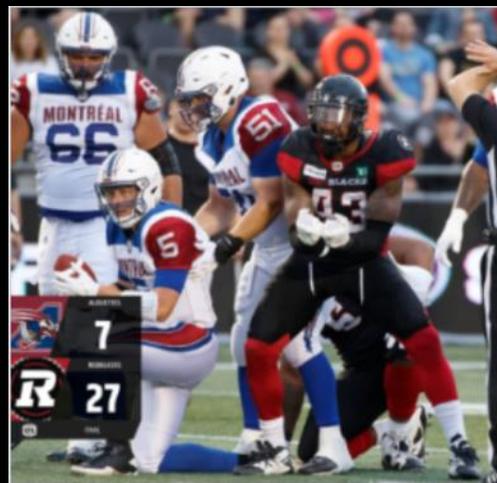




CFLOAA NEWSLETTER JULY 1, 2018 EDITION

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PRE-SEASON OVER...ITS GO TIME!




Week 4	FRI JUL 6 7:30 PM EDT	OTT @ MTL
Week 5	THU JUL 12 7:30 PM EDT	CGY @ OTT
Week 6	FRI JUL 20 7:30 PM EDT	BC @ OTT
Week 7	SAT JUL 28 4:00 PM EDT	OTT @ HAM
Week 8	THU AUG 2 7:00 PM EDT	OTT @ TOR
Week 9	SAT AUG 11 8:00 PM EDT	MTL @ OTT
Week 10	FRI AUG 17 8:30 PM EDT	OTT @ WPG
Week 12	FRI AUG 31 7:30 PM EDT	MTL @ OTT
Week 13	FRI SEPT 7 10:00 PM EDT	OTT @ BC
Week 14	SAT SEPT 15 9:30 PM EDT	OTT @ SSK
Week 15	SAT SEPT 22 4:00 PM EDT	EDM @ OTT
Week 17	FRI OCT 5 7:30 PM EDT	WPG @ OTT
Week 18	SAT OCT 13 5:00 PM EDT	OTT @ EDM
Week 19	FRI OCT 19 7:00 PM EDT	HAM @ OTT
Week 20	SAT OCT 27 4:00 PM EDT	OTT @ HAM
Week 21	FRI NOV 2 7:30 PM EDT	TOR @ OTT
106th GREY CUP	SUN NOV 25 6:00 PM EDT	TBD



REDBLACKS FIRE ON ALL CYLINDERS IN SEASON-OPENING WIN OVER ROUGHRIDERS

Tim Baines | Ottawa Citizen June 21, 2018

If that's the way the Canadian Football League season is going to go for the Ottawa Redblacks, fans here are in for a helluva ride.

So much went right in a 40-17 thumping of the Saskatchewan Roughriders in Ottawa's season-opener Thursday night at TD Place. It's sure something to build off of as the Redblacks travel to Calgary for Game 2 next Thursday.

"I thought these guys had a chance to do some good things, but you never know until you play," said Redblacks coach Rick Campbell. "Winning doesn't come easy in this league. Our guys are pretty humble and know it's just one win."

The defence was everything it was hyped to be (with three interceptions, a fumble recovery and three sacks) and the offence showed its own flashes of brilliance.

"The big thing was creating those turnovers," said Campbell. "That's kind of what we were missing last year. Good on our players for stepping up and making big plays when they needed to be made."

On their opening drive, the Redblacks settled for a 26-yard field goal by rookie Lewis Ward.

They had talked about getting after the quarterback more this season and on Saskatchewan's second offensive play, Mike Wakefield hauled down Riders quarterback Zach Collaros for the sack. Ottawa got the ball back and Ward booted a 23-yard field goal.

Redblacks cornerback Jonathan Rose stepped in front of Riders receiver Shaq Evans and raced 55 yards untouched down the sideline for a touchdown. The two-point convert attempt was caught by Greg Ellingson and it was 14-7 for the Redblacks.

“I told my teammates at the beginning of this game, I said: ‘Man, you’re going to see a different J-Rose this year.’ I’m coming for that CFL all-star (berth), I’m out here trying to be the best teammate and player I can be. That kind of play has to happen more consistently, but I’m glad I got that one.”

The defence came up big again. After a 46-yard completion to Caleb Holley, Corey Tindal made a nice play in the end zone and Loucheiz Purifoy grabbed the ball on a ricochet. Two plays later, though, Harris missed his target and Saskatchewan’s Duron Carter intercepted the pass and ran into the Ottawa end zone for the touchdown. After the convert, it was 14-14.

The Redblacks responded. After catching a centre screen and running 20 yards, William Powell took a handoff and squirted through Riders defenders 15 yards into the end zone. The two-point convert pass to Ellingson was caught and it was 22-14 for the home side.

Late in the first half, Collaros was replaced by Brandon Bridge, who ran for a couple of first downs on his first drive.

Harris showed some mobility of his own on Ottawa’s next drive. Ward booted his third field goal of the game, this time from 45 yards, as the Redblacks took a 25-14 lead with 1:24 left in the half.

An Ellis sack forced the Riders to punt with 43 seconds left. Ward had a chance to kick a 48-yard field goal with no time on the clock, but it sailed right.

The Redblacks upped their lead to 33-14 midway through the third quarter when Harris found Diontae Spencer behind Carter for a 56-yard touchdown pass. Harris ran in for the two-point convert.

With the Riders threatening, Rico Murray picked off a pass in the end zone.

A Brett Lauther field goal made it 33-17.

After a highlight-reel diving catch by Noel Thomas (42 yards) to the Saskatchewan 19-yard line, the Redblacks got a touchdown by Powell on a five-yard touchdown pass. The Redblacks forced yet another turnover on a sack by Ellis and fumble recovery by A.C. Leonard.

