

Task Karate February 2008 Newsletter

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Gold Star Hike

Saturday, February 16th at 3:15 pm. Meet at the Hixon Forest parking lot for a short or long hike. It is winter, so dress warm! The short (easy) hike will take about 20 minutes or so. The long hike is going to be a stripe challenge (fitness) for the Brown Belts, that will take about an hour or so. Please don't feel obligated to go if it seems too cold that day. (I will go either way.) Anyone is invited to tag along with the Brown Belts. We will go to the top of the bluff and back down! (This is a challenging hike.)



Polar Plunge! *Freezin' For A Reason*

http://www.specialolympicswisconsin.org/pp08/team.asp?id_t=44

This is the link to our team page. My goal is to get 50 plungers this year and we have 29 so far! That is only counting the plungers that have officially signed up on our team page. I have a good feeling we will reach our goal! Each year we try to do something fun for our group plunge. This year I would like to plunge in three groups. The first group will be for the smallest members. They will only go a little way into the water and give a "high five" and then get out right away. The second group will be a demonstration of a one step. What I would like everyone that is plunging to do is get a partner. Choose one of your one step sparring techniques that you would like to demonstrate. Then when it is time to plunge, you and your partner will go a little way into the water and each do a one step, then go out to the bar and back. The third group will be parents or friends, or anyone that doesn't want to do the one step. They will run out and back around the same time the second group goes. We will work on our one steps a lot this month! If you didn't get a chance to see it, we made a video about how to get ready for the plunge, check it out!

http://www.youtube.com/watch?v=-DiHgX8_Oow Thanks so much to everyone that is helping with this event. It is a Gold Star event. You can get your star by plunging, or pledging one of our plungers. Go the team page to pledge a plunger!

http://www.specialolympicswisconsin.org/pp08/team.asp?id_t=44

As of the 4th we have donations of over \$3400.!!!!

Special Schedule for Polar Plunge Day!

We will have a half day schedule this day.

9am, All adults and advanced kids 9:45 All sparring, kids and adults

10:30 All kids white to blue, 11:15 Lil' Dragons

*No Weapons Around 1 pm, Plunge time!

About 30 minutes after the plunge, meet back at the school for hot chocolate and games!

Quote of the Week

I've come to believe that each of us has a personal calling that's as unique as a fingerprint - and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you.

[Oprah Winfrey](#), *O Magazine*, September 2002
US actress & television talk show host (1954 -)

February Birthdays!

2nd **Alex Tofstad**

9th **Zack Rinartz**

11th **Austin Thompson**

12th **Shawn Trussoni**

24th **Chris Schleifer**

25th **Hailey Kanakares**

26th **Lloyd Harter**

Rank Promotions

Dragon Blue Belt

Brandon Lun

Orange Belt

Zachary Slevin

Green Belt

Thomas Gregerson

Jonah Johnson

Jordan Johnson

Ava McLain

Purple Belt

Trevor Theurer

Alexis Hanson

Jordan Hotchkiss

Blue Belt

Emmie Davis

Calla Harter

Red Belt

Avery McLain

Andrew McLain

