

# MO AWARDS 2024



# COUNRTY DIRECTOR MESSAGE

There is only one pure thing at the heart of Movember, and it is our community. You are the life and the pulse of everything we do to advance men's health. Over 50,000 incredible people coming together across Canada; having fun and doing good with a passion and commitment that is unparalleled.

You bring that passion to your workplace, your school, your friend groups, your families. It is no small ask, but you do it for the cause. And you embrace the fun; hot wings, polar bear dips, epic challenges, and of course adventures in facial hair. There is a Power of the Mo, and it is all of you.

Men and the people who care about them are going to live longer, healthier and happier lives thanks to all you do. We are merely here to help you make that happen. We are grateful and we couldn't do it without you.

Congratulations to all the nominees, you are an inspiration, and we simply couldn't do it without you.

Todd Minerson  
Country Director,  
Movember Canada

# MIGHTIEST MO

Celebrating iconic Mo's and the amazing stories and impact behind them.

# GOING THE DISTANCE

Whether it's 6, 60 or 600km, every move for Movember makes a difference. This award goes to the supporter who has gone the distance in the name of men's health.

## CRAIG JERMYN

Bobcaygeon, ON

## DUNE WALD

Calgary, AB

## MICHAEL VALLIANT SAUNDERS

Peterborough, ON

## SHANNON BANAL

Vancouver, BC

## STEVE FARINA

Port Coquitlam, BC

## SIMON BURLEY

Vancouver, BC

## COLIN VIEGAS

Ottawa, ON

## NIC SULSKY

Toronto, ON

## KYAN GROUETTE

Dauphin, MB

## VIREN SHASTRI

Toronto, ON



# HAVIN' FUN, DOIN' GOOD

This award goes out to all the hosts who have brought people together in the name of men's health. From challenges to quizzes to parties, these mo-ments are what make Movember special.

## MOVEMBER SASK HOT ONES

Regina, SK

## YGK CHARITY BOXING

Kingston, ON

## MOVEMBER POLAR DIP CREW

Toronto, ON

## MOVEMBER WHITEWATER CLASSIC

Ottawa, ON

## TORONTO FIRE BATTLE OF THE BANDS

Toronto, ON

# MO YOUR OWN WAY

Some people just don't fit the mo-uld. This award goes to the person who made Movember their own with an epic challenge.

## SAM BARNETT

Tiny, ON

## DANIEL MAK

Toronto, ON

## NHU NGUYEN

Toronto, ON

## PROSTATE PATROL

Calgary, AB

## MAX PINKERTON & FINN JOHNSON

Toronto, ON

# ROOKIE OF THE YEAR

For the standout first time Mo.

## ALBERT STORTCHAK

Toronto, ON

## NICK CHAN

Toronto, ON

## BRAD BRADFORD

Toronto, ON

## JOHN MOORE

Ottawa, ON





# REMARKABLE WORKPLACE CAMPAIGN

Acknowledges the Team Captain and Team that has shown efforts in engaging their employees while increasing their donations from fundraising.

## SMALL-MID

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### INTER PIPELINE

Calgary, AB

### TWIN LIONS

Vancouver, BC

### NEPTUNE BULK TERMINALS

North Vancouver, BC

### CAN-SO GROW A MO!

Toronto, ON

## LARGE

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### TEAM JANSEN

Humboldt, SK

### MO FARMERS OF SECURE

Calgary, AB

### CIBC

Toronto, ON

### LEDCOR

Vancouver, BC

### TEAM TSN (TENAQUIP-SCN-NIS)

Sennville, QC

# TEAM MOVEMBER

The team who showed the most impressive collaboration in coming together and changing the attitudes and behaviours around men's health.

### MO FARMERS OF SECURE

Calgary, AB

### TEAM JANSEN

Humboldt, SK

### SOUTHERN GEORGIAN BAY FIRE

Tiny, ON

### CASTLE BUILDER CENTRES

Bobcaygeon, ON

### ONTARIO POWER GENERATION

Darlington, ON

# TEAM CAPTAIN OF THE YEAR

Acknowledges the Team Captain that has connected, engaged, and informed their community to change attitudes and behaviours around men's health.