SECOND AND LONG

A bit of a surprise before the game even started. Jonathan Newsome, who until recently was starting at defensive end, was one of the scratches, along with receiver Austen Hartley ... Not sure why the Redblacks left Harris in for a QB sneak early in the game. That’s Dominique Davis’ job isn’t it. You don’t want your starting QB getting popped as he fights for yards up the middle ... Wonder what Powell was saying as he was wagging his finger at Carter as he ran out of bounds late in the first half. Said Powell later in the locker room: “I wasn’t saying anything, I was just playing football. He likes to talk so we had to give it back to him.” ... With 34 seconds left, there was a bad snap, then Harris lobbed a ball that was quacking as it travelled end over end toward Spencer, who caught it. Disaster averted. Turns out, the fumble was caused by Harris lining up behind guard Jon Gott instead of centre Alex Mateas. “I got hit in the (throwing) elbow and got five stitches. I’m used to being behind Gott, I just saw 6 (on his jersey), I was really anxious because I knew they were giving us the defence we wanted for that play.”

A CAPITAL IDEA

As they've done for a couple of years, the Saskatchewan Roughriders held their day-before walkthrough Wednesday at Parliament Hill. Said defensive lineman Zack Evans, a Redblack from 2014-17: "I don't think (some of the guys) realize that it's like our White House. They're like, 'You're allowed to practise here?' They're talking about gates and security at the White House. I told them, 'This is Canada, we're nice to each other here.'" Riders coach Chris Jones said he came up with the idea while looking down at the grounds through a window. "I happened to tell the security guard, 'Hey, there's a perfectly good field right there, why don't we just practise there.' He said, 'Well that's public ground so certainly you can do it.' I told him, 'A big Ford F-150's going to pull up tomorrow with all our equipment.'" The coach joked that there were "like 700 women's yoga classes that we crashed."

THE END AROUND

The CFL Concert Series featured Elijah Woods and Jamie Fine, who won CTV's The Launch ... Former Redblacks QB Ryan Lindley is now a graduate assistant coach at San Diego State University ... A scoreboard message said, "Amanda, will you be my maid of honour?" Hope she said yes ... What a nice timing pass from Harris to Ellingson with 8:21 left in the third quarter ... Up in the press box, we called the Riders trick play, a fake punt, with a direct snap to Spencer Moore on third-and-two near midfield. The Redblacks couldn't stop it ... Attendance Thursday was 24,224 ... Antoine Pruneau rocked Naaman Roosevelt with a jarring hit ... Fans were really giving it to Duron Carter after he took a pair of penalties deep in his own end ... Surprised the Redblacks didn't pull Harris and Powell with three minutes left. Guess in the CFL no lead is ever safe.





REDBLACKS

WOMEN'S TRAINING CAMP 2018



Tammy Laverty-Hall & The Silver Bullets love their football! Enjoying fun at the women's training camp!



ONTFL ladies representing at the Ottawa REDBLACKS Women's training camp event! How exciting to have women who have played in our touch football league for years join forces for an incredible event to showcase women in football and raise funds for the OSEG Foundation which supports youth in sport! It's a mantra my father lived .



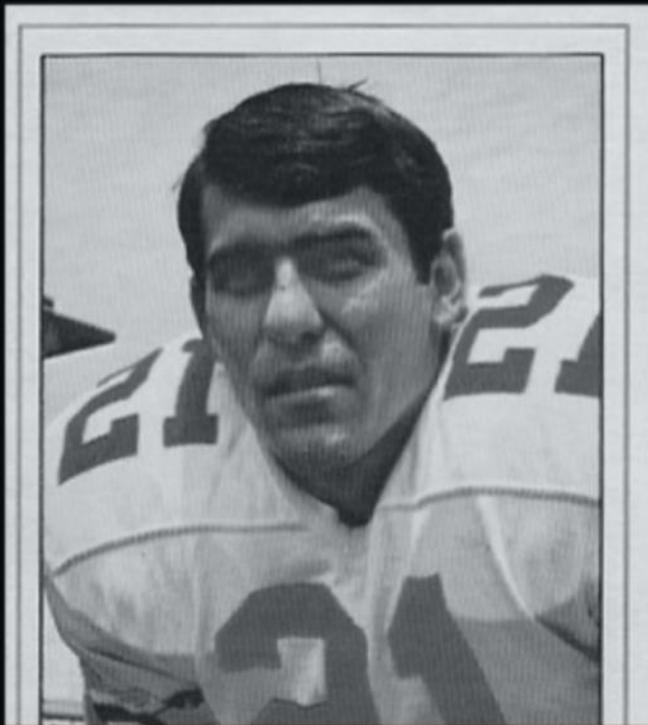


WEAR IT WITH PRIDE



**All-new 2018 REDBLACKS gear is here!
Check it out in our Team Shop or buy online!**

OTTAWAREDBLACKS.COM



KICKING IT OLD SCHOOL

QUARTER BACK CLUB IN HONOUR OF WAYNE GIARDINO

JULY 17, 2018 ALMONTE



OLD FASHIONED QUARTERBACK CLUB IN ALMONTE

On Tuesday July 17 several friends of Wayne Giardino are going to hold an “OLD SCHOOL” style QB Club up at the Legion in Almonte to honour Wayne’s longtime football career and support of his community of Almonte. This will run in the evening from approximately 7:00 pm to 10:00 pm. It will be a fun evening that we are hoping many of our alumni who ether played with Wayne or just know he and his wife Nancy will take the time to show their support of Wayne a.k.a. PIZZA who is starting to have some memory issues. Again if you think you’ll be able to attend the evening please confirm that with Jeff Avery at javery@coltonaverydeacon.com so that we can do a little pre-event advertising to let potential attendees of those old Riders or Renegades who will be in attendance.



