



CFLOAA NEWSLETTER APRIL 2019

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COACHES LUNCHEON MARCH 9, 2019



WELCOME NEW MEMBERS
BILL PALMER 1974-75
BRAD TIERNEY 1989-92 & 94

Back from (l-r): Jaime Elizondo – Offensive Coordinator, Patrick Bourgon Defensive Assistant, Leroy Blugh Defensive line, Mark Nelson Linebackers, John McDonnell Offensive line. Middle row: Noel Thorpe Defensive Coordinator, Winston October Receivers, Bob Dyce Special Teams Coordinator, Beau Walker Running backs.

Welcome Back!

The 2019 CFL season is fast approaching and your CFL Ottawa Alumni Association just wrapped up its first big event of the year. Our CFLOAA/REDBLACKS Coaches luncheon held on March 9th was a huge success this year highlighted by the attendance of CFL Commissioner Randy Ambrosie who addressed the group to kick off the day's events. After lunch we had a lively question and answer period that saw GM Marcel Desjardins and Head Coach Rick Campbell provide the attendees insights into this off season's activities as well as what is yet to be done as they prepare for the opening of training camp. We also heard from Offensive Co-ordinator Jaimie Elizondo and Defensive Co-ordinator Noel Thorpe about the adjustments being made to incorporate some new on the field talent.

It was great to see so many alumni from all eras of Ottawa CFL football in attendance amongst the approximately 70 who attended the Coaches Luncheon. Starting with Ted Smale (Rough Rider from 1956 to 1962) right through to Steve Glenn (Renegade from 2002 to 2004), we had almost every year in between represented by an alumnus who was at the luncheon. A big thanks to our out of town guests for joining us, Mark Seale and Terry Wellseley.

A reminder that your 40% VIP Adidas Discount Card expires on May 1st, 2019 and will not be renewed this year with New Era taking over from Adidas as the CFL's official clothing supplier for the 2019 football season. This card can be used at the Adidas store out at the Tanger Outlet Mall across from the Canadian Tire Center or any other similar outlet store across Canada. Your photo ID must be provided at point of purchase along with your VIP Discount Card.

Please enjoy keeping up with your CFLOAA by reading our newsletter, this being the first of 2019 and I look forward to seeing you at a REDBLACKS game this year.



SAVE THE DATES!

OTTAWA SPORT HALL OF FAME INDUCTION
1968-69 ROUGH RIDER TEAMS
MAY 31, 2019

CFLOAA ANNUAL GOLF
TOURNAMENT & LUNCHEON
FRIDAY AUGUST 2

Ottawa Redblacks bring back entire coaching, football operations staff

Article by Tim Baines | The Sun December 21, 2018

At a time when many CFL coaching staffs are being turned upside down and slashed in numbers, the Ottawa Redblacks will bring back all of their coaches and football operations employees for the 2019 season.

Earlier this month, the CFL announced it was setting a salary cap of \$2.59 million for coaches and other football operations staff, forcing many teams to make cuts. Teams are capped at 11 coaches and 14 other football operations staff. Cap violations will result in a team fine, a personal fine and/or the loss of draft picks.

Only head coach Rick Campbell, offensive co-ordinator Jaime Elizondo and defensive co-ordinator Noel Thorpe were under contract for the coming season, but each of the other Redblacks coaches — linebackers coach Mark Nelson, receivers coach Winston October, defensive line coach Leroy Blugh, special teams co-ordinator Bob Dyce, offensive line coach John McDonell, running backs coach Beau Walker and defensive assistant Patrick Bourgon — had their contracts extended.

“It’s huge,” said Redblacks GM Marcel Desjardins. “Hopefully it’s something we can rely on as an advantage. They’re all good coaches and good people, which is why we wanted to get them back. Some of them are still somewhat new to the CFL so they’re only going to get better as coaches being in the same environment for a year or two. That makes our whole dynamic better.”

There was interest in Thorpe and Elizondo for the head coaching vacancies in B.C. and Toronto, but both teams decided to go in a different direction. That, ultimately, was good news for the Redblacks.