### MAURY SIMONEAU

Humboldt, SK

### ROB REID

Vancouver, BC

### JASON ANDERSON

North Vancouver, BC

### NEIL MOHAN

Pickering, ON

### YVES DESJARDINS

Montreal, QC



# INSPIRATIONAL MO'TIVATOR

This award goes to our most inspirational Mo. Someone who who is breaking stigma, leading the way, achieved something impossible and is a champion of the Movember campaign.

# SHOWING HOW IT'S DONE

For the Mo who has made it their mission to change attitudes and behaviours. Our Top Community champion advocating for Men's health.

## MICHAEL VALLIANT SAUNDERS

Peterborough, ON

## ADAM KLETCHKO

Regina, SK

## COLIN SAUER

Calgary, AB

## MIKE MILLOY

Halifax, NS

## KALIL MAGTOTO

Toronto, ON

## TODD THOMPSON

Kincardine, ON

## STEVE FARINA

Port Coquitlam, BC

## MARTY BLAKE & SCOTT BRADBURY

Toronto, ON

## KEVIN & RYAN TROTMAN

Oakville, ON

## JUSTIN WOODROOFE

Edmonton, AB



**Testicular cancer is the most common cancer in young men.**

### THE TIGER TRIAL

The TIGER TRIAL – a major international collaboration aimed at discovering the best way of treating men with aggressive testicular cancer – has hit a crucial milestone. The trial has now officially completed recruitment, with 420 men and boys from all over the world participating in this important trial. Sam McKeown, Movember's Director of Global Clinical Trials, said: "This is a huge achievement. Ultimately, the data generated by this important trial will tell clinicians what the best treatment is for these men." An achievement made possible by global funding from Movember and your support.

### NUTS & BOLTS

Nuts & Bolts provides free digital resources and peer-to-peer support for men with testicular cancer.

While the survival rate is high, evidence shows the diagnosis to early-treatment phase can be very distressing. This is hampered by a lack of credible, user-friendly information and peer support in the early days. Nuts & Bolts fills the gap.

"Talking to a guide kept me focused on the facts, recovery and future. I felt like I had someone in my corner that had been there."

MO BRO GLEN

# TESTICULAR CANCER



# TOP WORKPLACE SUPPORTERS

You're the rock stars here (we're the roadies). Your commitment to changing the face of men's health is what makes our work possible.

We can't say it enough. Thank you to all the Mo's who did their bit for men's health in 2023.

In particular, we want to extend a big hairy shout-out to all the workplaces that support Movember's game-changing, life-changing, life-saving work. It's why we want to thank everyone at these organizations.



## WORKPLACE LEGENDS \$100,00K+

BHP  
BMO  
Canso  
Investment Counsel Ltd.  
CIBC  
Grant Thornton LLP  
Ledcor  
Nicola Wealth Management  
PointsBet  
RBC  
Secure Energy Services  
Sherway Warehousing Inc  
TD Bank Canada

## WORKPLACE HEROES \$25,000 - \$50,000

Accenture  
Associated Engineering  
Axiom Builders Inc.  
Baytex Energy  
BC Professional Fire Fighters Association  
Canada Life  
Canadian Natural Resources Limited  
Deloitte Canada  
Durham Region Fire  
Ferrero Canada  
Gibson Energy  
Hexagon  
Imperial Oil  
Inter Pipeline  
LNG Canada  
Mawer Investment Management Ltd.  
McElhanney  
Meg Energy  
MNP LLP  
Northumberland County Fire Fighters  
Onni Group of Companies  
Pacesetter Equipment.com  
PCL Construction  
Peel First Responders  
PepsiCo  
Regina's Refinery  
Southland Kia  
TECHCOM  
Teine Energy Ltd  
Toronto Police Services  
Toronto Professional Fire Fighters' Association  
Twin Lions Contracting Ltd.  
Vesta Energy  
The Woodbridge Group  
WSP