**ROYAL CANADIAN LEGION
ALMONTE, ONTARIO
100 BRIDGE STREET.,
ALMONTE, ONTARIO
K0A 1A0**



INVITATION TO A 'PRIVATE' DINNER HONOURING THE 1968-1969 GREY CUP TEAMS

The Redblacks are hosting a Reunion for the 1968 and 1969 Grey Cup Champions on the weekend of August 10. This was the only Rough Rider team to ever repeat as Grey Cup champs.

These teams had 8 guys who have been inducted into the Canadian Football Hall of Fame plus Coach Frank Clair. Most of the players and their families will be in Ottawa for the reunion plus quite a few of the families of some of those guys who have passed.

The weekend has two main elements;

* **PRIVATE DINNER on Friday, August 10 in OTTO'S LOUNGE** on the second level of the South Side stands. It is to start at 6:00pm with food served at 7:00pm. The dress is evening casual. At the dinner the 68/69 players will receive, from the Redblacks, white Replica Rough Rider jerseys.

Everyone on the CFL Ottawa Alumni Association email list is invited to attend the dinner with their families to join in the celebration of these two special teams.

* **GAME NIGHT** Saturday August 11 @ 8:00pm vs. the Alouettes will have a pre-game event in the TD Place Arena, organized by the RedBlacks, as was done for the 1976 Reunion, starting at approx. 5:30pm where all football fans are invited.

**THERE IS ONLY A LIMITED AMOUNT OF SPACE AT OTTO'S
PLEASE RESERVE YOUR SEATS EARLY!**

**We would like former players in attendance to wear their game jerseys.*

DATE : FRIDAY AUGUST 10, 2018

TIME: 6:00pm

PLACE: TD PLACE | OTTO'S LOUNGE

PRICE : \$50.00 per ticket

Please confirm the number of dinners that you need by emailing either Jim (jimcain@rogers.com) or Jeff (javery@coltonaverydeacon.com). These Dinner tickets need to be paid for in advance. Payment can be by cheque or by e-transfer to our Dan Dever at danwdever@msn.com 613-820-7378, 43 McLaughlin Crescent, KANATA, ON K2L 2P9

If you have any questions please give Jim or Jeff a call.

Jim Cain 613-656-5206

Jeff Avery 613-792-3352 x 104

CFLOAA PLAYER PROFILES

MEMBERS FROM THE 68-69 OTTAWA ROUGH RIDERS GREY CUP CHAMPION TEAMS

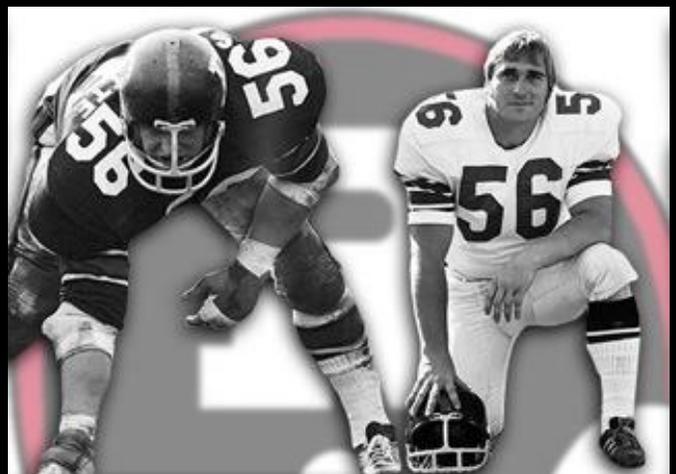


Margene Adkins

Margene played from 1967 to 1969 in the CFL with the Ottawa Rough Riders and was part of the 1968 and 1969 Grey Cup winning teams. In the 1968 game Margene caught a 70 yard TD from Russ Jackson in the 4th quarter when the Rough Riders defeated the Calgary Stampeders 24-21. In his 3 years Margene had 47, 32 and 56 receptions, averaging an astounding 24 yards per catch and scored 21 TDs. In 1969, Adkins was a CFL All-Star after setting a regular season record for the highest average gain per pass reception at 25.0 yards, a record that stood for twenty-eight years. He was also an eastern all-star in 67 and 69. Margene also played in the National Football League with the Dallas Cowboys after being selected by the Cowboys in the second round (49th overall) in the 1970 NFL draft. Margene won a Super Bowl ring with the Cowboys in 1972. He also later played for the New Orleans Saints, New York Jets, and the Chicago Winds of the WFL. He led the Saints in kickoff with 1,020 yards and a 23.7 average. Margene and his wife Jeanette live in Fort Worth, Texas; where he worked after football as a firefighter for Lockheed Martin for 30 years; now he is a minister.

