

## Task Karate January 2013 Newsletter

Task Karate School  
1100 Kane St.  
La Crosse, WI. 54603  
608-781-TASK (8275)

E-Mail: [Taskkarate@msn.com](mailto:Taskkarate@msn.com)

Website: [www.taskkarateschool.com](http://www.taskkarateschool.com)  
<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>

## New Years Training!

The first class of the year, let's make it a big one! All students are invited to a special double class from 5:30 until 7 pm on Wednesday, January 2nd, 2013! Gold Star event! (we will probably let the younger kids leave early if they want.)

The kickboxing class will start 30 minutes early with a self defense class!

## Black Belt Test!

Congratulations to Trevor Theurer and Brandon Lun who will be testing for Black Belt January 26th at 1 pm! They have been working hard for many years and I am proud of their progress! All Black Belts are invited to sit on the panel, and all students are encouraged to come and cheer them on, and see what it takes to get to Black Belt!

## Uniform Monogramming

If you would like the Task logo and your name on your uniform let me know as soon as possible. I do it for cost (\$40)

## Snow Hike! Gold Star Event!

February 2nd at 1:30 pm! Meet at the Hixon Forest Trail Head. (Not the Nature Center) Hwy 16 to Bluff Pass, then right on MilsonCt to the parking lot. We will have an easy 30 minute hike for the littler ones, then a big hike for those up to the challenge. (about 2 hours) This also counts as the fitness challenge for Brown Belts!



the top!

## Closed for Seminars and Tournament in California!

I will be attending Sensei Demuras seminars and tournaments in California again this year. We will be closed Thursday, 2/21 and re-open Monday the 25th. Sometimes it's hard to get back to La Crosse in time for the 4 pm Lil' Dragons class so we may have to cancel that class, I will update you as soon as I arrange my travel plans.

## Minnesota State Championships!

February 10th! We had several State Champions last year! Maybe this year will be yours.  
[http://www.nckablackbelt.com/assets/mn\\_open\\_flyer\\_2013.pdf](http://www.nckablackbelt.com/assets/mn_open_flyer_2013.pdf)

### **Remaining 2013 NCKA SCHEDULE**

[www.nckablackbeltratings.com](http://www.nckablackbeltratings.com)

**Eau Claire Open -Mar.17, 2013 NCKA Finals- Apr. 21, 2013**



## Polar Plunge Saturday, March 2nd! Gold Star Event!

This will be the 8th year that Task Karate has done the plunge to help out the athletes of Special Olympics! We will have a shuttle from the school again this year. Last year I missed our plunge.

I want to make sure that doesn't happen again so we will be more organized this year. I will ask everyone to be sure to pre-register, so that when we get there we can take a picture and then go right to the plunge! Registration will be available the week before, even at our school on Wednesday, 2/27/13 from 4 pm until 7 pm. You can sign up and collect donations online! You can make your own personal web page!

Here's mine!

<http://sowi.kintera.org/faf/donorReg/donorPledge.asp?ievent=1042773&lis=1&kntae1042773=A9476E10C7E64D3582C05B0829287C2F&supId=350046937>

and you can join the  
Task Karate Team!

<https://www.kintera.org/faf/search/searchTeamPart.asp?ievent=1042773&lis=1&kntae1042773=63136DF3A3844107B7C55055E4C65C29&supId=350046937&team=5353431>

## Festival Foods Grandad Half Marathon (formerly the La Crosse Fitness Festival)

No Classes <http://www.lacrossefitnessfestival.com/index.html>

May 3rd through 5th! (5k and Half marathon on Sat the 4th)

This is a two-day celebration that gives area residents and visitors from across the country an opportunity to enjoy active, aerobic outdoor events amidst the breathtaking natural beauty of Grandad Bluff and the Mississippi River Valley. The wide range of activities--from a half marathon to a 5-kilometer run/walk, youth events and cycling events--offers challenges to both experienced and novice athletes of all ages and fitness levels.

**Gold Star Event!** Having a goal like running a 5k race (3.1 miles), half marathon relay (approximately 6 miles, two people per team) or the half marathon 13.1 miles, can be just the motivation you need to keep you on your training! The link above has some good training tips to get you started.