## WORKPLACE TOP DOGS \$15,000 - \$25,000

ARC Resources Ltd.  
ATCO  
Baker Tilly Canada  
BP Canada Energy Group  
Capital Strength Training Systems  
CIBC Wood Gundy  
Crowe Soberman  
Deighton Associates  
Echelon Insurance  
Edmonton Police Service  
Enbridge  
ENMAX  
Excavation J.P.M. 2012 inc.  
Falkbuilt Ltd  
Fort Modular  
Garland Canada  
Georgian Partners  
Greater Sudbury Fire Services  
H.H. Angus & Associates  
Hall Constructors  
Hatch  
HSBC Bank Canada  
IPEX Group of Companies  
JLL Canada  
Kinross Gold  
Lux Windows  
MacDonald Realty  
McCarthy Tétrault LLP  
Metro Vancouver Regional District  
Michels Canada Co  
Morgan Stanley Canada  
Mosaic  
Novus Canada  
Osler, Hoskin & Harcourt LLP  
Ottawa Carleton District School Board  
Ovintiv  
Parkland Fuel Corporation  
Payments Canada  
Pender Island Fire Rescue  
Promutuel Assurance  
Regina EMS Services  
RJC Engineers  
Sanjel Energy Services  
SAS Institute (Canada) Inc.  
Smith + Andersen  
Stantec  
The AME Consulting Group Ltd.  
The Co-operators  
Toyota Canada Inc  
Verico Nova Financial Services Inc.  
Wild Rose Brewery/Marda Loop Brewing/Marda Loop Barber Shop  
Workday  
Teck Resources Ltd  
Telus Communications

## WORKPLACE CHAMPIONS \$50,000 - \$100,000

ATB Financial  
Bell Canada  
Cooper Equipment Rentals  
Gillam Group  
Jermyn Lumber  
KPMG LLP  
Mattamy Homes  
Neptune  
Terminals  
Ontario Power Generation  
Pembina Pipeline  
Southern Georgian Bay Firefighters  
Tenaquip Limited

## We lose over 1,000 men to prostate cancer each day.

Since 2008, Movember has invested over \$107 million into Canadian prostate cancer initiatives including 197 prostate cancer grants, 172 principal investigators funded, 33 clinical studies funded and over 3755 publications.

## GLOBAL CANCER REAL WORLD EVIDENCE NETWORK

Thanks to funds raised by our generous community, we launched the largest prostate cancer and testicular cancer clinical and research network.

It will fast-track the development of new treatments and improve health care systems, clinical care and support for men with prostate and testicular cancer. By leveraging work that has included over 200,000 men with prostate cancer globally, to reach up to 500,000 men in over 600 hospitals over the next five years.

## PSMA TARGETED THERAPY

Movember funding has also supported the development of new treatments, like PSMA targeted therapy for men with advanced prostate cancer. Men like Mo Bro Glen, whose care team use this innovative scan to monitor and treat his cancer.

"I can say with a sincere and high degree of confidence, I'm on the best possible treatment pathway."

MO BRO GLEN

Funds raised by the Movember community made this game-changing technology more accessible to more men.

# PROSTATE CANCER



# LEGACY AWARD

This award goes to our most inspirational Mo. Someone who is breaking stigma, leading the way, achieved something impossible and is a champion of the Movember campaign.

## SHERWAY MO TEAM

Toronto, ON

2 in 3 deaths by suicide are men.

### VETERANS AND FIRST RESPONDERS' GRANT

The Veterans and First Responders' Mental Health Grant Program is a global initiative to support the development, implementation and evaluation of upstream, early intervention programs to improve the mental health of veterans and first responders through resiliency and wellbeing skill building, and peer-to-peer support.

There is growing evidence that first responders are at a significantly increased risk of poor mental health and suicide. This global initiative, with \$1.7 million in funding across Canada, has changed the lives of Canadian vets and first responders – thanks to the help of the Mo Community and you.

### BROTHERLAND

Informed and led by Indigenous leaders, Brotherland projects seek to reconnect men, boys and their communities with their culture and heritage, because when it comes to mental health in particular, the Public Health Agency of Canada reports that Indigenous men are at greater risk of depression and suicide compared with the general population. In certain areas of Canada, Indigenous male suicide rates are 40x the national average.

Brotherland exists to change this. To slow and gradually reverse rising rates of poor mental health and suicide among Indigenous men and boys through evidence-based, Indigenous-designed, led and evaluated programs that focus on increasing social connection, reclaiming and celebrating Indigenous cultural heritage and identity, and fostering a sense of belonging, pride and purpose.

# MENTAL HEALTH AND SUICIDE PREVENTION

# MOVEMBER® PLATINUM CLUB

The Platinum Club, our hallowed hall of moustache fame. Here's to the Mo Bros, Mo Sisters and Partners who, together, are changing the face of men's health. Fundraise over \$1,000 and you're in.

