



CFLOAA NEWSLETTER MAY 2019

INSIDE THIS EDITION

ADVERSITY EQUALS OPPORTUNITY FOR THE REDBLACKS	2-3
REDBLACKS COACHING STAFF	4
REDBLACKS PARTNERSHIP WITH THE CANADIAN GUIDE DOGS	5
ATLANTIC CANADA FOOTBALL IDENTITY	6-7
RAVENS DINNER	8-9
EAST WEST BOWL	10
CFL DRAFT DAY	11
GEE GEES TOUCHDOWN DINNER	12-13
MEN'S HEALTH WITH DON'T CHANGE MUCH	14-18
MOTHER'S DAY	19
CFLAA APPAREL	20
EXECUTIVE TEAM	21



REMINDER THAT YOUR 2019 STICKERS FOR LOUNGE PASSES ARE IN AND CAN BE PICKED UP AT THE MONTHLY HUDDLE!





No one is going to suggest this has been an ideal off-season for the Ottawa REDBLACKS. In fact, the East Division's most consistent team over the last four years is facing its most difficult season since their expansion year of 2013. With adversity comes opportunity, though, and it's up to Ottawa to focus on the latter.

The latest chapter for the REDBLACKS came last week when highly regarded offensive coordinator Jaime Elizondo jumped to the XFL. It's a move that understandably hasn't gone over well in Ottawa, as Head Coach Rick Campbell was caught totally off guard. Elizondo is joining Marc Trestman on a new Tampa Bay organization, which was news to Campbell.

"Usually people call, one head coach to another, and say, listen, I'm thinking about hiring someone," Campbell told the Ottawa Sun. "It catches you even more off guard because there's no communication or anything."

"You kind of feel duped, it's like a choreographed move to kind of spring it on you. I've never heard from anyone, all I heard was from Jaime saying he had a job and he was gone. It's not typical for people to do it this way, bolting for another job. This usually doesn't happen if it's not for a family reason, especially when we're six weeks from training camp."

What's done is done, though, and all Campbell and the REDBLACKS can do is react. Reacting is what the team has been doing ever since a 27-16 loss to Calgary in the 106th Grey Cup presented by Shaw. Ottawa has already said goodbye to key pieces Trevor Harris, William Powell, SirVincent Rogers, Greg Ellingson, and Diontae Spencer this off-season. Adversity doesn't get much more pronounced than this.

But let's spin it positively for a few minutes, because there's reason to. First of all, we're talking about an organization that has approached things the right way since inception. Campbell and General Manager Marcel Desjardins have formed a dynamic duo over the last half decade with the hardware to match.

If I were a fan, there would be very few individuals I'd feel more comfortable in leading my team through an uncertain future. And, as an organization, a healthy dose of adversity can serve to strengthen things, if it's handled the right way.

Let's be honest; since a 2-16 inaugural season, there haven't been many misses for the REDBLACKS. They've nailed virtually every free agent signing, been very strong in the CFL Draft, and have played in three of the last four Grey Cups.

2019 will serve as a new challenge for the group, and even if it serves as a transition year in wins and losses, I'm quite certain it'll make them better in the long run. I'm not writing off Ottawa for the coming season, but there's a chance this might be a down season. With this group, though, I see far more up in their future.

The CFL remains viable and strong

Two things struck me with last week's news the Alliance of American Football was ceasing operations. More than anything, I felt bad seeing the cruel side of business cost hundreds of talented players a place to play. It also underlined another very important fact: the Canadian Football League remains one of two viable professional football leagues and that's not changing anytime soon.

When news broke of a couple new upstart leagues in North America, some wondered how detrimental it would be to the CFL. No knock on the AAF or the soon-to-be-launched XFL, but at no point have I ever been worried about an actual threat to the CFL. There's a reason this league has been around for 61 years and counting.

Sure, new leagues present a challenge for CFL teams, mainly when it comes to procuring talent. The AAF did, and the XFL will, give players more options for employment if things don't work out in the NFL. The CFL has dealt with this before, was ready for it when the AAF formed, and will remain ready when the XFL launches. This league has so many things going for it, which is why it continues to thrive, regardless of other options.

