

## Movember bottle drive a success

*Students contribute their empties for money to support men’s health*

By Randi Melenhorst

With the holidays growing closer, the month of November has come to and end. And with that, comes an end to another year’s Movember fundraising challenge.

Brent Waldie, 19, a first-year Loyalist College student in graphic design, came up with the idea of a bottle drive for students to contribute their empties for funds to be donated to the cause of men’s health. “The idea came up after I had come across my brother’s venture to raise money through the official Movember website,” he said.

“We’ve always been involved in various organizations together, especially through high school. So I just figured I should start something of my own here at Loyalist.”

Waldie, his roommate Josh Kirkpatrick, and two of his floormates, Adam Fairbrass and Shawn McCormack, pitched the idea to fellow Loyalist students, mainly targeting on-campus residents a few weeks into the month. “We started collecting on Nov. 15, arranging to pick up every Sunday for the rest of the month, the last Sunday being the first of December,” he said, “which designated us with only three official pickup dates.”

They promoted their bottle drive mainly by word of mouth, but Waldie did make a post on Loyalist College’s residence group on Facebook, mentioning their campaign, but “for the most part, it was just talking to people that really brought the bottles in.”

Waldie said he didn’t set too much of an expectation on the campaign, but he did hope to bring in over \$100 worth of empties to donate. With the month, and Movember, at an end, Waldie added, “I’m quite satisfied with the results seeing as it was very short notice and I’m just happy to have made something.” The boys stored their collected empties in a storage building on residence and have not yet brought them in for return, but they do plan on doing so during this first week of December.

They haven’t done an official count of the bottles they received during the last couple weeks of November, but Waldie said he believes that with all the bottles and cans, it looks as if they have reached his unofficial goal of \$100. “One hundred dollars was really a surprise, and I’m quite happy with the result.”



Photo by Taylor Hermiston

Seeing all the moustaches around Loyalist College provided enough motivation for students (clockwise) Brent Waldie, Shawn McCormack, Adam Fairbrass and Josh Kirkpatrick to organize a bottle drive to raise money for prostate cancer. They have had three successful bottle pick-up days.

Movember is a popular charity month. Started in 2003, the event has since gone

global, with men encouraged to sport moustaches and raise money for the en-

tire month in support of the fight against prostate and testicular cancer and mental

health challenges in men.

## Drinking and driving prevention the goal of volunteers working for Operation Red Nose

*Free rides available for anyone who’s drinking during the holiday season*

By Justin Greaves

Operation Red Nose prevents drinking and driving on the road, but it has also saved lives in other ways.

Volunteer driver Larry Prevost was driving a rather intoxicated middle-aged woman from a house party in Trenton.

“We took her in her house, and that’s when she said she was dying. So we checked her out and looked in her eyes and we knew something was very wrong. She was overdosing.”

Prevost and his team waited with the woman until the ambulance arrived. Later that week, a police officer who responded to the call met the team before being dispatched and commended them, telling them they saved that woman’s life.

Operation Red Nose kicked off for another year on Friday, safely guiding those with foggy minds home.

Operation Red Nose is a program that offers a free ride for anyone who has been drinking and doesn’t want or feel they can drive home legally. The program runs from 9 p.m. to 3 a.m. Thursday to Saturday from Nov. 29 to Dec. 31, and New Year’s Day.

Operation Red Nose started at Laval University in 1984 and was adopted in Belleville in 1997, giving 500 rides that year.

Last year, the program had over 300 volunteers come out to help drive more than 49,400 kilometres, driving 3,200 people safely home as far as Picton, Madoc and Deseronto.

Red Nose asks clients for a donation per ride. Last year, they raised \$40,000 and over \$250,000 in 10 years. All the donations go towards the YMCA and Camp Trillium.

Marilyn McNamara is in her fourth year volunteering for Red Nose.

“It’s the people you meet that make it

worth your time. People are great, and you meet all kinds of them,” said McNamara.

The volunteers meet at the CAW Hall at 160 Catherine St. in Belleville. On any given night, there could be 20 teams of three waiting to be dispatched.

The program is sponsored by various businesses in Belleville, which provide food for the volunteers during their shifts.

“It’s better than taking a cab. It’s when you get up the next day, your car’s safe and sound, and not sitting in a bar or club parking lot,” said Ozzie Bell, a second-year volunteer.

There is always a need for more volun-

**‘It’s better than taking a cab. It’s when you get up the next day, your car’s safe and sound, and not sitting in a bar or club parking lot.’**

Volunteer Ozzie Bell

teers to help. Those who wish to help volunteer can fill out an application online at [operationrednose.com](http://operationrednose.com)

There are three positions on the teams – the escort, client driver and the navigator. The team drives to where the client is located, and then the client driver and the navigator meet with the client, take their keys and drive them safely home. This happens on average five times a night.

McNamara is the navigator for a team with escort Bell and client driver Prevost. They have been a team since 2011.

The volunteers go above and beyond, giving a beacon of light to those that are in need.

Those who wish to use Operation Red Nose services can call 613-962-4344.



Photo by Justin Greaves

(L-r) Operation Red Nose volunteers Marilyn McNamara, Ozzie Bell and Larry Prevost get ready to pick up a client from Snapshot Bar & Grill Nov. 30.

## Many choosing flu shots

By Michelle Heshka

Loyalist’s very own flu shot clinic has become a hit with students.

Needing only a consent form and your Ontario health card, rolling up your sleeves and protecting yourself from this season’s virus has never been easier for Loyalist students.

Loyalist’s flu shot clinic has been open since Oct. 20, running from 8 a.m. to 4 p.m. Monday through Friday. According to Loyalist’s health nurse Lauren Deans, the free flu shot clinic is seeing more students than ever.

“It’s been a slow start...but people keep coming in. It’s good. Slowly, more and more people have been trickling in,” said Deans.

One of the many perks of having the flu shot clinic in the college is convenience. Passing by the student health clinic every-day poses a friendly reminder for students to get their flu shot. Students don’t have to go out of their way to get help against the seasonal illness.

“It is a government recommended health measure to have at an institution. With it being held in the college, people get the reminders. We put out a notice and people say, ‘Oh! Better go get my flu shot,’” said Deans.

On top of the clinic being convenient in terms of location, the flu shot clinic allows students to easily complete requirements for placements and internships.

Stephen Pokocky, a second-year child and youth worker student, said he is grateful for the free flu shot clinic in the college. He has a placement with a child-mentoring program that requires all participants to get their annual flu shot.

“It’s great to have the free flu shot clinic in the school because it fulfills one of the shots that I have to get to be eligible for my placement. I live on residence, so it’s super convenient to not have to get a bus into town and find a clinic,” said Pokocky.

Deans said that the turnout is better each year. In her 13 years at Loyalist, the only more successful clinic than this year was when H1N1 was an epidemic. After another successful year, she said she hopes the number of students participating will continue to increase every year.

“We do well with it. The biggest thing is that if you ever get the flu, you will never miss a flu shot again.”