

From: Marianne Duong mari_anned@hotmail.com
Subject: A Message from ALM: Take the (Polar) Plunge.
Date: December 31, 2015 at 9:01 AM
To: Marianne Duong mari_anned@hotmail.com

MD

Get Ready, Get Set, GO - Jump in the Lake!

Jan 1, 2016 at 11 AM at Angle Lake Manor Beach, 3419 S. 194th St

That's how we start off the New Year at Angle Lake. Not only does it clear your head from New Year's Eve revelry, it starts the year off right with a great show of the generosity and spirit of our neighborhood... **and an opportunity to WIN FABULOUS PRIZES!**

The Angle Lake Manor and Angle Lake Shore Club hosts the annual Polar Plunge where neighbors gather to share treats and cheer the brave and crazy few who jump in our frigid waters.

Why would anyone jump in the lake on New Year's day? You'll need to ask each plunger for their personal reason, but our official reason for freezin' is to start the year off helping those in need by replenishing the Highline Food Bank which has been depleted by holiday demand. So, please bring a donation of money or non-perishable food.

Our neighbors in need will benefit from your generous donations and attendees will benefit by being eligible to win fabulous prizes! All you have to do is bring a donation, enjoy a brunch buffet with coffee and cocoa, and cheer/plunge at noon. For an enhanced experience wear a costume and bring kids.

Be sure to consult your physician prior to participating in the Polar Plunge to verify your fitness or sanity. We will have certified medics on hand to resuscitate you, if needed - no faking allowed! 😊

For event details, go to www.anglelakesc.blogspot.com. For questions or to volunteer, contact Tani Rae at 206-300-5740.

Come early and increase your chances to win. A (1) raffle ticket will be distributed for the following:

- Arriving at the Angle Lake Manor Club Beach Lot between 11 a.m. to noon
- Being in a costume (if you plan to plunge or not)
- Bringing a non-perishable food item (1 ticket for each item)
- Donating \$10 cash or check (to the Highline Area Food Bank)

Amazing Prizes:

- Overnight at Cedarbrook Lodge
- Fifty minutes Cedarbrook spa treatment (2 gift certificates)
- Dinner for 2 at Copperleaf Restaurant (2 gift certificates)

Hair cut at the Ultimate Solution Hair Salon, 3215 S.188th

Gift from Wild Birds Unlimited, 15858 1st Ave S.

ALSC t-shirts : sm, med, lg and xl