

CFLOAA NEWSLETTER OCTOBER 2018

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MONTHLY HUDDLE MEETING

Date: Tuesday October 2, 2018

Time: 11:30am - 1:00pm

Business 12:00pm sharp

LOCAL HEROES 1400 Clyde Ave

Bleeker Mall Clyde & Merivale Rd.)

Nepean Ontario K2G 3|2 | 613.224.3873



CFLAA "Man of the Year" Honourees 2018

The Canadian Football League Alumni Association is proud to announce that a pair of revered Edmonton Eskimo Alumni will be recognized as co — "Man of the Year" honouree's at this year's Canadian Tire CFLAA Legends Luncheon during Grey Cup Festival in Edmonton.

Hector Pothier and Brian Fryer were not only very accomplished athletes during their playing careers but outstanding citizens that continued to give back to the community in their post playing careers.

"Man of the Year" honourees are chosen by the Edmonton Eskimo Alumni Executive Board to recognize a lifetime of achievements both on and off the field in the host Grey Cup city.

Hector Pothier was green and gold start to finish as he played his entire 12-year career (1978-89) with the Edmonton Eskimos. Hector was an outstanding offensive lineman, as he was recognized as a CFL All-Star, 4-time Western All-Star and winner of the Tom Pate award for dedication to community service. As a leader and key member of the offensive line, he helped the team win 6 Grey Cup Championships.

Post CFL career, Hector has been a teacher and principal in the Edmonton public school system since 1990 and has volunteered extensively in the community as a coach, referee and YMCA Board member.

He has been a member of the Edmonton Eskimo Alumni Board of Directors for last 26 years, a key organizer and participant in many alumni community endeavors and is a Founder and President of the CFLAA from 2009-2016.

As a native Edmontonian, Brian Fryer began his football career at the University of Alberta where he was a two-time CIS All-Star, Most Outstanding Player finalist in 1974 and Hec Creighton Award Winner in 1975. Recognized as one of the best wide receivers of all-time, Brian set numerous CIS records during his 4 year University career.

In 1976, he was the first Canadian college player to be drafted to the NFL and make the team as a rookie for the Washington Redskins. In 1978 he returned to Edmonton and was a member of the five-in-a-row Grey Cup Champions during his 8 year Eskimo career.

Since his retirement in 1985, Brian has been employed as the Executive Director of Football Alberta, administering all amateur football programs in the province. Since 1995, Brian is still an active member of the Edmonton Eskimo Alumni Association as a Director, President and chair of Casino and Scholarship committees. In 2013, Brian was inducted into the Canadian Football Hall of Fame in recognition of his CIS playing career

He was also inducted into the Alberta Schools Athletic Association Sports Hall of Fame in 2008 and inducted into the City of Edmonton's Sports Hall of Fame in 2005. As well he is inducted into the Alberta Sports Hall of Fame as part of the team awards for winning the Grey Cup 5 years in a row (1978–82).

This year's Canadian Tire CFL Alumni Association Legends Luncheon is on Friday, Nov. 23rd at the Shaw Centre, Hall D.

Tickets are \$125 with proceeds to benefit the CFL Alumni support fund. To purchase tickets, go to www.cflaa.ca.

with the Alberta Golden Bears.



CFL BLITZ: Commissioner Randy Ambrosie lays out plans to take game global with CFL 2.0

From the moment he became CFL commissioner in July of 2017, Randy Ambrosie always showed a propensity for thinking big.

His original vision was tiny compared to where he wants to take the league now.

In a recent one-on-one interview with Postmedia, Ambrosie unveiled plans for what he calls CFL 2.0, a newly imagined global version of the Canadian game.

The plans, which will be discussed at length at the CFL board of governors meetings on Sept. 14, include creating partnerships with gridiron football leagues in 30 countries around the world, places like Japan, England, France, Germany and Mexico.

"There's a lot of football being played around the world," Ambrosie said. "Look at Japan, they have 400 high schools that play football and 200 universities that play football.

"England, France, Germany, Mexico ... I think to myself, 'What does this all look like if we knit this together and we assume a leadership role for gridiron football around the world?"

