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**November**

November is an annual event held every November to raise awareness for men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Men show their support by not shaving for the duration of the month.

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42 SINGLE-LEVEL TERRACE CONDOS

114 Cougar Ridge Landing SW  
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 across from West Springs Gate SW

16 TRIPLE-LEVEL BROWNSTONES

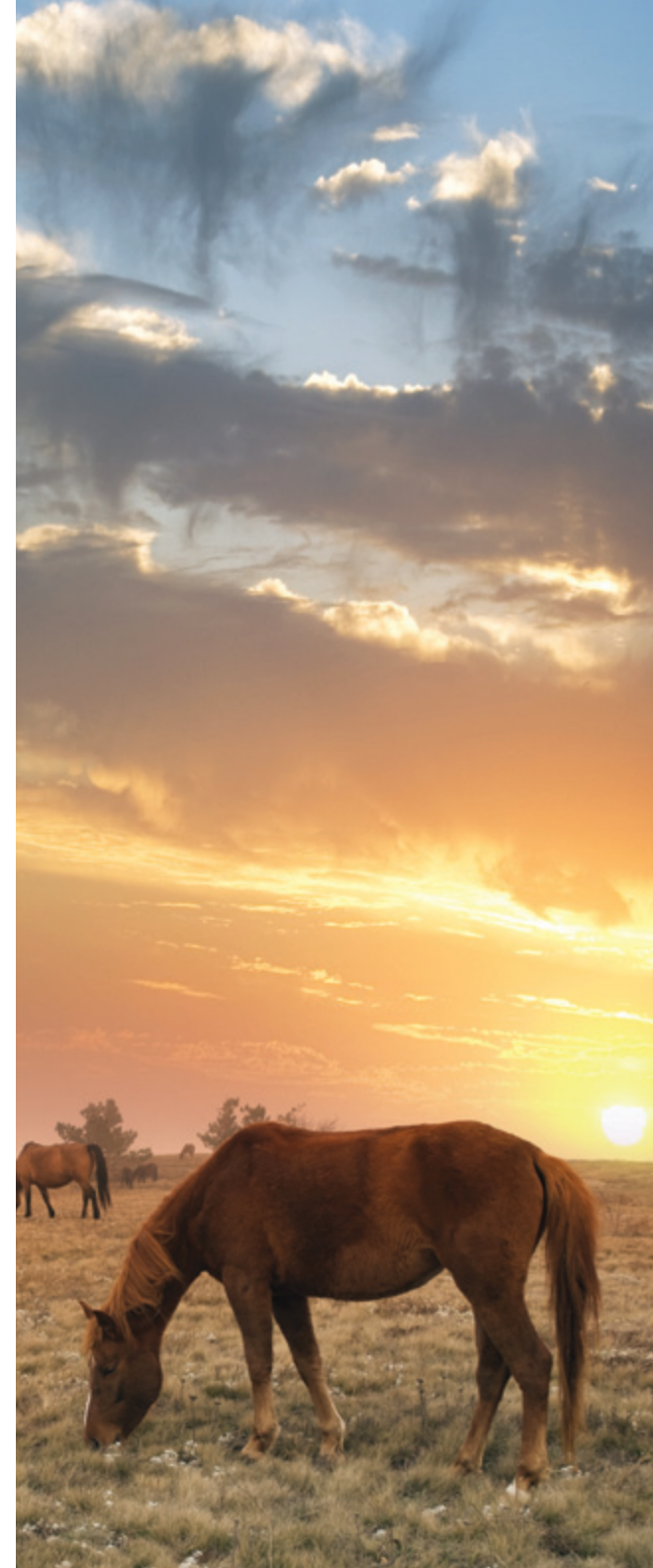
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## CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos with your name for the photo credit and mention what community you're from.

Send to [news@great-news.ca](mailto:news@great-news.ca).

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



### ELBOW VALLEY RESIDENTS CLUB

100 Misty Morning Dr | Calgary, AB – T3Z 2Z7  
Tel: 403-240-4386  
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## Calgary Icebreaker Polar Dip



### New Year's Day 2018: Making a Splash for Canada 150!

The 9th Annual Calgary Icebreaker Polar Dip will take place January 1, 2018 at 1:30 PM at the Elbow Valley Residents Club. Last year's Icebreaker saw over 100 "Dipsters" jump into freezing water and raised \$85,000 for the work of the Servants Anonymous (SA) Foundation and their global work with victims of sex slavery.

The 2018 event will have a distinct Canadian focus in honour of Canada's 150th birthday year. All funds raised will support an SA Foundation program that trains leaders from across this country to be part of the solution to the sex trafficking in their own back yard.

The Calgary Icebreaker Polar Dip was co-founded by Ross Weaver,

an oil executive and Bernie Potvin, a professor at the University of Calgary. "This is a really fun event" says Weaver. "But it is tackling the really horrendous reality that thousands are living as sex slaves right here in Canada. The average age victims are forced into sex slavery in Canada is 13 years old. No 13-year-old chooses that life."

"As we celebrate the "true north strong and FREE" the truth is that many in our country are not free. This event makes a difference", says Potvin. "Please help spread the word."

#### Contact:

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W: [calgaryicebreaker.com](http://calgaryicebreaker.com)



*Shadows and Sunlight*



*Elbow Lake Beauty*



*Boat House*



*Sunrise on Elbow Lake*



*Elbow Lake Reflections*



*Elbow Valley in All Its Autumn Glory*



**Photo Corner**  
**VIEW OF THE VALLEY**  
Photos by Lynda Gilchrist

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## SAFE & SOUND



### Influenza Season

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization were made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 40%. Without immunization, Albertans were completely at risk.

And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year.

Prevention is your protection. Get immunized this season.

For more information on the influenza program, including local clinic locations and schedules, visit [ahs.ca/influenza](http://ahs.ca/influenza) or call Health Link at 811.

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

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Please join LTO in Springbank as we...

## Deck the Halls

Monday, December 4th | 9:00am - noon  
Eden Brook Reception Centre  
Corner of 17th Avenue SW and Lower Springbank Road

Deck the Halls at our Annual Christmas Market! Beautiful crafts, artisanal food items, local vendors, door prizes, coffee, tea and treats...a recipe for a lovely morning shopping as you tick off your Christmas wish list! Visit our Facebook page, [www.facebook.com/SpringbankLadiesTimeOut](http://www.facebook.com/SpringbankLadiesTimeOut), for a list of our vendors!

All proceeds will be donated to Ladies Time Out in Springbank sponsored local charities!



# Springbank LADIES TIME OUT

Ladies Time Out in Springbank invites the community to join us for our Deck the Halls Christmas Market on Monday, December 4th from 9am-12noon at Eden Brook Reception Centre at Lower Springbank Road and 17th Ave SW. Vendors with everything from artisanal items to delicious foodie treats will be posted on our website at [www.springbanklto.com](http://www.springbanklto.com). Come and enjoy coffee, tea and holiday treats, as well as a chance to win door prizes, to visit with friends and to share the holiday spirit! Proceeds from this event will be donated to local charities supported by Ladies Time Out in Springbank.

For over 30 years, LTO in Springbank has provided an opportunity for women of all ages in the Calgary area to meet new people, to socialize and to participate in a wide variety of registered classes and activities. Classes and events including cooking, yoga, art, CPR, and much more are held on Monday mornings at the Eden Brook Reception Centre. Please visit our website at [www.springbanklto.com](http://www.springbanklto.com) or follow us on Instagram @springbanklto or Facebook/SpringbankLTO for a list of classes as well as information on January 2018 registration for the winter session.

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