## Letter From Kathryn in Afghanistan!

12/30/12

Hello! Still doing well, but it's gotten a lot colder. We got away with temperatures in the 40s-50s for a long time, but finally about a week ago it got colder. Our office is just a cement building with a pretty bad heating system, and it's low 60s in there all day. We got sent a whole bunch of hand warmers and we use them when we're working in the office! It's pretty sad. And space heaters aren't allowed due to them being a "fire hazard". We've gotten snow a few times now. It's been melting during the day, freezing at night, and making the roads and paths very icy in the mornings. Several of us have slipped and fallen and have some bruises to show for it. I haven't yet, but if I do I'll probably be glad you taught me how to fall! There was one day we weren't able to drive at all because of the ice, even though the vehicles here are either 4-wheel drive trucks or all-terrain military vehicles. Pretty much all of the trucks out here are white manual Toyotas. Our truck took a real beating in the beginning when everyone who didn't know how to drive stick got to learn, including me! Better that than a friend's car, I say. The package the school sent was sure appreciated! (I laughed at the feather duster, and I've used it!!) Everything in there was great and will get put to good use. We found out pretty recently that our chow hall won't be serving breakfast starting January 1, which is a big bummer cause it was the best meal of the day, but at least I have all of those granola bars now! All the other food is good to have too--it's nice to get something different sometimes, and we like to keep a stash of "safe food" as we call it. We didn't find out about it until afterwards, but we all almost got poisoned a little while ago in the chow hall. Most of the cooks are Afghans, and I guess there was one who felt he had been disrespected by someone, and decided to get back at all of us Americans by poisoning our food. Somebody who knew about it stopped it right before it got put out, though, so no one ate it. I still eat 3 meals a day there most days, but if something doesn't taste right I just leave it. It's pretty characteristic of Afghans to react that way if they feel insulted and we had training on that in the beginning. They don't take disrespect well in their culture, and they tend to group us all together and try to get revenge on anyone who's an American, even most of us had nothing to do with it. All of the Afghans I've ever interacted with were nice to my face and they seem like decent people, but it's hard to trust any of them when you hear things like that.

Christmas and Thanksgiving were both 1/2 days for us and we closed at noon and had the rest of the day off. Our office hasn't been closed for a full day since we got here, and since it wasn't on those days I don't think it ever will be. We had people come in though, and some are only on our base for a few days, so whether it's a holiday or not, if they need cash we need to be open. There was a lot food those days, and everything in the chow hall was

decorated. They try to make it special for us, but it didn't compare to my mom's or grandma's cooking, or being with them either! We all played cards on Christmas Eve night, but didn't do anything as a group on Christmas. I wouldn't say I was depressed, but I've had better Christmases and I decided it would be a good day to run 10 miles, (which I hadn't ever done before), so I did! Then I called my family and got to talk to everyone, even though the phones were really busy and I had to wait. We have a building with free phones and internet, which is really nice, but when it's busy there's a 30-minute limit. Everyone wanted to use them that night, so I waited a while to get on, then got off and got back in line. We have a phone at our office that can call out too, so sometimes I go over there and use that one too. Being here makes me realize a lot of things I take for granted! Usually it's not too bad though, and once in a while I'm lucky enough to get on one of the 3 computers with webcams and use Skype.

There are a lot of smaller field bases that we service because most bases aren't big enough to have their own finance unit. Two people fly out with a briefcase of cash and set up at a table somewhere and everybody lines up for money. Usually they all get serviced every 30-45 days, but weather's been bad lately and the helicopters haven't been able to fly, so we're way behind schedule right now. We have a team out right now who got stuck at their base and probably won't be back for a few more days. That's the side of our job that's not quite so cushy, and at first they weren't letting any of us females go on those because it's more dangerous and most of those bases have very few women at them, if they do at all. That really upset me and the other female cashier here, because we really wanted to go on those missions and I don't like being told I can't do something just because I'm a girl. (I'm sure you're surprised to hear me say that...). But anyways, they eventually gave in and I'll be off on one soon. We've tried to get a flight the past few days, but the helicopters just can't fly unless it's clear, so we sat in the terminal for a while and then came back because it started snowing. Hopefully one of these days we can get out!

That seems like most of my news. It seems hard to believe it's already been 4 months since I left. Time's going by pretty quickly, and I'm sure summer will be here before I know it! Take care!

Kathryn

## Quote of the Week

The only thing that stands between a man/(woman) and what he/(she) wants from life is often merely the will to try it and the faith to believe that it is possible. -Richard M. DeVos



## January Birthdays!

2nd **Alyssa Van Riper**

5th **Taylor Rakes**

6th **Janelle Parcher**

13th **Dakota Gruen**

16th **Randy Thomson**

17th **Patty Fortner**

18th **Connie Mumau**

19th **Lily Engen**  
**Thea Wilkins**

25th **Jamie Peaslee**

26th **Elli Johnson**

28th **Brandon Lun**



## December Rank Promotions

### Dragon Gold Belt

Rysen Gorman

### Dragon Purple Belt

John Gobel

### Gold Belt

Trevor Devine  
Amanda Burton

### Orange Belt

Michele Burton  
Cody Mammenga

### Green Belt

Thea Wilkins  
Louis Gums

### Purple Belt

Nash Nagy  
Elli Johnson

### Blue Belt

Samee Rayhan  
Shafee Rayhan  
Micah Muehr  
Amanda Striegel

### Red Belt

Jameson Jones