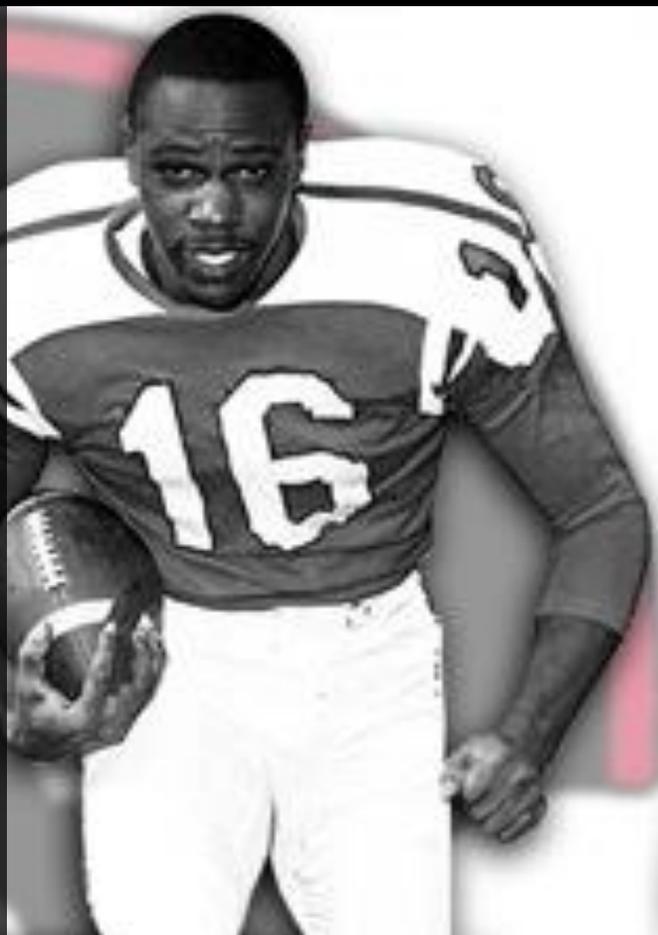
Tom Schuette

Tom played for the Ottawa Rough Riders for eleven seasons from 1967 to 1977 as an offensive guard. His four Grey Cup victories (1968, 1969, 1973, and 1976) tie him with Hall of Famer Moe Racine for the most CFL championships ever in an Ottawa uniform. Moe and Tom always referred to themselves as the 'Wall' on the right side of the offensive line where they played side-by-side for 8 years. Tom was a CFL Eastern All-Star in 1975. As a senior at Indiana University, Schuette was selected to the All Big Ten team alongside future NFL Hall of Famers Bob Griese, and Bubba Smith. After football Tom retired to St. Augustine, Florida, where he has combined his financial acumen and laid-back view of life in a career spent assembling a real estate empire and tending bar.



Bo Scott

Bo played his college football at The Ohio State University where he received his BS Degree in Social Work. Bo came to the Canadian Football League with the Ottawa Rough Riders in 1964 and played in Ottawa through 1968. He was a CFL All-Star in 1965 and 1967 and was an East All-Star in 1965, 1966, 1967 and 1968. In 1965 he was selected as the Shopsy MVP for the Ottawa Rough Riders. He finished his CFL career with 3,057 career yards rushing. Bo was selected by the Cleveland Browns in the third round of the 1965 NFL Draft; but did not join the Browns until 1969 and played there until 1974. In 1970 Bo was selected as the Outstanding Offensive Cleveland Browns Player. Scott ran for 5,188 yards in his NFL career on 1,095 attempts, scoring 36 rushing touchdowns. He also caught 190 passes for 1,684 yards and had 16 receiving touchdowns. In 2016 Bo was inducted into the Fayette County (Pennsylvania) All Sports Hall of Fame. Bo is retired from the Franklin County Court of Domestic Relations as the Assistant Director, Juvenile Detention Center after 26 years of service. Bo lives in Columbus, Ohio wife his wife Phyllis, and has 6 children, 14 grandchildren and 2 great grandchildren.



Whit Tucker

Whit was an outstanding all-around athlete at Forster Collegiate in Windsor. Tucker had arguably the greatest WSSA track and field career of his generation while also excelling at football, basketball, and baseball. Whit had a track scholarship at USC but chose to attend the University of Western Ontario where he played football, basketball and did some track. Whit played for the Ottawa Rough Riders from 1962 to 1970. He was an Eastern All-Star three times, a CFL All-Star in 1967 and won the Gruen Trophy as best rookie in the Eastern Conference in 1962, and won the Lew Hayman Trophy as best Canadian player in the East in 1968. He was a two-time Grey Cup champion in 1968 and 1969. In the 1966 Grey Cup game Whit caught 4 passes for 173 yards including TDs of 61 and 85 yards. Whit holds the CFL record for highest career average gain receiving with 22.4 yards per catch over his 9 years. He was inducted into the Canadian Football Hall of Fame in 1993. He is also a member of the Windsor, Ottawa, and the UWO Sports Hall of Fames. Whit is still an investment adviser with the Tucker Guilfoyle Wealth Management Team of RBC Dominion Securities. Heather and Whit have four children, Ken, Kelly, Diane and Wendy



Jim Cain

Jim was born in Toronto and attended De La Salle Oaklands on an academic scholarship and then the University of Detroit followed by 9 years with the Ottawa Rough Riders (1961-1969) never missing a game. Jim was a starting defensive tackle when the Riders won Grey Cups in 1968 and 1969. Earlier in his career he played offense. Jim then coached football at the U of Ottawa for 3 years with Bob O'Billovich and then Don Gilbert. He is in the University of Detroit Titan Hall of Fame as a member of the 1960 team that had a record of 7-2 including wins over Boston College and Cincinnati with losses only to Michigan State and Iowa State. Detroit had the 17th best US College record that year. Jim is retired from Statistics Canada where he was a senior manager. For 16 years Jim was the co-chair of the Brian Smith Memorial Golf tournament (Brian was Jim's cousin) in support of Camp Smitty, the camp of the Boys and Girls Club. The event raised over \$2.1 million (net) that sent 2,641 kids to camp plus 34 young people received university scholarships. Jim is married to Pam with one daughter (Pam) and 2 grandsons (Dalton and Carter) who starred as football players. Currently Jim is the Vice-President of the CFL Alumni Association.