Because it's Canada's national league, the CFL will always have an identity going for it. With a mandated player ratio from this country, the league will always be the primary option for top Canadian players, save for those with NFL opportunities. Because Canadian players and top US SPORTS athletes go on to succeed in this league, interest in this country will always be high.

The league's history is a major checkmark, too. With more than six decades of successful operations, the CFL is firmly entrenched in nine of the biggest markets in the country with a 10th in the offing.

Yes, there have been ups and downs since 1958 and some franchises are currently stronger than others. But long standing associations, with strong name value, in eight cities (plus an incredible ninth in Ottawa) ensures fans coast-to-coast know where to turn for high level ball.

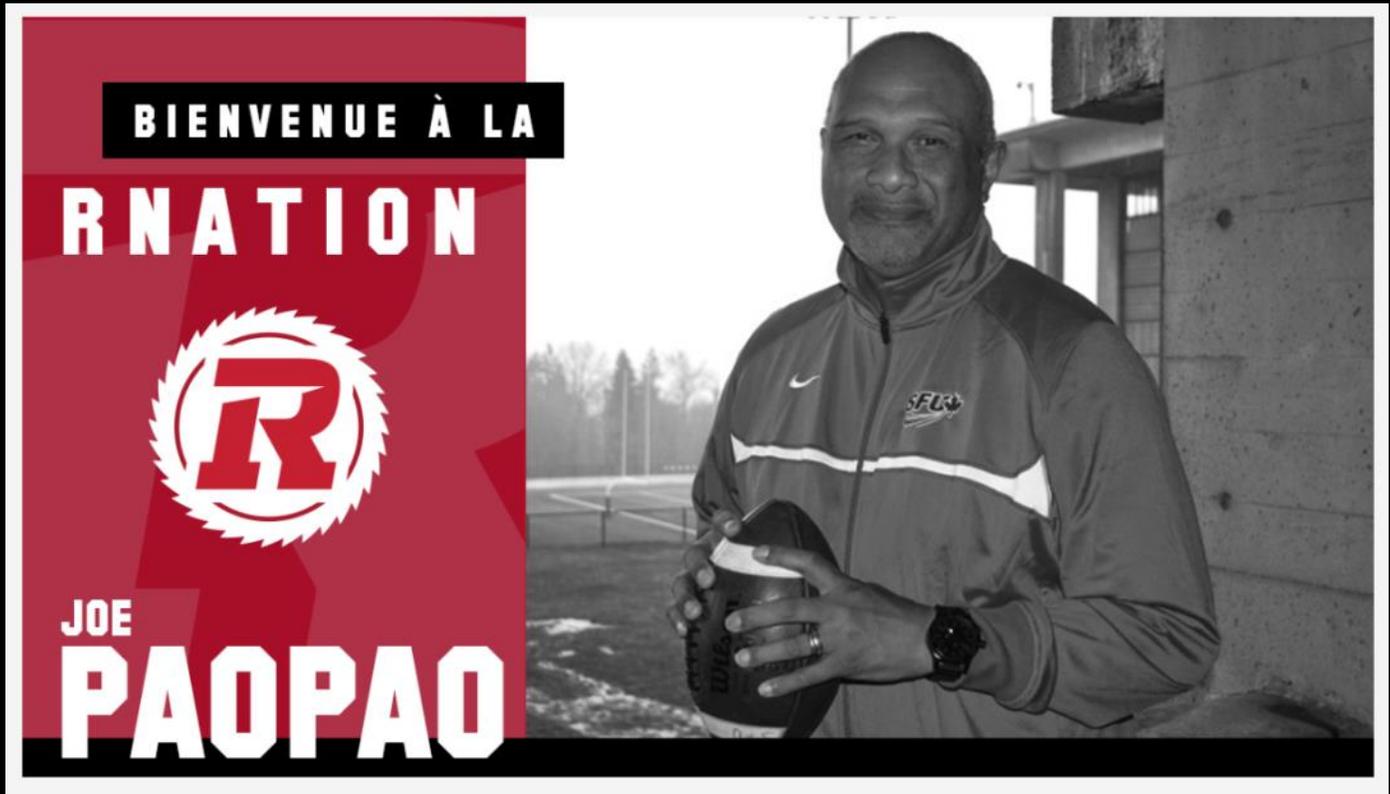
And let's not forget how highly regarded the CFL is by players and coaches on both sides of the border. Only truly elite athletes succeed in this league, and we've seen it chew up and spit out numerous "big names" over the years. Just ask Johnny Manziel, Akili Smith, Ricky Williams, and Chad Johnson, among many others.