Returning in the front office under Desjardins are assistant GM Jeremy Snyder, director of player personnel Jean-Marc Edme, co-ordinator of football operations Joey Swarbrick, player personnel assistant Pier-Yves Lavergne, head athletic therapist Marcelo Cuenca, strength and conditioning co-ordinator Nick Mercuri, equipment manager R.J. James, assistant equipment manager Drew McCormick, video co-ordinator Colin Farquharson, video assistant Braun Gheller and football operations assistants Adrien Bourdon and Philippe Moreau.

Full Article on-line <https://ottawasun.com/sports/football/cfl/ottawa-redblacks/ottawa-redblacks-bring-back-entire-coaching-football-operations-staff>



RANDY AMBROSIE

COACHES LUNCHEON MARCH 9, 2019



Randy Burgess & Gord Weber



TOP RIGHT PHOTO

Jeff Avery, Marcel Desjardins & Rick Campbell
Photo - Gord Weber



Pat Stoqua, Michael Murphy & Stephen Jones

BOTTOM RIGHT PHOTO

Gerry Organ, Jeff Avery & Warner Miles



DICK DINELLE, MARGARET HAMLIN & BOB WILLIAMS



GREG LUNDY, GORD LUNDY & GORD BUNKE



BOTTOM LEFT
Jim Cain & Gord Weber

BOTTOM RIGHT PHOTO
Ted Smale, Chuck Wood & Bob Brien





Jen Sowieta & Her Mother | Behind is Dan Dever & Gary Page in the background | Photo Gord Weber



LEFT PHOTO
Ann Holtz, Stephen Jones & Tammy Laverty



RIGHT PHOTO
Gerry Organ & Randy Burgess

Photos Gord Weber





TOP LEFT PHOTO
Randy Ambrosie

TOP RIGHT PHOTO
Gerry Organ & Mark Nelson (Linebackers Coach)

BOTTOM LEFT PHOTO
Jaime Elizondo, Noel Thorpe & Bob McDonnell

OFFICIAL ON-FIELD OUTFITTER OF THE CFL | COMING SPRING 2019



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REDBLACKS Season Schedule 2019

Week	Date	Kickoff	Team
Pre Season	June 1	7:00pm	HAM @ OTT
Pre Season	June 6	7:30pm	OTT @ MTL
1	June 15	7:00pm	OTT @ CGY
2	June 20	7:30pm	SSK @ OTT
4	July 13	7:30pm	MTL @ OTT
6	July 19	8:30pm	OTT @ WPG
7	July 25	7:00pm	CGY @ OTT
8	Aug 2	7:00pm	OTT @ MTL
9	Aug 17	4:00pm	HAM @ OTT
11	Aug 24	7:00pm	OTT @ SSK
13	Sept 7	1:00pm	TOR @ OTT
14	Sept 13	10:00pm	OTT @ BC
15	Sept 21	7:00pm	BC @ OTT
16	Sept 28	4:00pm	EDM @ OTT
18	Oct 11	7:00pm	OTT @ TOR
19	Oct 19	4:00pm	OTT @ HAM
20	Oct 26	4:00pm	OTT @ TOR
21	Nov 1	7:00pm	MTL @ OTT
20	24-Nov	6:00pm	THE GREY CUP TBD



THE OTTAWA ROUGH RIDERS TEAMS OF 1968 AND 1969 WERE
POWERHOUSES IN THE CFL, AS

THEY WON GREY CUPS IN CONSECUTIVE YEARS. LED BY HALL OF FAME QUARTERBACK RUSS JACKSON, 29 OF 36 PLAYERS WERE ON BOTH TEAMS. THE 1969 TEAM WAS NAMED "CANADA'S TEAM OF THE YEAR" BY THE CANADIAN PRESS. JACKSON'S FOUR TOUCHDOWN PASSES IN THE 1969 GAME, REMAINS A RECORD TO THIS DAY. OF THE 29 PLAYERS WHO PLAYED ON BOTH TEAMS, EIGHT ARE IN THE CANADIAN FOOTBALL HALL OF FAME, IN ADDITION TO LEGENDARY HEAD COACH, FRANK CLAIR. COMPREHENSIVE BIOGRAPHICAL INFORMATION FOR EACH OF THE INDUCTEES ALONG WITH PHOTOS CAN BE FOUND AT: OTTAWASPORTHALLOFFAME.CA

1968 Ottawa 24 Calgary 21
1969 Ottawa 29 Saskatchewan 11



**ANOTHER
CALL TO THE HALL
FOR OUR 1968-69
GREY CUP TEAM
WINNERS.
MAY 31, 2019**





**SUPER BOWL HALF
THE AGE, LESS THAN
HALF THE STORIES, OF GREY CUP
GREY CUP HAS HAD
PROPORTIONALLY
MORE MEMORABLE MOMENTS
THAN SUPER BOWL.**

So, all you Latin mathematicians out there, what is LIII — as in Super Bowl LIII — multiplied by II?