What Ambrosie and the governors will discuss is the idea of creating an opportunity for developing Canadian players, who have finished college or junior programs but have not been able to crack CFL rosters, to go to other countries and hone their skills.

As well, the CFL would look at recruiting players from other non-traditional gridiron football countries to play in Canada.

Down the road, there could be plans to play CFL games in international locations and send CFL coaches overseas to work during the off-season.

"Let's make this league global," he said. "Let's not be a small CFL, let's be a big CFL.

"Part of it is attitude. It's just deciding that you're no longer that same league.

"There are players around the world we should open our arms to. We should decide our target market is no longer a small market, it's the biggest market. It's the best players from around the world. Bring them here and let them be coached by some of the best coaches in professional football that we have in the league."

Now surely, some observers will question this kind of big thinking, when the league has enough problems selling itself to Canadians in some of the country's biggest markets.

Attendance is poor in Toronto, Vancouver and Montreal, though there is committed ownership and decent television numbers, and the league is continually challenged with improving player health and safety and officiating.

There's also the question of growth within Canada: Will Halifax be finally coming into the fold sometime in the near future?

Ambrosie doesn't see those questions as roadblocks at all to growing the game internationally.

"We would probably all agree that as big as hockey was in North America and in Canada, I think in 1972 when the Canadians played the Russians, it made hockey bigger," Ambrosie said.

"If you look at all the pro sports leagues around the world, the global aspect of the game is creating fan intrigue. I think those are real opportunities for us as we set our path toward what we are calling CFL 2.0."

The real winners in all this could be aspiring Canadian football players. Currently, once players have exhausted their junior and college eligibilities, they are generally in make-or-break situations when they get to the CFL.

If they don't make a team, they have no other real options in the game.

"That's it ... it's over," Ambrosie said.

"I was talking to (University of Montreal coach) Danny Maciocia. He said last year he had six or seven players who didn't have any eligibility left and absolutely want to play in the CFL but had nowhere to go.

Danny was one of the first to offer that it would be a tremendous opportunity to establish a network or professional leagues around the world where we could send players. We've got potential player development opportunities for our players who could use another year or two. Have them go play somewhere else in the world, get a little bit of experience and then come back to our game. I think it's right in front of us. It is a philosophy but that philosophy has to be met with action."

The commissioner also foresees added opportunities for league's coaches.

"Maybe some of our coaches could do some guest coaching and share some of the amazing coaching talent that we have," he said. "That could make coaching in the CFL more attractive. If there was as opportunity to spend your in-season life in Canada and maybe an off-season or two in Mexico, helping them ... I think there are almost infinite possibilities here to take our league to the next level."

While there will certainly be detractors — some may even see Ambrosie's thinking as delusions of grandeur — his attitude and his willingness to see the big picture could be a big benefit to the CFL.

"The value of Apple's market cap right now is through a trillion dollars which is bigger than many, many, many economies in the world," Ambrosie said.

"They had a 1.0 iPhone, but they didn't stop there and they didn't stop at 2.0 and they didn't stop at 3.0.

"We have to always be asking the question: 'What's the next version of the CFL?"

CFL developing firm policy on how to deal with severe weather delays

The Canadian Football League's board of governors will work this off-season to come up with a firm policy for dealing with severe weather delays starting next season.

The league has had to deal with severe weather affecting games numerous times in recent years, including the opening game of this season in Winnipeg, where players were asked to leave the field and return three times.

There was also an instance where smoke from forest fires threatened a game at Edmonton's Commonwealth Stadium.

The CFL will come up with contingency plans for lengthy delays, including postponements or having officials call final results for games that are out of reach for one team.

"(The Winnipeg game) gave us cause to kind of look at the entire ecosystem, what it means to postpone a game, or delay a game or restart it the next day," Ambrosie said. "We've been looking at that whole question over the last couple of months."

While Ambrosie was once looking to fast-track the new policy, now that the schedule has passed Labour Day he said it will be put off until the off-season.

You can bet something will be in place for the beginning of the 2019 season.

"You never want to make those decision in the moment without some foundation stones because then it can go badly," he said.