Gene Gaines

After a stellar career at UCLA Gene was drafted by the San Diego Chargers of the AFL but decided to play in the Canadian Football League in 1961 with the Montreal Alouettes. In 1962 he was traded to the Ottawa Rough Riders where he starred for 8 years (1962-1969) as an outstanding defensive halfback. He returned to the Montreal Alouettes in 1970 in the dual role of player and defensive backfield coach for 7 years through 1976. During his 16-year career Gaines played 217 games, 161 of them consecutive. Gaines intercepted 42 passes for 679 yards and returned 60 punts for 306 yards and had 56 kickoff returns for 1,112 yards, one a 128-yard return for a touchdown in 1964 in the Eastern final versus Hamilton. He won many awards and honours including All-Canadian Defensive Back 1965, 1966, 1967 • Jeff Russell Memorial Trophy 1966 • All-Eastern Linebacker 1963 • All-Eastern Defensive Back 1965, 1966, 1967, 1971 • Grey Cup Winning Teams with Ottawa in 1968 and 1969 and Montreal in 1970 and 1974. Gene also coached in Winnipeg in 1982 and in Edmonton from 1986-1990. He was inducted into the Canadian Football Hall of Fame in 1994. Gene and his late wife Marion have 3 children-Ellen and twins Elaine and Eugene and 5 grandchildren.





Lovell Coleman

1938-2016

Lovell played from 1960 to 1970 in the CFL with the Calgary Stampeders, Ottawa Rough Riders and BC Lions and was on the 1968 Ottawa Rough Rider Grey Cup winning team. Coleman ran for 6,566 yards in his career on 1,135 attempts, scoring 42 rushing touchdowns. He also caught 181 passes for 2,520 yards and 19 receiving touchdowns. He was a CFL All Star and CFL Western Division All Star in 1963, 1964 and 1965 and a Ted Reeves All-Star in 1963. He is fifth all-time in Stampeders history with 6,395 rushing yards. The 1,629 yards that he amassed in 1964 still stands as the fourth-best single-season total in franchise history. Coleman still owns Calgary's single-game rushing record with 238 yards, set in 1964. In the same season he became the first Stampededer to be named the CFL's Most Outstanding Player and was added to the Stampeders' Wall of Fame in 1999. Coleman became a Canadian citizen during his playing career and remained in the country. He operated his own business in Vancouver for more than 20 years before retiring. Lovell passed away on August 10, 2016, in Kamloops, British Columbia.

Soupy Campbell

1944-2017

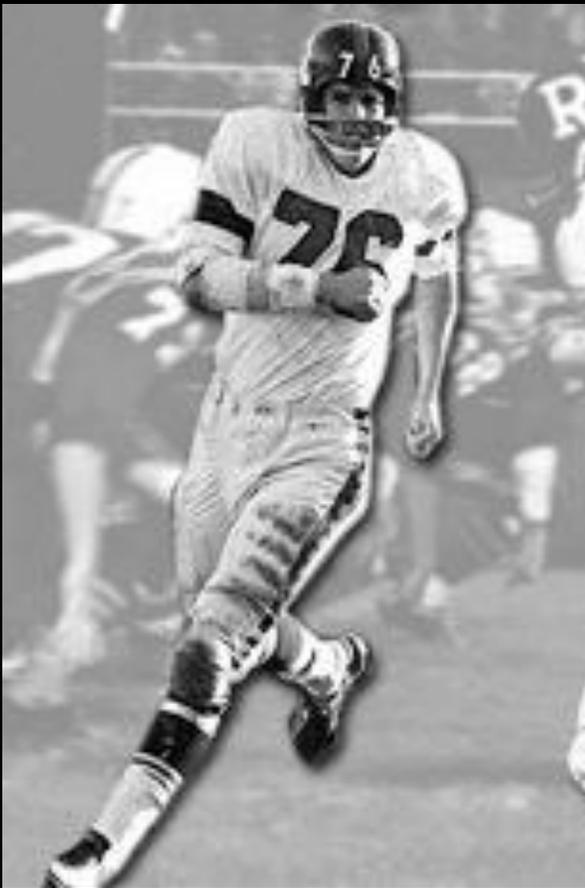
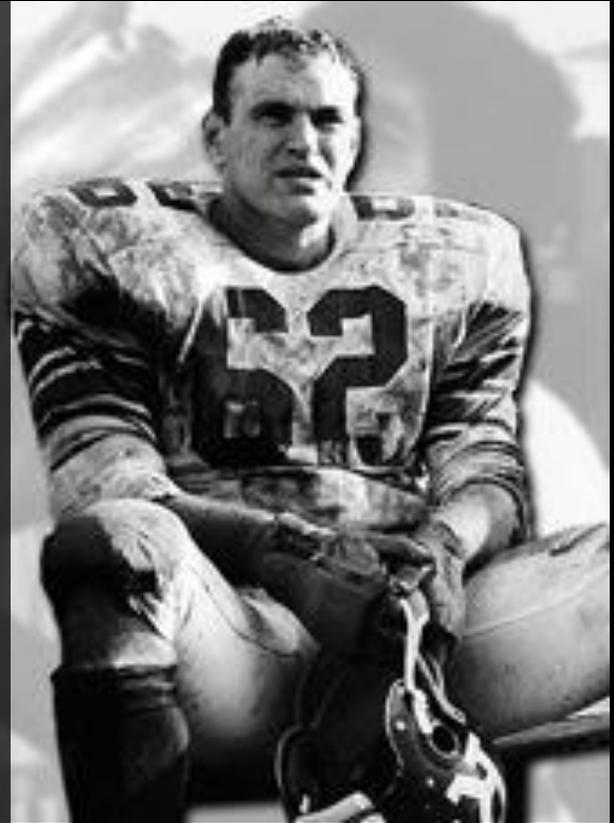
Widely known as 'Soupy' (# 54), Gerald Bruce Campbell was one of the most colourful characters in Canadian Football League history. He graduated from the University of Idaho before playing in the CFL. His 11 CFL seasons (1966-76) began and ended with the Calgary Stampeders, but he is best remembered for his years in the black, red and white of the Ottawa Rough Riders. He was a team captain and the heart and soul of the defensive unit which was tagged "Capital Punishment". He was an All-Canadian linebacker for 7 consecutive seasons (1969-75) and an Eastern Division All-Star 7 times as well. A tremendously hard hitter, he recorded 34 pass interceptions and 19 fumble recoveries in his career. Soupy played in, and won, three Grey Cups with Ottawa (1968, 1969 and 1973). He is an honoured member of the Idaho, Spokane, Ottawa, and the Canadian Football Halls of Fame. Soupy passed on August 9th, 2017 and is survived by his wife Kim and fondly remembered by many friends and fans.



