

# Task Karate March Newsletter

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## Birthdays

Task Karate birthdays for March! 2<sup>nd</sup>, **Daniella Nichols**, 3<sup>rd</sup>, **Bryce Barrett**, 11<sup>th</sup>, **Sue Richason** and **Liz Stromberg-Windau**, 12<sup>th</sup>, **Mike Rudy**, 15<sup>th</sup>, **Ron Klinski**, 19<sup>th</sup>, **Michael Abraham**, 20<sup>th</sup>, **Julie Plath**, 21<sup>st</sup>, **Ben Heiden**, and the on the 27<sup>th</sup>, **Christina Locante**! Happy Birthday to you!

## Promotions

Promoted to Dragon Gold Belt, **Michael Abraham**, to Gold Belt, **Jeff** and **Andrea De Bauche**, to Green Belt **Bryce Barrett**, and to Purple Belt, **Steve Chafer**. Congratulations!

## “Judges, Representing Task Karate...”

There are several Karate Tournaments coming up in the next couple of months! Tournaments are a great way to increase your enthusiasm for the Martial Arts. There is some incredible talent to see, and it's a chance to test your own Martial Arts skills. Anyone that can do a form or is involved in sparring can participate. Flyers and more information is available at the school.

## Congratulations on Achieving your Goals!

Congratulations to **Dan Smart** on his first place win at the **Sport Karate Open**! Also congratulations to **Anne Markos** on completing her first (of many) Marathons!

## Membership Special

Save two dollars off the bookstand price on **Tom Patire's Personal Protection Handbook**. It's filled with the latest information to keep you and your family safe. The book is available for \$12 from Century. Check out my copy in the waiting area.

## Kids Safety

I would like to share a few available resources. The National Center for Missing and Exploited Children ([www.missingkids.com](http://www.missingkids.com)) has the publication *Personal Safety for Children: A Guide for Parents* available as a free download. (See copy in waiting area). There is a wealth of other information available on their site as well. There is a video available at [www.keyeye.com](http://www.keyeye.com) that I really like. It presents children's safety information in an entertaining, non-threatening way that will really get through to kids. Their site also has all the information you need to keep kids safe.



# Preventing an Abduction

One of the challenges of being a parent is to teach your children to be cautious without instilling too much fear or anxiety. Although some dangers do exist, there are steps that you can take to lessen the chances that your children will be abducted. A survey recently released by the National Center for Missing and Exploited Children and ADVO, Inc. found that parents often lack information critical to finding their children after an abduction - and many others do not provide their children with safety information that could help prevent an abduction. According to the Federal Bureau of Investigation, 2,100 missing-children reports are filed each day - cases that might be solved more easily if parents were able to provide a few key pieces of information: their child's height, weight, and eye color, and a clear photo that's less than 6 months old. Because the first few hours are the most critical in missing-child cases, it's important to have this information immediately available. However, 22% of parents surveyed did not know their child's height, weight, and eye color - and in households with two or more children, the percentage rose to 29%. Parents of children younger than 6 were less likely than parents of teens to be able to give an accurate physical description of their children. It's easy to see how this can happen. Just look at pictures of your children from last year, and you'll see how much they've grown and changed. Relying on memory can be dangerous, so be sure to keep accurate records and take photos regularly. (On a positive note, the survey found that 95% of parents did have recent pictures of all their children.) What else can you do? Talk to your children often about safety precautions. According to the survey, nearly one out of every 10 parents has never discussed safety outside the home with their kids, and one out of five hasn't discussed a plan of action if someone tries to abduct them. Give your children the basics on how to avoid and escape potentially dangerous situations. Teach them to:

- Never accept candy or gifts from a stranger.
- Never go anywhere with a stranger, even if it sounds like fun - predators can lure children with questions like "Can you help me find my lost puppy?" or "Do you want to see some cute kittens in my car?" Remind your children that adults should never ask children to do things that other adults can do for them.
- Run away and scream if someone follows them or tries to force them into a car.
- Say "no" to anyone who tries to make them do something you've said is wrong or touch them in a way that makes them feel uncomfortable.
- Always tell you or another trusted adult if a stranger asks personal questions, exposes himself, or otherwise makes them feel uneasy. Reassure children that it's OK to tell you even if the person made them promise not to or threatened them in some way.
- Always ask permission from a parent to leave the house, yard, or play area or to go into someone's home.



## Keep These Other Tips in Mind Too:

- Have ID-like photos taken of your children every 6 months, and have your children fingerprinted. Many local police departments sponsor fingerprinting programs - check if they're available in your town.
- Keep your children's medical and dental records up to date.
- Make sure younger children know their names, address, phone number, and who to call in case of an emergency. Discuss what to do if they get lost in a public place or store - most places have emergency procedures for handling lost children. Remind your children that they should never go to the parking lot to look for you. Instruct your children to ask a cashier for help or stand near the registers or front of the building away from the doors.
- Make [online safety](#) a priority. The Internet is a great tool, but it's also a perfect place for predators to stalk children. Be aware of your children's Internet activities and chat room "friends," and remind them never to give out personal information. Avoid posting identifying information or photos of your children online.
- Set boundaries about the places your children go. Supervise them in places like malls, movie theaters, parks, public bathrooms, or while fundraising door to door.
- Point out the homes of friends around the neighborhood where your children can go in case of trouble.
- Never leave children alone in a car or stroller, even for a minute.
- Be sure your children know in whose car they may ride and in whose they may not. Teach them to move away from any car that pulls up beside them and is driven by a stranger, even if that person looks lost or confused. Develop code words for caregivers other than mom or dad, and remind your children never to tell anyone the code word. Teach your children not to ride with anyone they don't know or with anyone who doesn't know the code word.
- If your children are old enough to stay home alone, make sure they keep the door locked and never tell anyone who knocks or calls they are home alone.
- Choose caregivers - [babysitters](#), day care providers, and nannies - carefully and check their references. If you've arranged for someone to pick up your children from school or [child care](#), discuss the arrangements beforehand with your children and with the school or child care center.
- Avoid dressing your children in clothing with their name on it - children tend to trust adults who know their name.
- Make sure custody documents are in order - parental abductions affect more than 350,000 families each year.

Thankfully, most families will never have to face the horror of abduction - but as with all safety precautions parents take with their children, an ounce of prevention is worth more than a pound of cure.