

It's not 1974, it's Movember

It's not a caterpillar crawling above your neighbours lips. It isn't a smudge from the fireplace either. 1974 has not come calling. This manly new look sweeping the community is a moustache darling, and it's all in the name of 'Movember'.

November, or Movember, is a time where a man can grow in his manly beard without question. He may comb it up, or comb it down. Gel it off to one side or allow it to simply curl around his lips and disappear into his mouth. Heck, he can even be a she... that's right, Movember is open to the Mo Sista as well!

What is Movember? The annual Movember campaign allows men to grow moustaches while being supported by the community. The month-long event is designed as a fundraiser in support of the 'Movember Foundation' for men's health programs.

Specifically, the Movember Foundation of Canada seeks to: start conversations about men's health leading to awareness and understanding of the health risks men face; get men to take the action required to remain well; encourage men living with prostate or testicular cancer to seek the treatment and care needed to be physically and mentally well; and to ensure men and boys with mental health problems are not discriminated against.

As a 'Mo Bro' you need only do three things to get started: sign up (ca.movember.com); encourage your friends to sign-up (don't mo alone!); and grow a mo for the 30 days of November, er, Movember.

Then, you can raise funds, help to raise awareness and celebrate your new look (or a return to your previous, clean-shaven look) when it's all over.

During Movember, participants must also follow five strict rules:

1. Start with a clean shaven face
2. Grow and groom a spectacular 'mo'
3. Beards, goatees and fake mustaches are NOT allowed!
4. Use the power of your mo to create a conversation about men's health issues
5. (Possibly the most important rule) each 'Mo Bro' must conduct himself like a true gentleman!

So get mo-ing New Tecumseth. If you've already started, you probably have a spectacular mo in the making. And if you see a mo sprout up on a neighbour, co-worker or friend, ask him about why he's mo-ing it up and get the conversation going about issues related to men's health!

(P.S. ' If you feel the need to touch a mo, please ask first. A thicker, and more lush the mo the more tempting it is to touch!)

By Wendy Gabrek