Moe Racine

1937-2018

Moe spent his entire football career with the Ottawa Rough Riders. He played in a Rough Riders record of 213 regular season games, four All-Star games, 30 playoff games, and 5 Grey Cup games, winning four, 1960, 1968, 1969 and 1973. Nicknamed 'Moe the Toe' he was the Rough Riders Kicker from 1962 until 1967, recording 392 career points. His 49 yard field goal in 1962 was a new CFL record. In 1966, Racine was the Eastern Scoring Champion after being runner-up in 1962, 1964, and 1965. The Rough Riders retired his number "62" at the end of his career in 1974. Moe won the Gilles O. Julien Award for the Most Outstanding French-Canadian Athlete in 1962. He was also a three time recipient of the Médaille d'Or de la Palestre Nationale. Moe was inducted into the Cornwall (1968) and Ottawa (1984) Sports Hall of Fame and the Canadian Football Hall of Fame in 2014. During his football career and in the years to follow, Moe became established in and around the City of Ottawa in the Group Insurance Business. Moe and his wife Donna have 4 children Thom, Scott, Lee Ann and Bruce and six grandchildren. Moe died on March 4, 2018.



Jay Roberts

1942-2010

Jay was born in Des Moines Iowa. He played his collegiate football at Kansas University with Gale Sayers. He made 2nd team All Big 8 tight end in 1962. Jay was one of the last three sport lettermen at Kansas. He played basketball, football and track, finishing 4th in the Big 8 in the high jump. He scored the winning basket in the longest basketball game in KU history, a quadruple overtime game against Kansas State in the Big Eight Holiday Tourney in 1962. Roberts played for seven seasons with the Ottawa Rough Riders from 1964 to 1970, winning two Grey Cups (1968 & 1969). He scored the 1st touchdown in the '69 Grey Cup game in Montreal. Jay's proudest sporting moment came when he watched his youngest daughter Kelley carry the puck end to end while seeing her play hockey for the first time while she was with the University of New Hampshire hockey team. Jay was instrumental in helping to form the CFL Alumni Association (CFLAA) and was Ottawa's first ever players rep. He was also the first former CFL player to ever donate his brain to concussion research. Jay died on October 6, 2010. He is survived by his sister Dawn Ross, son Jed Roberts, daughters Kimberly Smock and Kelley Bogardus.

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



BREAKING | Onyeka named USPORTS

1st Team All-Canadian

Ravens veteran defensive end Kene Onyeka is moving up the All-Canadian list. Due to doping infractions, USPORTS announced new winners of their annual awards including Onyeka joining the 1st Team All-Canadians. Onyeka was a beast for the Ravens in 2017. He totaled career highs in sacks (10.5), tackles for loss (12.5), and forced fumbles (4).





JR. RAVENS FOOTBALL



OUR MISSION

Introduce youth to the game of football in a safe and structured environment that promotes the values of teamwork, respect and self-confidence. Young athletes in the Jr. Ravens Football program will acquire the necessary tools and knowledge that are essential to playing the game.

THREE LEVELS OF PROGRAMS AVAILABLE

Jr. RAVENS—Mite 6-7, Tyke 8-9, Mosquito 10-11, Pee Wee 12-13

Introduction to the Game

ELITES - Freshman 10-11, Sophomore 12-13

Competitive program for returning athletes seeking advanced coaching.

PROSPECTS - Junior 14-15, Senior 16-17

High performance program which includes elite speed training and on field skill development.

FOR ALL THINGS JR. RAVENS, REGISTRATION, DETAILS | DATES | FEES

Please visit <https://athletics.carleton.ca/cu-camps/junior-ravens-football/>

NEW PROGRAM FOR 2019 GIRLS TOUCH FOOTBALL | WINTER U12 & U14

The past two programs have had 500+ players attend. The continued growth of the Junior Ravens brand has led to the expansion of more programs.

KEY RINCIPLES

Player Development

Parent Education

Community Coach Development

Attention Jr Ravens!

Save the Date - August 25th, the Carleton Ravens Football team would like to invite all Jr Ravens to our Jr Ravens Appreciation day at MNP park.

This free day will include on-field drills ran by the Ravens, an opportunity to watch the Ravens practice from 10:00am-11:00am, socialize with players and coaches during a BBQ which will include fun games and obstacle courses for all family members to enjoy. There will be prizes and giveaways to be won! Make sure to wear your jerseys and Ravens t-shirts for the autograph station. (no equipment is required for this day)

Look forward to seeing you all there for a fun day of football.

Please contact: josh.sacobie@carleton.ca with any questions!



KICKOFF 9:00AM - MNP PARK

9:00AM - 10:00AM

**FREE NON-GEAR
PRACTICE ORGANIZED
AND HOSTED BY THE
CARLETON RAVENS
FOOTBALL TEAM**

10:00AM - 11:00AM

**RAVENS FOOTBALL TEAM
PRACTICES IN
PREPARATION OF THEIR
2019 HOME OPENER VS THE
WESTERN MUSTANGS.**

11:00AM - 12:00PM

**BBQ AND SOCIAL HOUR
WITH THE PLAYERS
(AUTOGRAPH STATION,
JUMPY CASTLES,
OTHER ACTIVITIES)**



By adopting a Gee-Gee, you're not only providing the student-athletes with their best chance at success, you're also providing them with the mentorship they may not otherwise get.