"Who's up by five points, who's down by five points? All of the questions around what would cause you to call a game, perhaps announce a final, how much elapsed time on a game clock should have passed before you are willing to do that. Unless everyone agrees in the soberness and calmness of a conference room, you can't bring that onto the field and then spring that on somebody."

A big part of the issue is how lengthy delays effect the players. Is it healthy or safe for players to warm up, cool down, warm up, cool down and warm up again and then have to play out the rest of a game late at night?

"What are the concerns, medically?" Ambrosie said. "Is that good for the players?

"I feel like we're raising the bar and the standards are going up. So that Winnipeg game, three delays ... would I personally have liked to have gone in three times and have had to come out three times and warm up three times?

"We're just going to take a fresh look at the whole thing and come to a good place where everyone agrees and then implement it as policy"





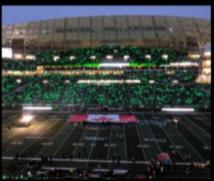












Week	Date	Kickoff	Team	Score	Record
1	Thurs, June 21	7:30pm	Sask @ OTT	W 40-17	1-0
2	Thurs, June 28	7:30pm	OTT @ CGY	L 14-24	1-1
3	Fri, July 6	9:oopm	OTT @ MTL	W 28-18	2-1
4	Thu, July 12	7:30pm	CGY @ OTT	L 3-27	2-2
5	Fri, July 20	7:30pm	BC @ OTT	W 29-25	3-2
6	Sat, July 28	4:00pm	OTT @ HAM	W 21-15	4-2
7	Thurs, Aug 2	7:00pm	OTT @ TOR	L 41-42	4-3
8	Sat, Aug 11	8:00pm	MTL @ OTT	W 28-18	5-3
9	Fri, Aug 17	8:30pm	OTT @ WPG	W 44-21	6-3
10	Fri, Aug 31	7:30pm	MTL @ OTT	L22-11	6-4
11	Fri, Sept 7	10:00pm	OTT @ BC	L26-14	6-5
12	Sat, Sept 15	9:30pm	OTT @ SASK	W 30-25	7-5
13	Sat, Sept 22	4:00pm	EDM @ OTT	W 28-15	8-5
14	Fri, Oct 5	7:30pm	WPG @ OTT		
15	Sat, Oct 13	5:00pm	OTT @ EDM		
16	Fri, Oct 19	7:00pm	HAM @ OTT		
17	Sat, Oct 27	4:00pm	OTT @ HAM		
18	Fri, Nov 2	7:30pm	TOR @ OTT		
19	Sun, Nov 26	6:00pm	THE GREY CUP TBD		



Story by Don Brennan Ottawa Sun September 22, 2018

The inability of the Redblacks offence to finish what it starts might be the sad story of this season if not for a very important decision made a few short months ago.

Remember back in training camp when they were auditioning three kickers for the job as Brett Maher's replacement? Settling on Lewis Ward appears to be one of the best calls they have ever made.

The former Ottawa Gee-Gees kicker — a security guard at TD Place as recently as last season — set a new CFL record for consecutive field goals made in one season on Saturday afternoon.

Mr. Automatic went 7-for-7 in the 28-15 win over the Edmonton Eskimos, extending his streak of successful three pointers to 36. The previous mark of 33 was set in 2016 by Calgary's Rene Paredes, who holds the record for longest streak covering more than one season.

In 2012-13, Paredes had 39 in a row. At one point, it felt like Ward was going to break that one Saturday too.

"Feels pretty special," he said of the record after the game. "I try not to think about it too much. I come in here every day and try to do my part, to help us win football games. If that's what it takes for us today to do that, then that's what we have to do."

Ward admitted feeling in the zone.

"In a way, yeah. I'm hitting the ball real well," he said. "I expected to do this when I came into the league, coming from university and having a great career over there. I expected to do well. I didn't expect to just get by as an average kicker. It's what I expected. It's a lot of fun so far."

Also a little "nerve-racking," he said.

"Once we get out there, it's OK," said Ward. "Especially in a game like today, where every field goal matters. That's even more important.

