

Task Karate November 2013 Newsletter

Task Karate School
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<http://calendar.yahoo.com/taskkarate>

Facebook

please check out and "like" the Task Karate page!

<http://www.facebook.com/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491?ref=hl#!/pages/Task-Karate-School-La-Crosse-Wisconsin/181603011868491>

Wanna be my friend?

<http://www.facebook.com/randy.thomson.10>

Happy Thanksgiving!

Thank you all so much for being a part of Task Karate!
I am thankful for the things that I have and my abilities.
I am truly honored to have you as a part of our Karate family!



My first turkey!

Taylor Richmond

Some of you may remember Taylor from when he trained with us a few years ago. He was confined to a wheelchair and had an incurable disease called **Ataxia telangiectasia**. He did what he could and lived his life to the fullest. Taylor passed away on Halloween, and will be missed by many.

Here is an article from the Winona Daily News

http://www.winonadailynews.com/news/local/article_e9aee22a-4904-11e3-9e98-0019bb2963f4.html



Team "Viper" at the Eau Claire Tournament!

Here is a video of the competition, you will have to log on to facebook to see it

<https://www.facebook.com/photo.php?v=512310878797701&set=vb.181603011868491&type=3&theater>

Fun and Fitness!

It's the 5th Friday of the month, that means FUN AND FITNESS class!
November, 29th at 5:45 pm, the class is open to all ages!

Team Photo and all School Work-out

We will be taking our 2013 Team photo on Tuesday, December 3rd at 6 pm!
We will also take the Diamond Nationals Team photo then.
After the photo we will have our all school work out,
trying to see how many students we can get on the floor at the same time!
Gold Star Event!

Team Shirts, Task Karate Apparel and Holiday Sale!

We have t-shirts, sweatshirts, sweat pants, hoodies and all kinds of stuff available during our holiday sale!
Save an extra 5% off our regular discounts on catalog items.
Grab a sheet from the school to see what is available.

Food Drive and Bell Ringing

Our food drive was a huge success!
We collected over 50 bags of food and helped out many needy families.
Thanks to all that are doing the bell ringing for the Salvation Army this Saturday, November 30!

Care Package for the Marines

We are putting a package together for one of our Black Belts Lucas Fater, who is on deployment with the marines.

Please bring any items you can help with by December 9th and we will see if we can get them to them by Christmas!

If you'd like to contact him his email address on the boat is: lucas.fater@cvw3.navy.mil

Care Package Items for Marines

- 1) Soap, bar or liquid
- 2) Shaving cream
- 3) Fabreze
- 4) Baby wipes
- 5) Hard candy
- 6) Magazines, hunting or news
- 7) Toothpaste
- 8) Extra toothbrushes
- 9) Foot powder
- 10) Gold Bond powder
- 11) Dental floss
- 12) Mouthwash
- 13) Small sewing kits (e.g., needles, thread)
- 14) Uniform buttons (can find these at military surplus stores/online sites, specify Marine uniforms)
- 15) Disposable razors
- 16) Boxer style underwear, varied sizes
- 17) Clorox wipes
- 18) Toilet paper
- 19) Powdered drink mixes like Crystal Light
- 20) Tuna packets
- 21) Cup of soup
- 22) Can of ravioli (must have pull tab, not require can opener)
- 23) Laundry detergent pods

Quote of the Week

In helping others, we shall help ourselves,
for whatever good we give out completes the circle and comes back to us.

Flora Edwards



November Birthdays!

**2nd Alex Cassem
Alisha Pfaff**

**15th Garth Gregerson
Evan Pericak**

17th Stacy Osley

18th Violette Phinisee

20th Mason Thomson

**21st Kent Swan
Trevor Devine**

**25th Nicholas Buege
Tim Titus**

**28th Nina RadhaKrishna
Ashley Niesl**



October Rank Promotions

Gold Belt
Elijah Goodman
Kayleigh Kupper
Max Kupper
Zach Mayer

Orange Belt
Cashton Myers
Mercedes Krans

Green Belt
Alysa Hunter
Joe Mattison
Kolton Mattison
Ashley Niesl

Purple Belt
Chase Bollom
Katy Hachmeister
Louie Hachmeister

Red Belt
Micah Muehr
Abe Osley

Black Stripe Brown Belt
Nicholas Buege
Nicholas Dearman
Aydan Dearman
Andrew Pollock Jr