WHY GIVING MATTERS

When you support the Adopt a Gee-Gee program, you're paying tribute to the history of football at the University of Ottawa, helping the football program down the road to success this year and strengthening the program for years to come.

When you adopt a Gee-Gee, you are providing the Gee-Gees football program with much needed enhancements, such as increased travel funds, equipment improvements, as well as coaching support and overall team development. To participate, choose among the three levels of support: Silver, Gold, or Platinum. Donors will be matched on time for the football season. All donations will directly benefit the Gee-Gees football program and will give football student-athletes the best chance at success.

Tax receipt will be issued for eligible amount and may vary depending on benefits provided.

LEVELS OF SUPPORT

SILVER - \$400.00

- One season pass (one ticket to each regular season home game)
- One ticket to the Panda Game and pre-game party
- Letter from player

GOLD - \$750.00

- Two season passes (two tickets to each regular season home game)
- One on-site parking pass on game days (Lees Campus)
- Two tickets to the Panda Game and pre-game party
- Letter from player

PLATINUM - \$1300.00 and up

- Two season passes (two tickets to each regular season home game)
- One on-site parking pass on game days (Lees Campus)
- Two tickets to the Panda Game and pre-game party
- Letter from player

**THANK YOU TO THE
CFLOAA FOR YOUR
CONTINUED
SUPPORT WITH OUR
PROGRAM!**

To Adopt a Gee Gee please visit <https://www.geegees.ca/en/sports/teams/football/adopt-a-gee-gee> for the registration form and instructions



SAVE THE DATE!

Right now we are working on our Panda Event for September 29th at the Aberdeen Pavillion. As we have done for the past few years, we are offering an all-inclusive ticket price for uOttawa alumni, family and friends who want to attend that includes a pre-game event at the Aberdeen Pavillion with lunch included (cheap beer) and a premier ticket for the game. Details and On-Line Registration will roll out in July...we will be sure to keep you posted!

Steve Drover

SPRING TRAINING CAMP 2018

The team is happy to welcome back Sean Hall to the coaching staff. Hall was on the field during spring camp, working with Aaron Geisler and the receiving corps as an offensive assistant. Hall, a Gee-Gees all-star at defensive back, was previously a member of the coaching staff from 2001-2011 including time as defensive coordinator.

Draft night saw defensive back Jackson Bennett selected eleventh overall by Hamilton and linebacker Khadim Mbaye drafted by his hometown Alouettes in the seventh round. Days later, running back Bryce Vieira signed with Saskatchewan. Those three will join their 2017 team mates Lewis Ward (kicker/Ottawa Redblacks) and Ty Cranston (defensive back/Montreal Alouettes) in CFL camps this season.

Three Gee-Gees took part in the annual East-West Bowl last week, with receiver Kalem Beaver posting the top 40-yard dash time of all the prospects. In the game, Beaver tallied a 51-yard punt return, as well as had one reception for 13 yards, and a tackle. Jamie Harry completed four tackles, finishing third overall on the team, and broke up one pass. Cody Cranston finished the day with two tackles.

2018 SCHEDULE

August 25 @ Laurier | Sept 3 vs McMaster | Sept 8 vs Guelph | Sept 22 vs York | Sept 29 PANADA @ Carleton | Oct 6 @ Toronto | Oct 13 @ Western | Oct 20 @ Queen's



MCCARTHY PARK FIELDS
TO BE NAMED AFTER ED LAVERTY...
**THE GODFATHER
OF TOUCH FOOTBALL**



ONTFL

12 mins • 🌐

It's official everyone! McCarthy Park fields (Hunt Club) will be named after **Ed Lavery**, our beloved President and "Godfather of touch football". We couldn't have done this without our wonderful community and your letters of support. We'd like to thank **River Ward Ottawa** Councilor Riley Brockington, **Hunt Club Park Community Association**, **Riverside Park Community & Recreation Association** for backing his commemoration. A naming ceremony will take place this fall. We'll share details as they are confirmed. 🏈

<https://twitter.com/RiverWardRiley/status/999303161893421056>

Tammy Lavery Hall Gordie Lavery Trudy Lavery



DON'T CHANGE MUCH

Where guys go to get healthy



HITS TO YOUR HEAD, A NOD TO THE NOGGIN

How to get checked for traumatic brain injury

Most of the concern around traumatic brain injuries, or TBIs, used to focus on the obvious: skull fractures, brain bleeding, and patients slipping into coma. But after some high-profile concussion lawsuits in professional hockey and football, doctors are warning us that a knock to our noggin can leave us feeling more than just starry-eyed.

Men are up to three times more likely than women to sustain a TBI. And it's not just pro athletes getting tackled by 300-pound linebackers, either. A lot of guys experience knocks to the head from everyday accidents like cycling, a car accident, or even horseplay with the kids.

Most TBIs require no treatment other than rest and over-the-counter pain relievers to treat a headache. But even mild concussions can impact your thinking, sensation, language, and emotions. That's why it's so important to be aware of TBIs and how you may be affected. Since June is Brain Injury Awareness Month, let's start with the basics:

1. **Get checked** — If you think you may have a TBI, your family doctor can perform a basic test that measures your ability to follow directions and move your eyes, arms, and legs. Your speech also provides important clues for your doctor, who may recommend additional tests like a CT scan or MRI to rule anything out.
2. **Work your brain** — Men's brain performance starts to decline by our late 20s or early 30s. That's why apps like BrainHQ are useful for everyone. Keep your brain fit with puzzles, quizzes, and games. (Pro tip: By following this link, you even qualify for a subscription discount, thanks to the good fellas at the Canadian Football League Alumni Association.)
3. **Play safe** — TBI is the No. 1 unintentional killer and disabler of men under 40. That's why it's so important to protect your head by wearing a helmet during all high-impact or contact sports (football, baseball, skiing/snowboarding, cycling, etc.). Even better, play a game of touch football at the park with your buddies.