It works both ways, too, as we've seen numerous players go south of the border and succeed. Sure, there are the easy ones like Doug Flutie and Jeff Garcia, and they're great examples. But let's not forget a guy like Cameron Wake, who started with the BC Lions before becoming a five-time Pro Bowler in the NFL.

It was definitely too bad to see the AAF cease operations last week, because I believe the more football jobs the better. But with two strong and established professional leagues in the CFL and NFL, it's hard to be an upstart in this day and age. I firmly believe the XFL will run into very similar challenges when it launches in about a year.

The fact is, if you're a football player turning pro, there are two choices if you're looking for work in a stable league, and there's one on either side of the border.





"We are very excited to add Joe to our coaching staff," said RED and BLACK head coach Rick Cambell. "His extensive knowledge and experience as a coach and CFL player will be a major asset for our offensive. "

With the addition of Paopao, here are the offensive coaching roles for the 2019 season:

Winston October - receiver coach

Beau Walker - quarterback coach

John McDonell - offensive line coach

Joe Paopao - running backs coach



NEWS APRIL 8, 2019

REDBLACKS ANNOUNCE PUPPY PARTNERSHIP WITH CANADIAN GUIDE DOGS FOR THE BLIND

The Ottawa REDBLACKS are proud to work with Canadian Guide Dogs for the Blind throughout the 2019 season to raise awareness about the opportunities the organization provides members of our community.

A litter of six guide dog puppies born in early March will become part of the team and dubbed the “REDBLACKS litter”. The litter consists of four black Labrador Retrievers and two yellow Labrador Retrievers, four males and two females.

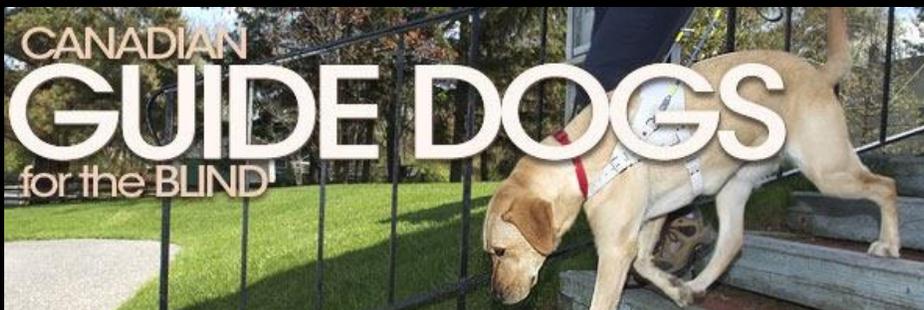
Members of RNation will be raising the puppies for the Canadian Guide Dogs for the Blind while they undergo basic obedience training, learn important social skills, and prepare for their next step to become formal guide dogs.

The puppies will be featured with REDBLACKS players and staff in content throughout the season, starting with a naming contest that all of RNation is invited to participate in. Each home game will also have a puppy in attendance and they will make appearances at other events.

Stay up-to-date with all of the puppies by following both the REDBLACKS and Canadian Guide Dogs for the Blind on Twitter, Facebook, and Instagram.

About Canadian Guide Dogs for the Blind

Canadian Guide Dogs for the Blind (CGDB) is a national, non-profit, charitable organization founded in 1984 to provide Canadians with greater mobility and independence through the use of professionally trained guide dogs (Nationally) and mobility assistance dogs (Ottawa area).





ATLANTIC CANADA ALREADY CARVING OUT FOOTBALL IDENTITY

There is something about AUS football in the autumn.

Perhaps it's the parity, with the conference's major players routinely trading wins and losses and the conference winner never a sure thing. Maybe it's the scenic college towns — Wolfville, Sackville and Antigonish — balanced out by the relative metropolis of Halifax.

Regardless, it's one of the best-kept secrets in Canadian sports, and offers unique opportunities for football players and coaches.

We sat down with the four maritime-based coaches in the AUS to discover what makes football in Atlantic Canada so unique.

The Maritime provinces have an inherent magnetism to them.