Yup. It's CVI — as in Grey Cup CVI — which we just put to bed.

So, as of Sunday we will be at the point when there have been twice as many Grey Cups as Super Bowls.

And way more than twice as many good stories. Starting with the first one. The fourth Earl of Grey didn't want to donate a trophy for football. He preferred to present a national championship trophy for hockey — and maybe tea drinking — but Sir Montague Allan and his Allan Cup jumped the queue.

Put that south of the border, and it's on a postage stamp and in the chorus of at least three country songs.

We don't intend to dump upon the Super Bowl here because there have been a lot of terrific ones recently and, truthfully, this year's final three NFL games — no matter how good or bad Brady vs. Goff turns out to be — already qualify as better than what we saw over the final two 2018 CFL weekends. But the majority of times, that hasn't been the case.

For sure, there have been legend-worthy Super Bowl moments — Hi there Joe Namath, David Tyree, Adam Vinatieri, Malcolm Butler, Wide Right, Patriots and Eagles comebacks, etc. — but because the NFL is a nation unto itself and U.S. culture and history are more susceptible to hyperbole, many of those moments have grown far larger than life.

Flatly put, the U.S. tells its stories and myths more grandly, and far more often, than we tell ours. Historically Canadians have devalued, or at least understated, our history and repeatedly deconstructed our few mythologies for fear of being self-inflated, of being too repetitive, of being too American.

Case in point: in the 1950 "Mud Bowl" Grey Cup, referee Hec Crighton flipped massive Winnipeg Blue Bomber Buddy Tinsley onto his back reportedly save him from drowning in a midfield bog. But both men stated many times afterward that Tinsley was in no danger of dying.

If that had occurred in any Super Bowl, this would have been the immediate conversation: "Hey, Tinsley. Hey Crighton. Shut the \$#% up. Mr Disney's on the way with a script."

Actually, that would never even have happened in a Super Bowl because the NFL rarely gambles on weather for its finale. But a league without palm trees doesn't have that luxury so the elements have been prominent in its Big Game story, as they have been in the narrative of its country.

So in the Super Bowl we'll probably never see a Fog Bowl, as we did when the 1962 Grey Cup had to be spread out over two days; or a local folk hero like Tony Proudfoot pilfering electricians' staples for his Montreal Alouettes' game shoes to win the 1977 Ice Bowl; or a Wind Bowl like the Tiger-Cats' 1965 Cup win when Winnipeg conceded three safeties, the precise margin of defeat; or a Snow Bowl like the last Grey Cup played in Hamilton (1996), which many who were there described as "the most Canadian I have felt in my life."

When the Super Bowl was in New Jersey, visiting fans felt like they were going to Anchorage and when it was in Detroit, the game was played indoors but the surrounding activities were duds because of the weather.

The Grey Cup has been played twice as often but has gone into overtime three times as often as the Super Bowl has (once). And it's been won inordinately often by last-second field goals. Where are those Movies of the Week?

Commemorative statues have been sculpted out of Super Bowl clay far less dramatic than Calgary Stampeders Grey Cup fans parading a horse into the Royal York Hotel; a fan tripping the Tiger-Cats' Bibbles Bawel on his way to a 1957 Grey Cup touchdown; military service teams staffing three patriotic wartime Grey Cups; and the unthinkable "13th Man" penalty which cost the Saskatchewan Roughriders the 2009 Grey Cup.

If you've been to both you know Super Bowl week is essentially about consumerism, Grey Cup week about being consumed, mostly by infectiously regional Canadiana.

Grey Cup excitement and traditions started locally with amateur teams and spread organically while the Super Bowl has always been top-down, money, and vastly corporate. It was born amid the great expansion of mass-hype media and came of age in the sound-bite generation, partly explaining how the latest TV commercials have been nearly as celebrated as most things on the field of play.