## INDIVIDUALS

Thank you to all of these individuals who have raised over \$3,000 in 2023.

John Carswell	Luc Dugal	Billy Leak	Chris Fairlie	Bernie Puetz	Mike Pang
Mark Rockett	Heather	Justin Richter	Joe Weber	Zamir Habib	Ryan Reale
Craig Lesurf	Mason-Wood	Gary Stamp	Jossie Monteiro	Leah Wilson	Susan Ross
Glenn Watt	Allan Russell	Pierre Bilodeau	Steven Bobroske	Glen Ambrogiano	Sean Michael Kennedy
R.J. Kamatovic	Bruce Toner	Kai Hochhausen	Bob Mullan	Alan Hay	Kay Yoo
Todd Thompson	Dave Whitwell	Andrew St John	Rob Mean	Jamie Kalynuk	Richard Wylie
Matt Watson	Tyler Renfrew	Gary Topp	Michael Paine Junior	Sander Duncanson	Andrew Telford
Todd Minerson	James Jones	Ben Stewart	Peter Mussenden	Bruce Warkentin	Raoul Heredia
Georges Bordua	Evan Tzaras	Mitchell Knoepfel	Gord Enders	Raymond & Tanner Niven	Edouard Benoit
Stephen Howe	Martin & Mueller Group	Kal Ruprai	Dalton Sward	Brien Murphy	Michael Thiel
Stuart Shecter	Jez Hundert	Greg Filipchuk	Alex Smith	James Wills	Matthew Yeung
Pavel Duhra	Nick Chan	Albert Stortchak	Derek Stoppels	Rick Solecki	Tom Farran
Jim Sills	Michael Valliant-Saunders	Raj Vjih	Justin Woodrooffe	Andrew Kelly	Steve Allen
Michael Mancinelli	Ana Lúcia Sousa	Scott Seybold	Allan MacAulay	Kevin Antunes	Doug Woollard
Paul Rockett	Xích-Vê Hồ	Gurwinder Bawa	OTF Eilerslie	Evan Smith	Jairus Weber
Jeremy Wilmot	Benjamin Ellert	Dane McCoy	Yves Desjardins	Ian Cognito	Rob Litt
Jeffrey Peckitt	Lucy So	Chris Pullen	Chris Tonkin	Paul Aulicino	Steve Disley
Stephen Anderson	Jorge Meneses	Raphael Vecsey	James Moulden	Max Pinkerton	Ian Wooldridge
Maury Simoneau	Adrien Bouchard	Lamborghini Toronto	Griffin Haines	Gary Herman	Marcus Gverzdys
Mitch Blaine	Stuart Turnbull	Shaz Merwat	Tyler Ganly	Titan Group	Azam Bhaloo
Riley Slimmon	Peter Vondracek	Carl Charpentier	Carl Charpentier	Colin Viegas	Terry Hamilton
Kevin Gillingham	Ian Johnstone	Joey Duplantis	Joey Duplantis	Jaiveer Kang	Tony Zamis
Tim Beach	Jon Purdy	Jeff Florence	Jeff Florence	Ray Franklin	Jorge Blanco
Tim Grace	Graham and Nick Green & Sean Tyson	Adam Capasso	Adam Capasso	Jim Sammut	Jon Peckitt
Austin Smyl	Joel Keller	Mat Roggensack	James Baker	Mat Roggensack	Mark and Scott Trowell-Buffett
Dave Silvernagle	Randy Sinukoff	Matthew Feric	Matthew Feric	Matthew Quattrociocchi	Maxime Madore
Jeff Morrison	Rob McCulloch	Taylor Smith	Taylor Smith	Phil Jegard	Joseph Paradi
Mike Beaupre	Evans Connor	Mahmood Rajan	Mahmood Rajan	Glen Scullion	Robert Ritz
Craig Bell	Rob Holroyd	Robin Joshua	Robin Joshua	George Kolaski	Brad Fair
Rene Amirault	Josh Leslie	Graham Rice	Graham Rice	George Kolaski	Brad Fair
Tim Dumore	Paul Wright	Ethan Beggs	Ethan Beggs	Jamison Prystay	Bruce MacDonald
Serge Alie	Nhu Nguyen	Charles Levy	Charles Levy	Katrina Archibald	Gary S. Playsted
Nicholas Mann	Mike Neigum	Jim Marion	Jim Marion	Jim Ward	Jaden Shanley
Samantha Barnett	Nick Naderi	Joe Franco	Joe Franco	Will Stone	Paul Rasmussen
Mark Caiger	Jakub Kolakowski	Rob MacCormick	Rob MacCormick	Kenneth McLean	Sean Ryan
Viren Shastri	Ty Bettac	Dean Schultz	Dean Schultz	Al Medeiros	Sean Ryan
Derek Evans	Bryce Allan	Prabhjot Chahal	Prabhjot Chahal	Brett MacFarlane	Thaddeus Gorski
Michael Pezzetta	Sandy Ewing	Jacob Zachariah	Jacob Zachariah	Dwayne Westman	David Taylor
	Gary Smith	Basilio Gatonye	Terry Hayes	Liam Shiels	Kody Penner