DON'T CHANGE MUCH

Where guys go to get healthy



REGULAR GUY TO ANOTHER

Like so many guys out there, Alan Scholes treasures his down time. And for good reason: After a long day working for an armoured car company, and then heading to a local soccer pitch to watch his three kids go for goal, the Kelowna resident likes nothing more than sinking into his favourite easy chair.

Trouble was, after injuring his knee four years ago, Alan started spending more and more time off his feet. He put on weight, and his drive to get out of the house started slipping away. "Because my hours are all over the map, trying to stay healthy isn't the easiest thing in the world," he explains. "And injuring my knee made everything harder."

That's why he turned to Hat Trick, a free 12-week program based in Prospera Place, the home of the WHL's Kelowna Rockets. Every Thursday from 6:30 to 8 p.m., Alan and a crew of other guys learned how to improve their health and overall wellbeing by making small, realistic changes in their lives. "We were all there for the same reasons: We like food, we're overweight, and we weren't doing much about it. I really liked that I could talk to anybody and nobody judged me, and we all pushed ourselves to get a little further ahead.

Of the dozens of tips and tricks Alan picked up from Hat Trick's healthy lifestyle experts, these are the three that have made the biggest impact so far.

Switch up the snacks

"I work on the road, so it's easy for me to take a couple bucks and go into corner stores or fast-food places between meals," Alan explains. "But it honestly isn't that hard to pack some fruit, carrots, celery and things like that. If you want a snack, have a snack, but have grapes instead of chips. They taste good and are filling. Pretty soon, your mind will be programmed to grab the grapes or the carrots, and you'll be less hungry later."



Walk it off

It's incredibly easy building a bit of extra walking into your day, Alan says. "Instead of parking in the closest spot, park in the furthest spot and just walk wherever you're going. That gives you five minutes of physical activity. Add it up throughout the day, and the next thing you know you've spent an hour walking."

Alan also gets active at his kids' soccer games. "I used to just sit in the car and watch them, or play on my phone. Now, I walk around the field while they play."



Squat it off

TV time can be a great time to fit in some exercise, Alan says. "Just stand up, lower your butt so that it barely touches the chair, and then stand up again. All of a sudden you're doing squats, which get your legs working as well as your core. Do that for a minute, rest for 10 minutes, and then do it again. Before you know it you've done an hour workout."

By walking more, eating healthier and doing his armchair crunch routine, Alan says his firmer physique is getting noticed. But more importantly, his downtime is more enjoyable than ever before: "I have so much more energy. It used to be: 'Do you want to go out?' And I'd be like, 'Errrrr...no.' Now, it's like, 'Yes! I want to go out. I don't want to just sit here.' Now I'm the one who gets everyone going. Life is more fun!"



<http://dontchangemuch.ca/activity/3-keys-living-healthier-one-regular-guy-another/>



MONTHLY HUDDLE MEETING

Date: Tuesday July 3, 2018

Time: 11:30am - 1:00pm

Business 12:00pm sharp

LOCAL HEROES 1400 Clyde Ave

Bleeker Mall Clyde & Merivale Rd.)

Nepean Ontario K2G 3J2 | 613.224.3873



CFLOAA EVENTS

IMPORTANT DATES TO REMEMBER



Alumni Invite
Sunday July 22, 2018
Contact
Dan Dever for Details



**HUDDLE MEETING
TUESDAY JULY 3RD**



ALUMNI INVITE
SUNDAY JULY 22, 2018
CONTACT
DAN DEVER FOR DETAILS



**ALUMNI GOLF TOURNAMENT
& BBQ AUGUST 3RD**



**ALUMNI 1968-69
REUNION
AUGUST 10-11**




**COLTON
AVERY
DEACON**

Jeff Avery C.F.P. EPC
 Certified Financial Planner
 #202-666 Kirkwood Avenue,
 Ottawa, Ontario K1Z 5X8
 T. 613.792.3352 ext 104 | C. 613.797.4767
javery@coltonaverydeacon.com
www.coltonaverydeacon.com



STERLING
 MUTUALS INC.

#200-38 Aruiga Drive Nepean,
 Ontario
 K2E 8A6
 T. 613.226.8227
 F. 866.529.3073
 C. 613.852.7165
 E. rpekarchuk@sterlingmutuals.com

**ROBERT W. (Bob)
 PEKARCHUK**
 MPF C.F.P.
 Certified Financial
 Planner



**ONEWAY
 MINISTRIES**

Gerry Organ
 One Way Ministries | The Code Ottawa
 89 Auriga Drive Ottawa, ON K2E 7Z2
gerry@onewayministries.ca
[Info@thecode.ca](mailto:info@thecode.ca) | <http://www.thecodeottawa.ca>



Bruce Walker
 2525 Lancaster Rd,
 Ottawa, Ontario K1B 4L5
 T. 613.523.1540
 E. info@ottawaathleticclub.com



Patrick Stoqua
 Senior Development Officer, Football
 Department of University Advancement Carleton University
 1125 Colonel By Drive, Ottawa ONK1S 5B6
 T. 613. 520.2600 x 8527
 C. 613. 355.4490 | F. 613. 520.3587
patrick.stoqua@carleton.ca

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Tammy Laverty Hall
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SALES ACHIEVEMENT AWARD 2015
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Office: 613.725.1171
Direct: 613.850.8264

ROYAL LePAGE
Team Realty

tammylavertyhomes.com

Residential Services

tammylaverty@royallepage.ca



Rick Cassata

3264 Niagara Falls Boulevard on the corner of Nash Road in North Tonawanda, NY.
(716) 694-2168



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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

gebcob@hotmail.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!