

**In just a few days it will be MO-vember. Yes, you read that correctly.**

**So what is Movember, you ask? It is an opportunity to grow a “mo-stache” during the month of November to raise awareness and support for cancers that affect men.**



Last year Jan Merka and I participated as a QOC team and had a great time. (Jan’s wife Dasa liked his new look so much that he has been sporting it ever since.) See our cool photo below!

**This year we would like to expand our team, increase the fun,  
and raise money for a good cause.**

**So join the MO – O Team today. It’s easy.**

Go to the US Movember website: <http://us.movember.com/>

Click: Get Involved

Select: Register to participate

Select: Are you.....(man or woman)

Select: Join a Team

Fill in the info and submit

To find the team just search: QOC

Select MO-O Team (Quantico Orienteering Club/QOC)

Once you are registered, I hope that you will take the most important step and make a donation. Select “donate to an individual” and select yourself. Your gift will count toward your total as well as the team’s total. At the end of November, the amount we have raised will be donated to the Prostate Cancer Foundation and LIVESTRONG. Heidi and I have gotten the team started with our donations.

The rules for the growing period are simple:

- Begin November 1 clean shaven (Be sure to shave by Sunday, October 31 so we can take a team photo at the Mid-Atlantics. If you are not attending the event, simply snap a shot of your smooth face on November 1 and upload it to the site)
- Grow your moustache throughout the month
  - No hair to be grown in the goatee zone
  - ‘stache cannot connect to sideburns



David & Jan – Thanksgiving 2009



David catches a ‘stache smooch from Heidi