For those from the region, like Mount Allison head coach Peter Fraser, the chance to return home is one not to be passed up.

"The thing about the East Coast is you're the biggest show in town," says Peter Fraser, an Oromocto, N.B. native entering his second season at the helm of the Mounties. "You're not competing against the Argos or Ticats. In Sackville and at Mt. A., it's a football town. We average 2,000 (fans) a game, and the town practically shuts down."

For others from elsewhere, such as Saint Mary's head coach James Colzie III, the call to the East Coast comes with the promise of opportunity and a chance to build a national program.

"You get a certain amount of kids from Ontario, Quebec, B.C., plus local kids here in Nova Scotia," explains Colzie, who was once a dual-sport athlete during his time at Florida State in the 1990s. "That resembled Florida State, where Coach (Bobby) Bowden made sure we had some of the best kids from across the country.

"I wanted that."

The word of a certain Blake Nill — who Colzie worked with at UBC during its 2015 Vanier-winning season — helped sell him on making the move to Halifax.

"He'd show old games in '01 and '02, when SMU was winning Vaniers and playing in front of crowds of 9- or 10,000," explains Colzie. "That was unheard of, (and) SMU was struggling before I got here. I wanted to return to that tradition of Vanier Cups."

St. FX head coach Gary Waterman will be the first to tell you that the Atlantic conference plays a unique brand of football.

“We play each team multiple times, (so) execution becomes critical,” said Waterman, who is entering his 11th season leading his alma mater. “We tend to get some weather out here — wind at times — so you have to have a sound running game.

“But, when you get favourable conditions, you also have to be able to throw the ball well.”

Away from the field, the AUS is a conference which offers a unique opportunity to student athletes.

“Being mostly smaller schools, what you have is a great sense of community,” continued Waterman. “Kids that come here form really close bonds with each other, (and) schools understand the concept of a student-athlete and engaging in a community experience.”

Acadia head coach Jeff Cummins is another transplant to the East Coast.

The former CFL defensive lineman has made a home in Wolfville, N.S. as the head coach of the Axemen since 2004.

“My wife is from the East Coast,” he explains. “Obviously, I like it quite a bit — I’ve been here for years, (and) enjoy the small town, the people and the relationships that have been built over time.”

The potential introduction of a 10th CFL franchise in Halifax is something the 49 year-old sees as a massive boon for Atlantic football as a whole.

“It’d be incredible, and would give all these young kids something to shoot for right in their backyard,” says Cummins. “The ability to have tangible evidence of guys that are playing right in front of you, that you see at the store — at the mall, around town — you can’t really tell the impact on the kid until far afterwards.”

A native of San Pedro, Ca., Cummins had an experience of his own that stands out in his memory.

“I remember running into (FOX Sports analyst and former NFL star) Howie Long at a movie theatre, and I was just in awe of this guy,” he laughs. “I can’t imagine having one of these fourth- or fifth-year CFL guys walk out of the theatre with his wife, and some 16-year-old kid goes ‘wow’.

“The impact is going to be huge.”

MONTHLY HUDDLE MEETING
DATE: TUESDAY MAY 7, 2019
11:30AM - 1:30PM
BUSINESS 12:00PM SHARP
LOCAL HEROES 1400 CLYDE
BLEEKER MALL CLYDE & MERIVALE RD.)
NEPEAN ONTARIO K2G 3J2 | 613.224.3873

SAVE
THE
DATES!

CFLOAA GOLF
TOURNAMENT
& LUNCHEON
FRIDAY
AUGUST 2

FOOTBALL DINNER 2019



RAVENS

CFL COMMISSIONER SHARES HIS VISION FOR CANADIAN FOOTBALL AT CARLETON RAVENS FOOTBALL DINNER

“Why be a much lesser number two out of two, when you can be number two out of 40?”

That was the message during an informative and passionate speech on the state of Canadian football delivered by Canadian Football League Commissioner Randy Ambrosie at the EY Centre Friday night.

Ambrosie was the keynote speaker at the annual Carleton Ravens Football Dinner, which was attended by more than 300 alumni, players, family members, coaches, staff and Ravens supporters. He covered a number of topics in his speech, including the importance of the game of football to those who play it and how the lessons learned and friendships developed are life changers. He also delivered a large helping of praise to the football community in Ottawa, citing the very quick success of both the Ottawa Redblacks and Carleton Ravens since the resurrection of the two programs.

