

WALKING PROGRAM INFORMATION

1. The object of the Slovak Catholic Sokol Walking Program is to promote a heart happy lifestyle. By exercising each Walker will reach milestones to be eligible for awards. The pursuit of the milestones leads to a healthy way of life.
2. To be eligible for participation, a member of any age must belong to the Slovak Catholic Sokol for at least 1 full year, with a Single Premium Policy, prior to starting the program.
3. A member can start the program at any time during the year. The final tally sheet for that year must be sent in no later than January 31. For example if a Walker walked 800 miles in 2008, he or she shall submit that total before January 31, 2009.
4. Tally sheets can be sent to the coordinator once a month, quarterly, or at the end of the year. The sheets should include how many miles walked, dates and location. These forms can be sent via mail or email.
5. In the Award package, the coordinator sends out a walking program form, coupons and information for the upcoming year. These sheets are a suggestion for use but not a must. This program is for encouragement and not frustration. If a Walker has a preferred method of recording and it works, then keep it going.
6. Mileage from each year will determine what prize will be awarded. Every Walker that walked 100 miles or more will receive a participation award. Awards will be rewarded for each milestone by the 100's. The award will be chosen by the coordinator.
7. Awards will be given once a year in March.
8. Awards will be based on the miles you walked.

All Walking Program Totals should be sent to:

Katie Swift

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New Bern

North Carolina 28562

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Summer Time Walking!!!

As the warm weather is finally arriving, and our friends to the North have finally thawed out, it is time to get outside and start adding those miles to your program total!! I always like to start the warmer walking months article with a nice reminder to apply sunscreen while walking!!! On the Skin Cancer Foundation website, I recently read an article on how many people often forget to lather the sunscreen on their lips, ears and scalp! With my fair skin, I hate to admit it but I have been sun burned in three of those areas plenty of times. I have made a conscience effort to make sure to add sunscreen on my ears and in the places that my hair parts when I go out in the sun. I like to use the baby sunscreen stick on both places. It seems less messy than putting lotion in my hair.

Now that the warmer months are here it is also bug season!!! Living in the Southern part of the country for the past 4 years has gotten me in the habit of adding bug spray to my daily routine or just plain staying inside. I am not sure how many of you are bothered by bugs but it can get annoying.

We have a lot happening around here in the Swift house! On May 5th, we welcomed our third little bundle of joy. Our family of four is now a family of five. We welcomed a little baby boy, Colin Richard, into our world of excitement. My son Connor and daughter Hailey are very excited to have a new baby brother! As if this was not a big enough change, it is that time again for our Marine Corps life to move! I am happy to announce that we are headed out of the 'deep' south and will be moving to the Washington, DC area this summer. My husband has orders to work at the Pentagon, which means we will only be 4 hours away from my family. This is the closest we have lived to 'home' in the last 10 years! We are excited and anxious about the move. We have been quite used to living in smaller towns, no traffic, and having reasonable cost of living. Washington DC offers none of that but it will be a great experience none the less.

I hope you are well on your way to adding plenty of miles to your totals already in the 2015 walking year. I look forward to seeing many of you at the International Slet and the Convention in Pittsburgh.

Stay positive and keep up the great job walking!

Zdar Boh!

Katie Swift

**Suggested Form

Slovak Catholic Sokol Walking Program

Month	Miles Walked	Location	Initials
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			
Coupons			
Grand Total			