

# THE BRUCE BILLITIN

ISSUE 23: MONDAY 5 OCTOBER - MONDAY 12 OCTOBER

## ANUSA MENTAL HEALTH WEEK

This week (6<sup>th</sup> to 9<sup>th</sup> October) is ANUSA Mental Health Week! To quote the Facebook event page, “5 in 5 people have mental health”, so this week is centred around raising awareness for mental health and reducing stigma around mental illness. Here’s a run-down of the events for the week!



**Wednesday: Mid-Week Mindfulness Sessions:** Run by the counselling centre, these sessions are open for all, and are a great opportunity to take a moment out of your week to relax (or learn how to do so).



**Wednesday: ANU Day of Giving BBQ:** This inaugural event is in support of NIMHR (the same institute for which the Tour de Bruce riders were raising money!) and will involve a relaxed sausage sizzle in Union Court to raise awareness.

**Wednesday: Seminar - Surviving in Law School:** LSS Wellbeing will be holding a seminar discussing the mental health services available to students, their experiences of mental health, and strategies to look after yourself and your friends

**Thursday: Union Court - ‘Mental Health and You’:** Come by Union Court for FREE food, animals to pet, and **massages!** #BESTDAYEVER

**Friday: Morning Yoga on the Law School Lawns:** Open to everyone, come to the lawns at 9:30 for some relaxing yoga followed by a FREE and nutritious breakfast.

Look to the Facebook event pages for locations, more information and more events. Happy Mental Health Week! :)



## LEUKAEMIA FOUNDATION : LIGHT THE NIGHT

Help brighten the lives of blood cancer patients and their families and register for the Leukaemia Foundation's Light the Night. Gather your friends to light a beautiful lantern; gold to remember someone, white for your own journey or blue to show you care. Register at [lightthenight.org.au](http://lightthenight.org.au). The event raises much needed funds for blood cancer research and to support families when they need it most.



## MEN’S HEALTH: MOCTOBER!

That’s right, folks! It’s that time of year again, when Bruce Hall’s moustache population increases rapidly and dramatically for an entire month of dirty mo’s in support of the Movember foundation for men’s health. If you don’t want to grow the mo, get active and join the MOVE campaign. Look to the “Bruce Brings the Bush” Facebook event page for more details on how to get involved!

## SPORTS

The sportspeople of Bruce have been doing really well this term so far, so make sure you’re getting down to as many games as you can to show your support! Game days are as below:

**Cricket: FRIDAY 9<sup>th</sup>**

**Tennis: SATURDAY 10<sup>th</sup>**

**Touch: 16<sup>th</sup> - 18<sup>th</sup> OCT**

The tennis girls have made it into the semi-finals, so be extra sure you’ve made time in your schedule to cheer them on! Well done all :)



# VAIDOS'S VERDICT: WHO WILL BE CROWNED MR. MO - 2014?



Hey guys, it's Vaidehi here! I've been begging Joff for months to feature me in the Billitin and oh my god you guys, I'm so glad my time to shine has finally come. I'm bit salty that I didn't get all of the creative liberty I was promised though. I had already envisioned my segment to be "Vent with Vaidehi", in which I was going to get a bit pass-ag about all of the little things that get on our nerves - trust me, you would've loved it. ANYWAY, let's move right along. To get you in the spirit of Moctober, I thought it was about time we did a #throwback to 2014 and remembered and appreciated some of the greatest and seediest moustaches this hall has ever seen. Let's go!



## SHASHANK BOKIL

It's no secret that this man can grow a healthy pasture of facial hair. But last year saw his mo make its solo debut - and while it'll never be as breath-taking as my debut will be (after I join an all-girl singing group and then leave it because, tbh, I will def be the most talented), I commend the dark, luscious shadow seen here. Not quite Mr Mo material, though!

## GEORGE LAFFAN

Pictured here staying true to his surname, George grew quite a prominent 'nose's neighbour'. I'd love to say that this led to him receiving many congratulations to him for doing so well in supporting the cause, but to be honest he was largely unrecognisable throughout the month of October 2014. While I therefore can't give him the award, he deserves credit for this Selleck-esque 'stache.

## HARRY M<sup>C</sup>LAURIN

This famous crumb-catcher brought a new face to the name 'Dirty Harry'. The mo itself deserved kudos for turning one of the happiest, most amiable faces of Bruce Hall into that of a 70's porn star. The loud moustache on such a quiet man made it all the more remarkable, but I want to see it bigger and better this year! No award for you, le!

## KADISON NEWS

If you thought Hazmac's mo was chilling, you obviously hadn't seen the NewsMan's crop. When paired with a checked flannelette shirt and a pair of outdated glasses, Kad and his mo certainly could've passed for a very accurate cosplay of the killer from *The Lovey Bones*. For this commitment and also his remarkable fundraising prowess last year, I deem Kad runner-up Mr Mo!

## PAT CORDWELL

Despite a lack of moustache appreciation from his significant other, Pat cultivated this whopper of a moustache all month in the name of men's health (and probably a slither of personal satisfaction too). His mo had it all - colour, thickness and h8ers (which Britney taught us is necessary for success). I deem Pat Cordwell Mr. Mo 2014! [Get around Moctober 2015!](#)

## TRIVIA

1. Name an African country that uses the Shilling as its currency.
2. Mace comes from the same tree as which other spice?
3. Moon-face, Dame Washalot and the Angry Pixie are characters created by which writer?
4. In the song by Lou Bega, 'Mambo Number 5', 7 women are named in the chorus - what are they called?
5. Dana Elaine Owens is the real name of which famous actress?
6. What word beginning with 'G' is a musical term for sliding between two notes?
7. Of what is carpology the study?
8. Antananarivo is the capital city of which country?
9. Where in the human body might you find the pineal gland?
10. In which year was Barack Obama inaugurated as American President?
11. Who said 'The only way to get rid of a temptation is to yield to it'?

1. One of: Kenya, Tanzania, Somalia or Uganda. 2. Nutmeg (Both are derived from the seeds of the Myristica fransans tree). 3. Enid Blyton. 4. Monica. 5. Rita, Tina, Sandra, Mary and Jessica. 6. Glissando. 7. Fruit (and seeds). 8. Madagascar. 9. Brain. 10. 2009 (He won the election in 2008, presidents are not inaugurated until January). 11. Oscar Wilde.