The CFL Commissioner has been travelling across the country for the past few months extolling the virtues of the opportunities the league has for developing international partnerships. Ambrosie calls his plan for international growth CFL 2.0. The league has formed alliances with the governing football bodies of 10 different countries, with more to come.

“We have to start thinking bigger,” Ambrosie said. “We have come out from underneath our humble roots and take our rightful place in the world... We are no longer the much smaller second of two football playing nations. We’re actually the second biggest of 40, and that is much larger than being the smallest of two.”

The CFL held a combine in Toronto for international players recently. Ambrosie legitimized the potential of his vision when he noted that the combine drew 750,000 views world-wide on a Facebook Live broadcast.



“Sixty-two per cent of the viewers were from Europe,” Ambrosie said. “That’s 400,000 viewers to watch athletes do bench press and run the 40-yard dash.”

Ambrosie believes that the alliances being formed will create the opportunity for hundreds of Canadian athletes to play football internationally when their USports careers are over. Former Raven fullback and OUA All-Star Stefano Napolitano was ahead of Ambrosie’s curve, as he spent last season playing professional football in Italy.

Ambrosie said that Canadian football is “sitting on the doorstep of something special,” and said that the Redblacks and Ravens are examples of the successful growth and development of a program. Ambrosie said that if the vision for growing football worked at Carleton and in Ottawa, it can work everywhere.

“While others are building walls, we are going to build bridges,” Ambrosie said. “We’re going to build bridges to the football playing world. We’re going to welcome their best players here, and we’re going to send Canadians out to the football playing world so that when their fifth year of university eligibility ends, their love of the game doesn’t have to end.”

You can listen to CFL Commissioner Randy Ambrosie’s keynote speech at the Carleton Ravens Football Dinner in full as part of the Carleton Ravens Football podcast.

Listen here

<https://soundcloud.com/carletonravensfootball/carleton-ravens-football-podcast-2019-04-07>

Jeff Morris

WHO ARE THE GREATEST TWO-SPORT ROUGH RIDERS OF ALL TIME?

In the same Carleton Ravens Football Podcast, host Jeff Morris, a sports journalist, historian and former Raven, talks about the history of two-sport athletes at both Carleton and with the Ottawa Rough Riders. He picks his “Mount Rushmore” of the four best Rough Riders’ two-sport stars.

Did you know that five of the first 10 hockey players inducted into the Hockey Hall of Fame were former Rough Riders? Did you know that Jerry “Soupy” Campbell was the collegiate catcher for Bill Stoneman, who threw the first no-hitter in Montreal Expos history? Did you know that Rick Cassata turned down a basketball scholarship at Notre Dame to play football at Syracuse? Did you know that Damon Allen won a College World Series as a pitcher?

You can hear all about the rich history of two-sport stars after Randy Ambrosie’s speech in the Carleton Ravens Football Podcast.



DÉFI EST-OUEST EAST-WEST BOWL

Ottawa, ON - 2019

For the first time, the annual USports East-West Bowl will be played in Ottawa.

The 2019 all-star game will be played at Carleton University's MNP Park Sat., May 11 at 12:30 p.m. The game will feature USports players from across the country who are eligible for the 2020 CFL Draft.

"We are extremely excited and proud to be hosting the 2019 East-West Bowl game at Carleton University in Ottawa," said Ravens Coach Steve Sumarah. "This game showcases the best pre-draft talent in the country in an all-star game format having 90 players represented from across the country. This is the first time Carleton University has had the privilege of hosting the game and the many scouts and coaches from across the CFL. With the game May 11th at MNP Park we are bound to see an exciting brand of football from the future wave of CFL players."

The players will be at Carleton for a week of combine drills, testing and practices leading up to the game. Greg Marshall of the Western Mustangs and Glen Constantin of the Laval Rouge et Or will be the head coaches.

For tickets, follow this link.