"I've just got to kind of push it aside, and that's what we're doing." Ward has been perfect since going 3-for-4 in the season-opening 40-17 victory over Saskatchewan. Against the Eskimos, with the Redblacks continually falling short in the red zone on the first day of autumn, he was good from 27, 32, 20, 40, 20, 40 and 22 yards. Head coach Rick Campbell, meanwhile, is obviously very pleased he made the decision to keep Ward a few months ago.

"He's pretty awesome," said Campbell. "It's a good feeling to know we put our fire goal unit on and it's three points in the bank. I don't want to pat him on the back too much. I don't want to jinx him. I want to see him keep going."



WORTH THE WAIT?

The Redblacks finally scored a touchdown with 3:24 left in the game when Harris hit Greg Ellingson on a four-yarder, which means they also were finally able to show off their newly choreographed celebration. In case you missed it, players gathered in field goal formation, with Harris on one knee set to hold a snap for Ellingson's kick. Has Ellingson stepped forward to swing his leg, he became Charlie Brown as Harris played the role of Lucy and pulled the ball away. In sticking to script, Ellingson fell on his back and lay there while Harris stood over him, pointed and laughed And how many of you out there are saying, "who the hell is Charlie Brown?"

LOSE SOME, WIN SOME

Despite what you may think, the Redblacks actually do cross the goal line from time to time. In fact they had two touchdowns called back in the first half alone. One was a spectacular 75-yard punt return by Diontae Spencer that started with at least one illegal block. The other was a TD reception by offensive lineman Mark Korte that was nullified by a interference call on Brad Sinopoli ... The video call of the day showed Trevor Harris' knee touched the ground before his fumble that was recovered by J.C. Sherritt and lugged about 80 yards to the Ottawa end zone. That was a pleasant surprise for most of the 24,800 in attendance ... And about that turnout, like Campbell stated, it was amazing to see so many fans show up the day after a tornado wiped passed through and left mass destruction. Who said Ottawa isn't a football town?

CHURNING UP THE TURF

Another big day for Redblacks running back William Powell, who posted his sixth triple digits rushing day of the season by carrying the ball 23 times for 147 yards. His longest romp of the day was 33 yards up the middle late in the second quarter With five games left, it says here that Powell, who leads the CFL with 1,141 yards, has an outside chance of becoming the second rusher in history to hit the 2,000 yard milestone. Former Montreal Alouette Mike Pringlerambled for 2065 yards in 1998) ... There's something you don't see every day — or hardly any days, for that matter: Brad Sinopoli let a ball slip through his hands in the end zone after a Eskimos defender jumped, but appeared to miss deflecting it away.

OUT OF BOUNDS

My friend Darren Desaulniers was on his way to TD Place to cover the game when he passed a woman, in a bus shelter, wearing an Eskimos jersey. He promptly pulled over. "Hey," he said, "do you need a ride to the game? I'm headed there." Delightfully surprised, she replied, "really?" Said Darren: "Nah, you're wearing the wrong jersey," and then sped away. You do know that in NFL cities they're not even that nice to fans of the visiting team, right? ... Lonie Glieberman would have severely chastised a certain individual in the press box who did not stand until the last few seconds of the anthem. At least he did here 25 years ago.

THIRD AND INCHES

Continuing on a long running rant, it's ridiculous that teams are allowed to challenge incompletions by asking for a pass interference call. Mike Reilly didn't deserve the break on that lame duck he tossed into the end zone in the third quarter, but video review decided that Ricco Murray was guilty of getting a hand on the receiver too quickly ... Murray made up for it in the fourth by being in the right spot to intercept a deflected Reilly pass on the goal line.

GOING DEEP

Reilly, who has 12 rushing TDs on the season, showed off the best arm in the CFL when he tossed a bomb to D'haquille Williams in the Redblacks end zone. Despite excellent coverage from Jonathan Roseand Anthony Cioffi (I think), Williams made a spectacular catch, primarily using one hand. But wait. A second angle showed the ball hit the ground, wiping out what might have been the play of the week in the CFL This just in — TD Stadium has become the first stadium in Canada to serve Beyond Meat, and after trying the new Very Vegan Tacos, I will say this: I'd have another one, or dozen.











