster. All three walks will be available all three days but there will be a featured walk each day.

As club presidents:

a. Encourage your members to go to the Atlantic Region Conference. They should be registering now at the host hotel.

b. Encourage your club members to register for the conference and attend the Friday and Saturday night dinners.

c. Encourage them to support the Silent Auction.

2. June 10-12 is the 40<sup>th</sup> Anniversary of Volkssporting in America. There will be a major destination event in Fredericksburg, TX. If you cannot make it to Fredericksburg, TX, go to Fredericksburg, VA or Laurel, MD or Hanover – Codorus State Park, PA.

3. Individual awards: July 1 is the revised date for converting from the Certificate of Service Award to the Commendable Service Award. There is no change to the Meritorious Service Award. We can still present the Certificate of Service Award through June 30.

Once we run out of the pins and rocker patches for the Certificate of Service Award, they will not be reordered. If you plan to nominate someone for the award, send me an email now so I can set aside a pin and patch.

4. VIP Award to be presented at Atlantic Region Conference. One award per club. Club president comes up with criteria. All I need is an email saying that you are nominating this person. I still need input from the following: KSVA, Cumberland Valley Lead Foot Club, Nittany Nomads, Penn Mary Walkers, Susquehanna Rovers and York White Rose Wanderers

5. “AVA Approved” vs. “IVV Sanctioned” events: We all know that our insurance company will cover us at IVV Sanctioned Events – that is our traditional and Year Round events. The insurance company will also cover “AVA Approved” events. Just send me an email explaining what you are doing and I will respond back that it is approved.

6. A Girl Scout Leader comes to you and says that she has a group of young girls who want to earn the “Walk Together” Award. She says that they cannot do 5K and need something shorter. How do you handle it?

7. John Doe tells you that he is recovering from foot surgery and wants to walk but he probably cannot do 5K. How do you handle it?

As Bob Wright said, “ even though we must advertise a 10-km distance, and also a 5-km distance if we wish, for IVV-sanctioned walks, there are situations [6 – 7] when we can give credit and awards for not going the full advertised distance. Any handicap, disability, or condition that would prevent going the distance makes those eligible for credit for the distance completed; they don’t need to disclose their condition or reason, just say that was all they could do, and we give them credit—no questions asked.”

Motion to Adjourn – made by Louise Clouser at 2:20 p.m.

Tentative sites for our remaining 2016 quarterly meetings are: Spring – Maria has offered to host on June 18 at the Penn Dutch Pacer’s Mount Joy event; early Fall – Nittany Nomads will host an early Fall meeting for KSVA at their Penn State weekend September 23-25; and Susquehanna Rovers for late Fall at Hershey Walk fest.

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## **PRESENTATION**

Bob and Suzanne Wright, of Folk Sport Associates...intrapreneurs to the volkssport community since 1985, inspired us with: *Menu for Success: Walk the Talk and Talk the Walk*. Brand your club: define mission, strengths, unique elements, align with AVA and IVV guidelines, and use a logo. Develop “elevator speeches” which are 2-3 minute pithy, powerful, and passionate descriptions, to communicate your brand. The Wrights recommend the exercises in *Small Message Big Impact* by Terri L. Sjodin. Publicity is a cause for the rank and file club members to embrace as well, when they encounter the curious along their walking trail. PowerPoint presentation slides and a four page *SMBI* handout were circulated by e-mail several days after the meeting.

Respectfully submitted,

Carol Talaga, Secretary

**AVA/KSVA SPECIAL CHALLENGE PROGRAMS 2016**

<b>WALK NAME:</b> _____					
<b>NUMBER:</b> _____					
<b>KSVA SPECIAL PROGRAMS</b>					
67 Counties (no end date)					
PA State Parks And Forest Challenge (2015-2016)					
KSVA 20/10 Award (2016)					
<b>AVA SPECIAL PROGRAMS</b>					
<b>Challenge Name</b>	<b>Years</b>	<b>__ K</b>	<b>__ K</b>	<b>__ K</b>	<b>Information</b>
50 States / 51 Capitals	(no end date)				
Walk the USA (A To Z)	(no end date)				
Alternative Capitals	(2014 - 2016)				
Amphitheatres	(2015 - 2017)				
Animal Safari	(2015 - 2017)				
Boardwalks	(2015 - 2017)				
Border Crossing	(2014 - 2023)				
Bridges – Spanning the USA	(2016 - 2018)				
Cities in Song	(2014 - 2016)				
Civil War Battlefields	(2013 - 2015)				
Food for Thought	(2015 - 2017)				
Fraternal Organizations	(2013 - 2015)				
Honoring our Flag	(2014 - 2016)				
Lady Liberty	(2016 - 2018)				
Lakes and Reservoirs	(2014 - 2016)				
Make A Wish – Water Fountains	(2016 - 2018)				
National Parks Centennial	(2016 - 2018)				
National Register of Historic Places	(2014 - 2016)				
Points of Reference	(2016 - 2018)				
State Street Sashay	(2016 - 2018)				
Take A Walk in a City Park	(2016 - 2018)				
Treasure Hunt	(2016 - 2018)				
Trekking with the Trees	(2014 - 2016)				
United States Post Office	(2016 - 2018)				
Vice Presidential Walks	(2016 - 2018)				
Walking America’s Ports of Call	(2016 - 2018)				
Walking the Path of Inventions	(2016 - 2018)				
Walk the USA – Street by Street	(2016 - 2018)				
Water Towers	(2014 - 2016)				
You’ll Never Walk Alone	(2014 - 2016)				