<https://tickets.vendini.com/ticket-software.html?e=e1a01cb6135726f000edc45778413616&t=tix&vqitq=d3c37a33-b95a-4c79-9d9d-e55ba4fd6835&vqitp=e179d4c9-9193-4689-a998-5a9523969266&vqitts=1554816298&vqitc=vendini&vqite=itl&vqitrt=Safetynet&vqith=3614780fa0b230390c6c22d3a36d9db0>

CFL DRAFT DAY MAY 2

This year's CFL Draft will be held Thurs., May 2. The Redblacks have the seventh overall pick, and then will pick again in the third round with the 25th pick. The team has had a strong emphasis on local players. This year, it is expected that the team will include at least three Ravens, three Gee Gees as well as one Sooner graduate.

HERE ARE SOME FUN CFL DRAFT FACTS

Running back/receiver Bruce MacGregor of the Carleton Ravens was selected 32nd overall by Toronto in 1968, went back to school, and then was selected in 1969 by the Ottawa Rough Riders. MacGregor did not try out for either team, opting to instead go to teacher's college at Queen's University, where he would play for the Golden Gaels. Bruce coached amateur football for decades in Ottawa and has been an integral part of the Ravens' Old Crow Society.

MacGregor was not the only local player selected twice. Wayne "Ace" Powell of the Ottawa Gee Gees was selected by the Rough Riders in 1969. He went back to school and played defensive end, and was then drafted by the Winnipeg Blue Bombers the following season. Powell had a successful coaching career with the Ottawa Sooners and Carleton Ravens.

In 1980, the Rough Riders selected receiver Gary Cook out of Carleton 11th overall with a territorial exemption pick. Gary's brother, Glenn, who played at Richmond (VA) was selected with the next pick, going 12th overall to Ottawa. The only other time in sports history that brothers were selected with consecutive picks happened in 1999, when the Vancouver Canucks selected Daniel and Henrik Sedin with back-to-back picks.

COURTESY OF JEFFREY MORRIS



“Winning is not everything – but making the effort to win is.”

-Vince Lombardi



GUEST SPEAKER Josh Johnson

NFL QB Joshua Johnson will be Keynote Speaker at 2019 uOttawa Hall of Fame Touchdown Dinner.

We could not be more excited to announce that National Football League QB Joshua Johnson will be this year's Keynote Speaker at the annual uOttawa Touchdown Dinner, Saturday, April 27 at the Canadian War Museum. Josh ended last season as the starting QB for the Washington Redskins. Josh is a 10 year NFL veteran, he is the consummate professional athlete and a true story of perseverance. We're ecstatic to have Josh share his inspirational life journey with all of us. I spoke to Josh earlier this week, he is stoked to be coming back to Ottawa.



Bio and Photos courtesy of Doug Falconer





MC Steve Alexandre & Neil Lumsden
Photo Jeff Avery



Pedro & Graduating Class
Photo Jeff Avery



Lunch with Lewis Auction Item
Photo Jeff Avery



Alex Leclerc, Don Gilbert, Lise Bricault
(Yves Widow), Alex Leclerc
Photo Courtesy of Duncan Armstrong



Ty Cranston, Lewis Ward, Auctioneer Roger,
Ettore Lattanzio, Jackson Bennett
Photo Jeff Avery



DON'T CHANGE MUCH

Where guys go to get healthy



COOK LIKE A PRO AND EAT LIKE A LINEBACKER

By Adam Bisby on January 30, 2019

A morning-show host, a Grey Cup champion, and a celebrity chef walk into a kitchen...

No, this isn't a new twist on one of those "three guys walk into a bar" jokes. It actually happens in the video above when Breakfast Television Vancouver's Riaz Meghji is joined by [Ned Bell](#), the Ocean Wise executive chef at Vancouver Aquarium, and retired CFL linebacker [Shea Emry](#). (Riaz's two guests, by the way, are both [Don't Change Much Champions](#), which makes them especially awesome.)

The three guys are in the BT Kitchen to show viewers how quick and easy it is to turn young chickpeas — the green ones you'll find frozen at the supermarket — tuna, avocado, lettuce and a few other straightforward ingredients into a delicious man-sized salad that'll help you build linebacker-like strength and make you look like a celebrity chef to dinner guests. And that's no joke!

Chickpeas, Ned explains, are “packed full of protein, fibre and other nutrients... There’s so much more to them than hummus. Add chickpeas to curries, to quinoa salads, to smoothies, even granola.”