Graham Pelley	Jason Bilick	Robert Chalifoux	Rob Burlie	Paul Timmermans	Tej Sangha
Jassie Kang	Garry Clarke	Andrew Kim	Greg Martin	Ron Mouw	Mark MacDonald
Martin Cullen	Brian Arntsen	Jordan Thomas	Dr. Mark Dickson	Ben Wagemakers	Mary Anne Ostapovitch
Rick Kunc	Cameron Beatty	Kevin Vilaca	Ethan Luepan	Jeff Hehn	Costas Scoufaras
Brady Liscombe	Colin Manning	Wayne Hedderson	Mark Follows	Kat Bell-Cook	Graham Sward
Orest Essep	Djordje Petrovic	James Armstrong	Boris Isakov	Riley Hearn	John Lopes
Chris Charbonneau	Kyan Grouette	Martin Gagnon	Brad Waters	Deirdre Asusa	Luke and David Todd
Brian Levesque	Darren Brown	Matthew Montgomery	Brandon Yarema	Ryan Lyn	Tanya Kwan
Braden Haché	Brett Doney	Justin Wharton	Paul Vijayasingham	Jackie Swinnerton	Alex McKinnon
Tim Mott	Linda Wittenberg	John Kanellopoulos	Rob Scullion	Kurt Hackenberger	Sebastijan Zupanec
Judith Bellis	Pete Halliday	Nicholas Prestia	Tyler Bowman	Andrew Freedman	Spencer Dundas
Todd Finch	Blair Gillis	Yves Goupil	Paul Pacheco	Cassidy Roe	Andy Watson
Paul Panabaker	Jonathan Vandersluis	Reid Foerter	Jon White	Liam Graham	James King
Scott McLeod	Christian Thomas	David Ellis	Adam Reid	Tony Pascetta	Robert Doyle
Troy Michaud	Eiryn Devereaux	Michael Iannantuono	Bezan Irani	Pete Morgan	Ken Mazurek
Matco Mike Sudbury	Ferydoon Doulatshahi	Lyndon Lobo	Alexander Molyneaux	Alan Nolet	Kyle MacKellar
Carmine Fisico	Stuart Scholefield	Chris Snoyer	Faisal Ahamed	Andrew Ghabbour	Mattay Dubczak
Adrian DeGasperis	Sean Burridge	Aaron Myers	Troy Wason	Richard Brown	Connor Young
Gordon Wallace	Eric Smith	Dan Levine	Geoffrey Gordon	Tim MacKellar	Simon Milette
Chris Heavener	Eric Smith	Lowell Wattie	Kyle Moore	Jayne Andrews	Mitch Breen
Nick Nanos	Ron Rubinoff	Joe Fusco	Mandeep Uppal	Nicholas Bazinet	Brian Hurley
Ian Loughead	David G. Brown	Jay McConnell	Curtis Miller-Robus	Isaac Moore	Frank Raimondi
Alex Caron	Kyle Shepherd	Les Andersen	George Dickie	Zhibai Tang	Kent Van Dyk
Justin Chan	Mohamed Chan	Julien Baudet	Cam Joyce	Andy Hofmann	Shant Mardikian
Steven Campbell	Bill Hawes	Charles Hignett	Doug Keeling	Corey Colpitts	Richard Mercier
OTF Namao	Jeff DeAlexandra	Dufry Vancouver	Glen Clapperton	Andrew Marks	Tanya Yeast
Neil Vorel	Zachary Allen	Joe Plati	Garrett Austin	Andrew Marks	John Daoud
Drew Sadler	Ben Swing	Bert Duncan	Richard Vincent	Brian Mackenzie	Ryan LaRose
Michael Sauder	Blair Desjardins	James Fasek	Kurtis Aleksandre	Remi Barriault	Mark Wallace