Without argument, there has been a multitude of astounding moments in the Super Bowl but we will argue that, proportionately, the Grey Cup has provided many more of them. We've just got to do a better job of remembering them out loud.

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Life After Football



By: Justin Dubois

Gord Weber's enormous right hand gently pushes open the gate to TD Place Stadium. The 53-year-old stands just over six feet tall, with dark-rimmed glasses and curly graying hair. Wrapped around his neck is his TD Place media pass lanyard. It's a lanyard that highlights who he is now. A lanyard that represents life after football.

He carefully walks down the steps to field level, his gait uneven and jarring. Seven major leg surgeries and three torn ACLs will do that to your stride.

Weber's CFL career was not glorious. He is not a household name, and his time in the league was rather short-lived. But it shaped him into the man he is today.

"I would do it all again if I could," said Weber. "People ask what is the hardest job you have ever had. The answer is being a professional athlete."

His childhood in Lakeview was a balance of his police officer father's firm hand and Weber's youthful delinquencies. When he was first given the opportunity to play football for the Bell Warriors, Weber jumped on the chance to escape his bad influences.

He would bike to practice every day.

“I would be on my bike, full gear,” Weber reminisced. “The football helmet used to rub on the tire so by the end of the season I had this big black skid mark on my helmet.”

As he grew older, The University of Ottawa recognized Weber’s talent and named him their starting linebacker. He studied social sciences recreation, otherwise known as ‘leisure studies’. The title of his program speaks to what he prioritized as a student.

“I always say to my kids, you can do three things well: school, work, football, and partying. You can only pick three. I picked work, football, and partying,” he said with a chuckle. “I kinda forgot the school part.”

For Weber, work and partying were intertwined. During his university days, he spent evenings at a nightclub in the market as a doorman. The club’s name was Stony Mondays, which then became Fat Tuesdays, and is currently a Starbucks.

Weber approached his job with the same forthright confidence that shone through in his attitude as a football player. In his time working the door, Weber was threatened with guns, knives, and had one of his fellow doorman stabbed while on duty. The threats did not cause him too much stress, though. The ones who show you their knife never intend to use it, he said.

This endearing arrogance may just be what won him the love of his life. Her name was Ellie, and she worked at Stony Mondays alongside Weber for about a year. Each week she would serve behind the bar and collect a smattering of men, just as Weber was simultaneously surrounded by women.

“She would have her gaggle of men at one end of the bar and I would have my gaggle of women at the other,” said Weber. “But at the end of every shift I would give her a ride home. I would have a date with me, but I would throw her in the back seat while my wife got the front.”

Ellie is something special to Weber. As the spouse of an athlete, she knew just when he wanted to talk but also to steer clear prior to game time. Weber recognizes that he has not always been the best partner, citing his history as a womanizer and the difficulty his time as an athlete put on their relationship. But, 33 years later, their marriage and love is unwavering.

As Weber approached the end of his schooling in 1989, he was one of only 64 players drafted into the CFL, taken by the Ottawa Rough Riders. He tried out for the team, did not make it and was invited to join the practice roster. This opportunity did not stand up to starting as a star for a fifth year in university. So, Weber returned to the University of Ottawa for one last season.

In 1990, Weber made the Rough Riders’ roster and began his arduous journey to make a name for himself in the league. His position was linebacker, but the majority of his contributions came on special teams.

He played in Ottawa for four years, all with teams that were constantly changing personnel both on and off the field.

“You would get a new guy in the locker room and he would ask to borrow five bucks. I would say no, because I didn’t know if he would be here tomorrow,” joked Weber.

One of the constants on his roster was star wide receiver Stephen Jones. He is fourth all time in Rough Riders receiving yards and won a Grey Cup prior to his time in Ottawa. Jones’ respect for Weber came from his drive and work ethic.

“He wasn’t overly talented. But he had a lot of heart, a lot of determination, and that helped make up for a lack of superior talent,” said Jones.

Weber and Jones were two smokers on the team during those years. Weber fondly remembers sneaking outside during halftimes for a quick smoke with Jones. Those cigarettes may have been what stopped Weber from returning an interception for a touchdown in one of his fondest football memories.

The Rough Riders were on the road, a playoff game in Hamilton. He picked off the quarterback at the Rough Rider thirty, put his head down and returned it all the way to Hamilton’s five-yard line. When he was tackled, he stood up and saw an offensive lineman and a running back behind him.