CARLETON RAVEN'S FOOTBALL SEPTEMBER 2018













Games	Date	Kickoff	Team	Score	Record
Pre Season	Sun, Aug 18	1:00pm	Carleton @ Montreal	11-24	
REGULAR SEA	SON GAMES				
1	Sun, Aug 26	1:00pm	Western @ Carleton	23-26	0-1
2	Mon, Sept 3	3:00pm	Carleton @ Windsor	38-20	1-1
3	Sat, Sept 8	1:00pm	Carleton @ Waterloo	21-18	2-1
4	Sat, Sept 15	1:00pm	Queens @ Carleton	42-39	3-1
5	Sat,Sept 22	1:00pm	Carleton @ Toronto	38-26	4-1
6	Sat, Sept 29	1:00pm	Ottawa @ Carleton (Panda)	27-38	4-2
7	Fri, Oct 5	1:00pm	Wilfred Laurier @ Carleton		
8	Fri. Oct 12	1:00pm	Carleton @ York		
		AVENIC CAMEC	VISIT CARLETON LINUVERSITY V	VEDCITE	

FOR TICKETS TO RAVENS GAMES VISIT CARLETON UNIVERSITY WEBSITE OR CALL 613.520.2600 ext. 5511



Carleton Ravens Locker Sponsorship Program

The CFLOAA has committed to supporting our local football clubs as much as possible and an opportunity arose for us to Support the Carleton Ravens Locker Sponsorship Program for 5 years. This donation is used to produce a plaque that is placed on the locker of a player with a special message from the CFLOAA

"Every day presents an opportunity to get better".

Thank you for continuing to support our team! Patrick Stoqua





Games	Date	Kickoff	Team	Score	Record
Regular Season	1				
1	Sun, Aug 26	1:00pm	uOttawa @ Laurier	21-39	0-1
2	Sun, Sept 2	1:00pm	McMaster @ uOttawa	18-11	1-1
3	Sat, Sept 8	1:00pm	Guelph @ uOttawa	12-10	2-1
4	Sat, Sept 22	1:00pm	York @ uOttawa	42-16	3-1
6	Sat, Sept 29	1:00pm	uOttawa @ Carleton (Panda)	38-27	4-1
7	Thurs, Oct 4	7:00pm	uOttawa @ Toronto		
8	Sat, Oct 13	1:00pm	Western @ uOttawa		
9	Sat, Oct 20	1:00pm	uOttawa @ Queens		



For Tickets to Gee-Gees games visit uOttawa Gee-Gees website https://www.geegees.ca/en/sports/ticket-pricesprices



This season, receiver/kick returner Kalem Beaver from Dartmouth, NS is your Adopted Gee-Gee.

Kalem was one of three players to represent the Gee-Gees at the East-West Bowl this past summer as he enters his CFL draft year. The write up on his selection read:

Beaver, one of the Gee-Gees' elite offensive weapons caught 22 passes for 335 yards and two touchdowns. The third-year receiver from Dartmouth, NS, was ninth in the OUA in all-purpose yards, racking up 860 overall or 107.5 per game. Beaver continues to use his top-flight speed as an asset on kick returns, as well as his ability to get down field in the passing game where he averaged 15.2 yards per catch this season.

After three games this season, Kalem has picked up 325 all-purpose yards and ranks third in the OUA kickoff return average (29.5).

Off the field, Kalem was the big winner of the social media contest to pick the athlete who would appear on the cover of the the OUA media guide. More than 22,000 votes flooded in from Gee-Gees fans across the internet.

Thank you for your continued support of the Adopt a Gee-Gee program. The athlete matched with you last season, Jackson Bennett was chosen 11th overall by the Ticats and has contributed on special teams in his rookie season.

Steve Drover





Photo Credits-Ottawa Citizen



Hey all

I am excited to announce the NEW 1881 Football Alumni Association website www.1881football.com. We officially launched today and to quote Don Cherry, "It's a beauty". To all 1881 football alumni, it's your website everyone including everything from the storied history of uOttawa, the football program, all the football eras, event calendar, a CFL/friends and family photos & videos section, and a state of the art 1881 merchandise store. 15% of every purchase goes directly to the uO Football Program For those of you who don't know, 1881 was the founding year of the uO football program.

Spread the word, the site is open to the public and we encourage guests from everywhere!