Shea, meanwhile, happily helps himself to the fresh green ingredients in front of him. “I don’t want to bring any of the crap from the centre of the grocery store into my home, because then I just eat it,” he says. “When we just have vegetables and lean proteins and that kind of healthy stuff in the house, I can graze and not worry about eating unhealthy foods.”

Want to cook like Ned and build muscle like Shea by eating plenty of protein? This easy three-step recipe can help with both:



Green Chickpea, Avocado & Tuna Salad

STEP 1

In a blender, puree together:

- 1 cup of thawed green chickpeas
- 2 pitted and peeled avocados
- 1 whole jalapeno pepper with seeds removed
- 1 handful of fresh basil leaves and fresh chives
- 1 cup of extra virgin olive oil
- 4 tablespoons of low fat yogurt
- 1 tablespoon of honey
- 1 teaspoon each of sea salt and cracked black pepper
- The juice of 1 lemon and 1 lime

STEP 2

Arrange as many salad greens as you like on a plate. Drain a can of albacore tuna and spread the meat over the greens. Slice up another avocado and add it to the salad along with a few whole chickpeas.

STEP 3

Scoop a couple tablespoons of the blender mixture onto the salad. (Refrigerate any leftovers for another day.) Then drizzle a teaspoon of extra virgin olive oil on top of everything with a squeeze of fresh lemon and dash of sea salt.

BONUS STEP

Receive kudos from your dining companions for whipping up something so tasty and nutritious!

Shop like a pro, too!

Guys need to eat more plant-based food to stay healthy, Ned says. "It's easy! Aim to have vegetables on half of your plate." Shea couldn't agree more: "I just love grilling crunchy broccoli, and roasting hearty root vegetables, and putting it all on top of my meals."

Sound tasty? Check out this [easy recipe for Grilled Broccoli](#).

What are healthy recipes all about? "Flavour!" Ned exclaims. The key, he continues, is to have these healthy ingredients on hand when you need them. Here are his go-to tips when it comes to grocery shopping:

Shop with purpose: Know what you're cooking and what you need, and make a list so you can shop and cook with a plan.

Get to know your butcher, your fishermen, your baker: They can help with decisions about ingredients and suggest recipes you wouldn't normally consider.

Mix it up: Mastering certain dishes will build your confidence in the kitchen, and that's a good thing. But you should try new things too. Veer off your shopping list from time to time and pick up a new seasoning or spice, or an ethnic cuisine like couscous, that you've never prepared before. This will expand your horizons and ultimately help you cook like a boss!

More awesome healthy recipes from Chef Ned Bell

Like what you taste from Ned? There's more where that came from! Check out more of his delicious, nutritious and easy-to-make Don't Change Much recipes:

- [Wildly Delicious Baked Salmon](#)
- [Cheddar Chickpea Slaw](#)
- [Green Eggs and Salmon](#)
- [Sweet & Spicy Shrimp With Coconut, Lime & Tomatoes](#)

FOR MORE GREAT RECIPES & INFORMATION ON MEN'S HEALTH VISIT
WWW.DONTCHANGEMUCH.CA



By Adam Bisby on April 3, 2019

Ever wonder what dentists joke about? Here's a sample:

Q: What did the full gumball machine say to the empty gumball machine?

A: "Bummer about those receding gums!"

Gums are important, too!

You probably know about tooth decay and cavities, but healthy gums are just as big of a deal. Over time, your gums can pull away from your teeth, exposing their tops, which aren't covered by enamel. This can make your teeth more sensitive and can eventually lead to tooth loss when bacteria wear away the tissue and bone that hold teeth in. Not good!

How to give your gums some TLC

What helps receding gums? It's easy: Simply use a soft-bristled toothbrush, along with a desensitizing toothpaste, every time you brush those chompers. If you need to switch up what you're using now, your local drug store will have plenty of both.

Brushing after every meal is the best way to go, as bacteria start attacking your teeth right after you eat. At the very least, brush once a day and always before you go to bed. Dentist's orders!

Brush like a pro

Brushing is easy, but there is a right and a wrong way to do it:

Step 1: Brush at a 45-degree angle to your teeth. Direct the bristles to where your gums and teeth meet. Use a gentle, circular, massaging motion, up and down. Don't scrub. Gums that recede visibly are often a result of years of brushing too hard.

Step 2: Clean every surface of every tooth. The chewing surface, the cheek side, and the tongue side.