“All I wanted, all I needed to know was that I hadn’t been caught by an offensive lineman,” Weber said with a smirk. “Turns out I wasn’t.”

In 1994, Weber’s ACL tore on a non-contact cut during a game. Though he tried to return from the injury and play the next year he was deemed physically unable to continue, and his football career was over.

“Playing sports is like running over and over into a brick wall. When you are young you run into it, get back up, and do it all again,” Weber said soberly. “But, when you get older the wall starts to break you.”

After a short stint as an office worker, Weber settled into a role as a wine sales representative. He worked there for 16 years. In 2003, Weber picked up his first digital camera and started to experiment with photography.

When Facebook developed as a platform to share photos, many of Weber’s friends began asking him to shoot them. Eventually there was enough work that he could monetize his shoots.

Photography has allowed Weber to reconnect with the game he holds so close to his heart. He has a contract shooting the Ottawa Redblacks Cheer Squad and also shoots their home games. He is well-known for his work with fitness models.

Weber has launched his own photography business and lives comfortably in a beautiful house designed by he and his wife. When asked what challenges he faces in day to day life, Weber casually replied, “Finding my socks in the morning.” More likely, it is putting those socks on, and getting out of bed.

With a knee replacement somewhere down the line, Weber’s body has taken the brunt of the damages of his past. His body bears the scars of his love for the game.

As Weber walks across the field at TD Place, he describes where the dressing rooms used to be, and how simplistic the stadium was in his time.

He points out the exact spot where the stands collapsed at a Panda Game halftime and students tumbled onto the field.

And, he explains with finality why there is no such thing as life after football.

“Sports is a way of understanding community, understanding working as a team, and people don’t realize how much sport is related to life and jobs,” Weber explained. “You rely on somebody else, you are accountable, and you have to show up. It isn’t just a game.”



Journalism &
Communication



A Stats Legend. 50 years of
Rough Rider Stats Our Own
Harry Dunlap 1928-2019

After a long, happy life and surrounded by family, Harry passed away peacefully at the Queensway Carleton Hospital on Saturday, March 2nd at the age of 90 years. He is survived by his beloved wife of 67 years Theresa Anne (nee Terry); six dear children: Hal (Susy), Terry

(Mary), Paula, Mary Anne (Torindo), Kathy (Roger), Peter (Sue); thirteen wonderful grandchildren: Rob, Maddie, Heather, Charlotte, Sean (Kizil), Harry, Sebastian, Emily (Matt), Michael (Sophie), Joey, Susy, Tessa, Sam; and cherished great grandson George Harry Dunlap.

Harry was born in Ottawa on May 17th 1928 to Henry J. and Anne Egan Dunlap. He is survived by older sister Charlotte and predeceased by older brothers Frank and Jake. He will be fondly remembered by his in-laws, nephews, nieces and many friends.

Harry graduated from St. Patrick’s College High School before attending the University of Ottawa on a football scholarship, graduating in 1952 with a degree in Business Administration. He began his career with the Taxation Department of the Federal Civil Service and spent his final 16 years as Director of Administration at the Royal Canadian Mint. Harry was a numbers man and devoted 50 years as the statistician for the Ottawa Rough Riders’ CFRA broadcast.

He enjoyed many years as a member of the Rideau View Golf Club (alongside lifelong friend Gerry Dover and Kenny Vargo) and always looked forward to his annual hunt with John O’Brien at Kenny Grimes’ hunting lodge. During Harry’s 33 years of retirement, he and Theresa Anne enjoyed travelling and many family celebrations, especially Sunday dinners. The family thanks Dr. Mark Aubry for his compassionate care of Harry over the years.

In Harry’s memory (in lieu of flowers), please consider donating to the Children’s Hospital of Eastern Ontario (CHEO) or a charity of your choice. Hug someone today!



**MONTHLY
HUDDLE MEETING**

Date: Tuesday April 2, 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



FOOTBALL DINNER 2019



RAVENS



Canadian Football League Commissioner Randy Ambrosie will be the speaker at the 2019 Ravens Football Dinner presented by Aramark, Friday, April 5 at the EY Centre.

