

# Task Karate September 2009 Newsletter

Task Karate School

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## Closed for Labor Day

Have a great weekend! <http://www.dol.gov/OPA/ABOUTDOL/LABORDAY.HTM>

Bike Trail Tunnel Hike/Gold Star Event!

We will leave the school as a group after classes on Saturday the 12th.

We will drive to the tunnel, and hike through. It's just under a mile through,

and it's dark and wet in there, so you might want to bring a light and a raincoat!

Driving directions to Kenya Ave

**36.6 mi** – about **49 mins**

## Tournaments, Twin Cities Open, 2009 Diamond Nationals!

The first tournament of the season is coming up this month! Grab a flyer or ask for more details.

The biggest tournament of the year, the Diamond Nationals is October 9th and 10th. We will be closed on Saturday the 10th for the tournament. Consider competing or going to watch!

<http://www.diamondnationals.com/>

## Bring on The HEAT!

Bring on the HEAT! (Health Education and Training)

Hi, this is Laurie Finn. A couple of months ago I participated in the 8 in 8 challenge-loose 8 pounds in 8 weeks. I was so excited to have someone to work with that I want to keep going. I didn't loose all 8 pounds but I'm on my way. Are you looking to get in even better shape and have fun doing it?? At Task Karate, there's a commitment to supporting everyone to get healthy and stay fit. We'd like to start a group that will be at the heart of your fitness program. We'll help create a workout program for you, help you track your progress and meet once a month for some personal support. We'll also send out email reminders and suggestions for getting into better shape and welcome any suggestions you might want to pass along. This will be a positive and fun way to change your lifestyle and enjoy your health every day!

Make sure to check with your doctor for any health conditions that may require professional guidance as we are only here for general guidelines and support and not in any professional capacity.

Our first meeting will be 6:00 pm Thursday, September 10th, at the Timber's Food Court at 426 2nd Ave (Hwy 35) in Onalaska. After our first brainstorming session, The HEAT will meet on the 1st Thursday of every month. We can decide a time and place that accommodates everyone. Come to our 1st brainstorming session and we'll get you started on your way to a HOT new you!

Contact me if you're interested or have any questions.

Laurie Finn <[laurie@finnottes.com](mailto:laurie@finnottes.com)>

## Quote of the Week!

Labor Day is a glorious holiday because your child will be going back to school the next day.

It would have been called Independence Day, but that name was already taken. ~Bill Dodds

## September Birthdays!

2nd **Samantha Kuhlmann**  
5th **Jacob Murphy**  
6th **Chuck Kolkind**  
7th **Zach Mayer**  
11th **AJ Olson**  
14th **Hannah Johnson**  
15th **Pat Judkins**  
17th **Chris Kanakares**  
25th **Andy Smith**  
26th **Sheryl Gora Bollom**  
27th **Jamison Johnson**  
**Ethan McGuire**  
**Neej Patel**  
28th **Colin McAllister**  
**Morgan McAllister**

## Rank Promotions

Dragon Gold Belt  
**Ashley Janisch**  
Dragon Purple Belt  
**Logan Roisum**  
**Kasy Wing**  
Gold Belt  
**Cameron Wentz**  
**Kim Cassem**  
Orange Belt  
**Alexes Antony**  
Green Belt  
**Nathen Herzer**  
Purple Belt  
**Alex Wing**