Step 3: Don't rush your brush. A thorough brushing should take at least two to three minutes. Try timing yourself.

Step 4: Change your usual brushing pattern. Most people brush their teeth the same way all the time. That means they miss the same spots all the time. Try reversing your usual pattern. More ways to help your gums

Flossing: Using dental floss removes bacteria you can't reach with your toothbrush. It also gets rid of plaque, an invisible bacterial film that's the main cause of gum disease. Flossing daily may seem like a chore — okay, it IS a chore — but getting into the habit is easier when you floss while doing something else like watching TV or listening to music. [Here's how to floss like a pro.](#)

Quit smoking: Along with a wide range of other health benefits, cutting back on [tobacco use](#) can help prevent your gums from receding. Quitting may not be easy — okay, it ISN'T easy — but there's [plenty of help out there](#) to make it happen.

When to see your dentist

If you notice your gums receding quickly, talk to your dentist. Many guys take an “ignore it until it hurts” approach to dental work, which may be one of the reasons men are at greater risk of gum disease AND heart disease. What does gum disease have to do with your ticker? The bacteria and other germs in your mouth can spread to other parts of your body through the bloodstream, and when they reach the heart they can attach themselves to any damaged area and cause inflammation. [This may put you at greater risk for heart attacks.](#)

It's just one more solid reason go to the dentist for a check-up and cleaning at least once a year (and every six months if you have good insurance).

Who knows? You might even get a discount if you tell that gumball joke during [National Oral Health Month](#). The goal of the April observance is for all Canadians to take extra care of our teeth and gums, and recognize the importance of [good oral health](#) when it comes to our physical, mental and social well-being. A healthy mouth, after all, allows you to speak, eat and socialize without pain, discomfort or embarrassment. It's true: When you cheer for your team while enjoying some [grilled barbecue chicken pizza](#), your healthy mouth deserves a lot of credit for those awesome times!



SOME PEOPLE
WAIT THEIR ENTIRE LIVES
TO MEET THEIR FAVORITE FOOTBALL
PLAYER...I RAISED MINE!
LOVE MUM

CFL ALUMNI APPAREL ~ PROCEEDS FROM EACH SALE GO TO THE CFLAA SUPPORT FUND

The Canadian Football League Alumni Association has teamed up with KB2 Clothing for its online apparel! KB2 Clothing is a family business started in Winnipeg with the concept of innovative, no minimum, high-quality apparel.

KB2 Clothing is designed to be worn, whenever, wherever and with a lot of comfort. 'We wear what we sell and feel it's important to put our money where our mouth is.' Each garment is a stand-alone order; we order, print and produce as it's ordered. We take our time, ensure we get it right and then we get it to you.

We are excited to offer both male and female clothing items in a variety of sizes and styles. There are various logo options to choose from for each style.

PROCEEDS FROM EACH SALE GO DIRECTLY TO THE CFLAA SUPPORT FUND.

Go to <http://cflaa.deco-apparel.com/> to order today!



CFL ALUMNI APPAREL BY KB2 CLOTHING

FULL APPAREL LINE FOR MEN, WOMEN, AND YOUTH AT
[HTTPS://CFLAA.SECURE-DECORATION.COM](https://cflaa.secure-decoration.com)





HOODY
\$65



CREW
\$60



BASEBALL TEE
\$40



JACKET
\$80



POLO
\$45



T-SHIRT
\$30



KB2Clothing.com | Info@KB2Clothing.com | 204.229.0627

CFLOAA Executive Committee



Jeff Avery
CFLOAA President

javery@coltonaverydeacon.com



Jim Cain
CFLOAA | CFLAA Vice President

jimcain@rogers.com



Dan Dever
CFLOAA Treasurer

danwdever@msn.com



Bob Pekarchuk
CFLOAA Communications

rwpekar@gmail.com



Gary Page
CFLOAA Golf Tournament
Co-ordinator

gpmail@sympatico.ca



Bob McKeown
CFLOAA Research

bob.mckeown@cbc.ca



Gord Bunke
CFLOAA Special Events

gordbunke1@gmail.com



Warner Miles
Executive Board Member

w51miles@gmail.com

Should you have any questions please feel free to communicate with the appropriate board member...
we're always happy to answer any questions you may have!