Randy was an All-Canadian guard at the University of Manitoba and was selected second overall in the 1985 CFL Draft by the Calgary Stampeders. He played for Calgary, Toronto and Edmonton, and won the Grey Cup with the Eskimos in 1993. Randy became the Secretary of the CFLPA in 1992, and was a strong advocate for protecting the ratio of Canadian players on CFL rosters.

After retiring from football, he became the North American head of sales at HSBC Securities. In 2004, he joined AGF Management Ltd. as their head of sales and marketing, becoming their president in 2006. Randy served as CEO of Accretive 360 Inc. from 2010 to 2012, before joining investment firm MacDougall, MacDougall & MacTier as president and CEO.

The evening will also include a special tribute to the Ravens teams from 1976-80, and the induction of graduating Ravens into the Old Crow Society – Carleton's football alumni. Also included in the evening will be the presentation of awards for the 2018 season, an Introduction of Carleton's new football recruits, and a raffle.



TO PURCHASE TICKETS

VISIT

<https://payments.carlton.ca/advancement/ravens-football-dinner/>



Congratulations to former Raven Tunde Adeleke, who was a member of the Grey Cup champion Calgary Stampeders. Tunde became the first Raven to win the Grey Cup since defensive lineman Cam Legault, who won the Cup with the BC Lions in 2000.

Tunde faced his former Raven teammate Justin Howell and the Ottawa Redblacks in the 2018 Grey Cup in Edmonton, marking only the second time that two Ravens had faced each other in the championship. The other time was in 1988 at Lansdowne Park, when slotback Andrew Murray of the BC Lions went up against DB Michael Allen and the Winnipeg Blue Bombers. Allen and the Bombers won that game 22-21. Allen would also win a Grey Cup in 1990 with Winnipeg, while Murray won a Grey Cup with the Argos the following year. Allen and Murray were also the first Ravens to play in a Grey Cup for a team other than Ottawa.

The first two Ravens to play in a Grey Cup were Peter Stenerson and Brian Hedges, who were part of the 1976 Ottawa Rough Riders' 23-20 win over Saskatchewan. In 1981, Pat Stoqua, Gary Cook and Malcolm Inglis were all in the line-up for Ottawa in the Grey Cup against Edmonton. Peter Stenerson was also on the Ottawa roster, but did not play in the Grey Cup due to injury.

Tunde, who also played in the 2017 Grey Cup in Ottawa as a rookie, was the third Raven to ever appear in back-to-back Grey Cups. Carl Coulter and Mike Philbrick played for Hamilton in the 1998 and 1999 Grey Cups, losing the first and winning the second. Coulter is the only Raven to appear in three consecutive Grey Cups, as he also played for Saskatchewan in the 1997 game against Toronto.





Carleton Ravens Season Schedule 2019

OTTAWA, Ontario – Mark your calendars for the 2019 Carleton Ravens football schedule. Next year's dates have been released by the OUA with some game times still to be determined. Carleton kicks off the season on the road at Queen's on August 25th. The home opener is slated for September 1st against Guelph. The annual Panda Game will take place on October 5th, 2019.

Written by Carleton Sports Information

Date	Team
August 25	Ravens @ Queens
Sept 1	Guelph @ Ravens
Sept 14	Ravens @Western
Sept 28	Toronto @ Ravens
Oct 5	uOttawa @ Carleton (Panda)
Oct 11	McMaster @ Ravens
Oct 19	Ravens @ Laurier

For the full OUA schedule please visit
<http://oua.ca/sports/fball/2019-20/schedule>



Photo by Valerie Wutti



The University of Ottawa Gee-Gees football program is pleased to invite you to the 2019 Touchdown Dinner to the induction of Jean Gauthier, Micheal Giftopoulos, Ousmane Tounkara, Mark Pretzlaff and Mike Sheridan.

Date: Saturday April 27, 2019

5:00pm Cocktail hour

6:30pm Dinner

* Business Attire & Cash Bar

\$100 – Young Football Alumni (2014 – Present)

\$150 – Football Alumni (each)

\$150 – Others (each)

\$1,500 per table (10 seats per table)**

**With the purchase of a table, you will receive 10 vouchers redeemable for a Gee-Gees regular season home game of choice (excluding Panda Game).