Dennis Lee	Ken Cameron	Devon Smith	Luke Slabczynski	Robin Harvey	Nancy Cavazos
Jason Hubbell	Arzhang Beheshti	Tom Doucher	Scott Robertson	Rocky Riggins	Brian Lawson
Robert Goulet	Craig Slama	Mickael Hardy	Michael Nagel	Kyler Lucas	Mat Ouellet
James Varro	Stephane Grenier	Ryan Ewart	Richard Rousseau	Adam Kletchko	Charles-Olivier Therrien
Adam Ferrante	Ken Gregson	Nick Haince	Wayne Temple	Adam Kletchko	Graziano De Berardinis
Bruce McAdie	Zachary Sourisseau	Kelley Lueck	Richard Rousseau	Matthew Harbin	Jason Squires
Colin Shaw	Tim Ferguson	Teddy Fedoryn	Wayne Temple	Sebastian Buna	Brian Eidt
Marçal Argudo Grau	Simon Bellemare	EBI (Vanessa) Sylvestre	Adam Scully	Jason Harps	Jim Leslie
Jamie Gerson	Zeshan Butt	Andre Craig	Gord Ellis	Adam Scully	Mike Attardo
Carson Brady	Georges Laraque	Andre Giordano	John Pryde	Gord Ellis	Ray Gallant
Scott Maier	Sheldon Harris	Bryan Fautley	Max Lane	John Pryde	Frank Marcogliese
Hanif Bharmal	Mike McGratten	OTF Sherwood Park	Olivier Collard	Max Lane	Aqil Charania
Dan Machado	Alex Kislik	Ryan Alizadeh	Norm Bruneau	Olivier Collard	Rod Lentino
Matthew Chorney	Pat Misasi	Jordan Visser	Chad Krause </td <td>Christopher Olson</td> <td>Steve Tingling</td>	Christopher Olson	Steve Tingling
Lewis Donnan	Jesse Draper	Jason Bazarkewich	Davor Polak	Michael Morcom	Jeff Good
Andre Madden	Jeff Hoppe	Brad Lockyer	Jeff Good	Jack Thomas	Marc Laviolette
Gary Isaacs	Michael Panno	David Dowdall	James McCarthy	Jim Allison	Keith Mitchell
Jared McNeely	Brad Vescarelli	David Wahlgren	James McCarthy	Lucas Rivoire	Dave Spindler
Colin Sauer	Rob Kinsman	Wade McBride	James McCarthy	Dan Knight	Steve Tingling
Scott Reeves	Mike Milloy	Tyler Van Dyke	James McCarthy	Steve Rowsell	Davor Polak
Bruce Johnston	Jesse Buhler	Joanne Robertson	James McCarthy	Cornelis Claasen	Jeff Good
Bryce Stephens	Eden Tourangeau	Rob Glecoff	James McCarthy	Tate Drummond	Marc Laviolette
Matthew Livingstone	Philip Forster	Bruce Estabrooks	James McCarthy	Michael Karpenko	Sean Shea-Schrier
Sam Jiwani	Barry Rashkovan	Dean Guest	James McCarthy	Rob Reid	Lucas Rivoire
Tim Nager	Dustyn Dumba	John Moore	James McCarthy	Dwayne Mann	Dan Knight
Ali Charanek	Tom Jacques	Josh Potter	James McCarthy	Jeff Gaulin	Steve Rowsell
Kevin Zurevinski	Sam Maltese	Andrew Cain	James McCarthy	Aidan Smoley	Cornelis Claasen
Dominick Lacastro	Glen Sonier	Jatinder Bassi	James McCarthy	James Howie	Tate Drummond
Andy Ali	Dennis Thanasse		James McCarthy	Sydney Ross	Michael Karpenko





THANK YOU FOR SUPPORTING MOVEMBER IN 2023