Those wishing to pay by cash or cheque, please call Ashley Burrill at 613-562-5800 x 4328

FINAL REGISTRATION DEADLINE

All ticket and table purchases must be paid in full by no later than April 23rd, 2019

Sponsorship packages are available. Please contact Ashley Burrill at aburrill@uottawa.ca at 613-562-5800 x 4328.

For more information on the Touchdown Dinner including information on our inductees, visit the Gee-Gees website.

We look forward to your support!

The Gee-Gees Football Program

QUESTIONS

613-562-5800 x 4328

aburrill@uottawa.ca



OTTAWA GEE-GEES FOOTBALL SCHEDULE 2019

Sept 1	Ottawa @ McMaster
Sept 7	Queens @ Ottawa
Sept 14	Laurier @ Ottawa
Sept 21	Ottawa @ York
Sept 28	Ottawa @ Guelph
Oct 5	Carleton @ Ottawa (Panda)
Oct 11	Windsor @ Ottawa
Oct 19	Ottawa @ Western



ED LAVERTY LEGACY SPORTS FUND EVENT

SKILLS, DRILLS AND MINI TOURNAMENT

ED LAVERTY LEGACY

ONTFL
Est. 1963
OTTAWA-NEPEAN
TOUGH FOOTBALL LEAGUE

FTA
FUNCTIONAL TRAINING ACADEMY
110 BENTLEY AVE. UNIT 25

KIDS AGED 7 TO 14

SUNDAY APRIL 14TH
12 TO 5 PM

RAISING FUNDS FOR YOUTH IN SPORT

WWW.EDLAVERTYLEGACY.COM

RAISING FUNDS for “YOUTH IN SPORT” with a fun day of football, skills & drills Mini Tournament for kids 7-14!

Whether you are new to the game or not, please come and join us for a fun-filled day of football, food, and music, as we look to teach your child some fundamental skills.

Each of our 6 SKILL STATIONS will be run by former PRO and AMATEUR ATHLETES who will be on hand to help guide your child and teach them the necessary skills needed to play the game. After the skills have been taught, they will have the opportunity to show them off during the organized mini-tournament!!

Included with the \$30 registration: * T-Shirt * Goodie bag * BBQ (hamburgers/hot dogs snacks & drinks)!
Sunday, April 14 from 12-5pm at FTA TRAINING ACADEMY!

Click the Eventbrite link below to register your child! We look forward to seeing you on the 14th!

https://www.eventbrite.ca/e/ed-lavery-legacy-sports-fund-skills-drills-mini-tournament-event-tickets-57039680219?fbclid=IwAR2aRCfbf0Crn4fpy0qVqj4A58X7PqG5_eOxPq8qCK_oujFUb-Vwer8gZXY



DON'T CHANGE MUCH

Where guys go to get healthy



How Sleep Helps You be an Everyday

MVP

What is Tom Brady's secret? OK, it might be Giselle, but there's also this: The five-time Super Bowl champion reportedly goes to bed at 8:30 p.m. every night and sleeps for at least nine hours. In an interview, the New England Patriots' quarterback said he follows this schedule so he can "be the best I can be every day."

We all want to be at our best — whether we're hucking pigskins, working construction or sitting at a desk — and the right amount of sleep can help you get there. How? Here are the three main ways:

Healthy mind

During sleep your brain strengthens memories and skills.

Healthy body

Research has shown that well-rested guys have less body fat.

Here to stay

With poor sleep having been linked to heart disease, stroke, type 2 diabetes and premature aging, getting enough Zs can help you live longer.

How much sleep do YOU need?

You don't have to turn in as early as Brady does, or sleep as long as he does, to get these awesome benefits. The [National Sleep Foundation](#) has determined that 7 to 9 hours is the ideal sleep window for guys aged between 26 and 65. What's YOUR ideal sleep window? It's easy to figure out: Simply pay attention to how many hours you sleep, and whether you feel rested in the morning and alert throughout the day. If your sleep time does the trick, bravo! If it doesn't, then it's time to take action.

How you can sleep better

Keep the bedroom exclusive

The bedroom should be a sanctuary for sleep and sex. Ban the TV, smartphone and computer, are of which all stimulating, and read a book or magazine instead.

Keep it clean

The bedroom, not necessarily the sex. A clean sleeping space helps induce slumber.

Cool down

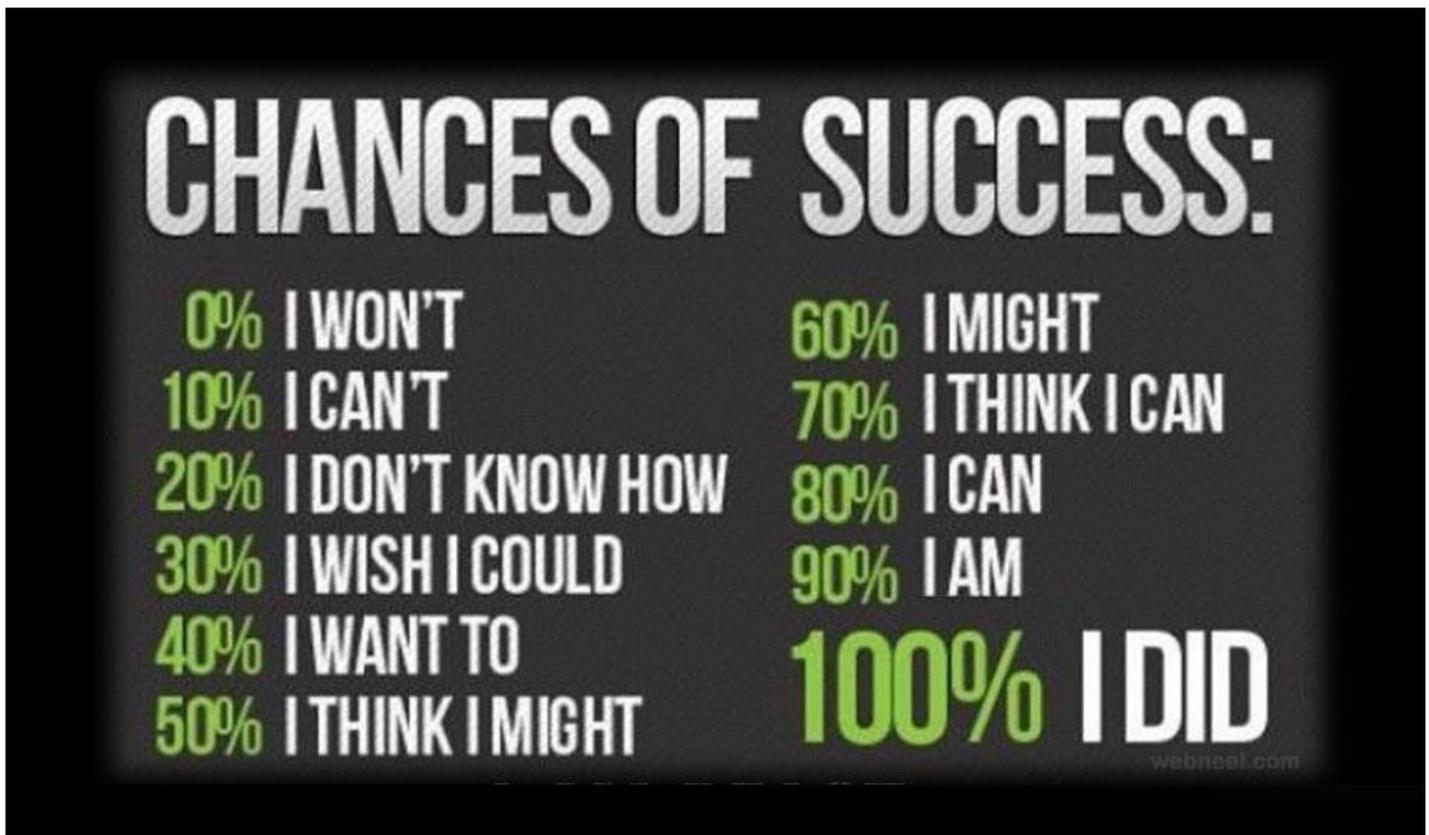
The bedroom should be cooler than the rest of your home, about 15-18 degrees Celsius.

Let darkness reign

The human body is programmed to wake when it's light and sleep when it's night. Keep the bedroom dark and cover the bright lights of any electronics.

Stick to a routine

If you go to bed at about same time every night, you'll enjoy a good night's sleep. A wild weekend can throw your sleep routine off.



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

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\$65



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\$40



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POLO
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T-SHIRT
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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!