Also announcing the Spirit of 1881 Panda Pre Game Party on Friday, September 28th at Industria Pizzeria, Lansdowne Park, details & special offer at 1881football.com. Go to Events Tab to purchase tickets.

Lots of Love, peace & imagine too, Doug



1881FOOTBALL.COM

Home

This website is dedicated to all those parents, students, players, educators,...

More than a game: Ravens honour memory of former Gee-Gee Loïc Kayembe on Panda trophy



Panda Game trophy at Carleton University in Ottawa Wednesday Sept 26, 2018. Carleton Athletics put an engraving on the Panda Game trophy in memory of former uOttawa Gee-Gees player Loïc Kayembe, who died about a week before last year's Panda football game. Tony Caldwell TONY CALDWELL / OTTWP

The Ottawa Gee-Gees defensive lineman who died six days before last year's contest has been honoured in the traditional champions' engraving on the trophy by the Carleton Ravens team that did win.

"#49 More Than A Game" appears on the statuesque panda's chest, atop a list featuring one slogan per year since the concurrent revivals of Carleton football and the Panda Game in 2013, from "Loyalty is Priceless '13" to mark the last Gee-Gees victory through a string of offerings for triumphant Ravens: "#feartheconspiracy '14;" "I am a Raven '15;" and "Anoth3r One '16."



Panda Game trophy at Carleton University in Ottawa Wednesday Sept 26, 2018. Carleton Athletics put an engraving on the Panda Game trophy in memory of former uOttawa Gee-Gees player LoĀ'c Kayembe, who died about a week before last year's Panda football game. Tony Caldwell TONY CALDWELL / OTTWP



It means a lot," Gee-Gees head coach Jamie Barresi said. "I have a lot of respect for that gesture. It's a classy move on their part."

Kayembe was midway through his third Gee-Gees season when he died in his sleep in Gatineau on Sept. 24, 2017. Just 24, he was survived by parents Alphonse and Georgette and sisters Coralie, Bérenice and Ségolène.

During the Panda Game, his jersey covered a mannequin torso on a table on the sideline. The Gee-Gees fought hard, but lost 33-30 in double overtime

Fifty-two weeks later, on Saturday afternoon, the 50th Panda Game will be played at TD Place stadium before another sellout crowd of 24,000 or more. "Last year, we all had wrist bands with the 49," said safety Thomas Carrier, who, like Kayembe, became a Gee-Gee in 2015. "It was cool to see Carleton (players) come out with them just for the moment of silence that we held for Loïc.

"A few guys still wear them, just as a reminder. I'll definitely be wearing mine (Saturday)."

Panda Game week is unlike any other on the Ontario University Athletics schedule for the Gee-Gees and Ravens, but 2017 was in an extraordinary class by itself. Carrier described an emotional roller-coaster, while Barresi depicted a night-versus-day difference between stunned silence for the Tuesday evening practice after Kayembe died and a spirited display of energy on the same weeknight a year later.

"It is different than the other ones," Barresi said. "It's not like we're playing York in front of family and friends. We're going to have a big crowd and the kids are excited about it.

"Last year, the Tuesday night was ... it was really like we were dealing with a bunch of zombies. We were just like a day and a half from the incident. It picked up toward the end of the week, but there was a good energy here (this year). That was very different than last year's Tuesday.

"Whether that translates to the game (Saturday), I don't know, but I'm hoping."

Carrier said Gee-Gees players appreciated the Ravens' gesture, but, at the same time, that and notices marking the anniversary of Kayembe's passing provoked sadness, too.

"It's tough to think that he was here a year ago," said Carrier, from Baie-Comeau, Que. "Just to see that ... We miss him."

Ravens head coach Steve Sumarah said the idea of honouring Kayembe came this past spring from Carleton players, some of whom knew him personally. Various possibilities were considered before consensus developed around "#49 More Than A Game," which remained written on a whiteboard in Sumarah's office until engraving was completed this summer.

"It's a year later, and I'm sure there's a lot of memories for the people at Ottawa U," Sumarah said, "but you forget how difficult that week must have been for the team and the players on that team ... You wish it on nobody, that's for sure."

Carleton athletes and staff kept the news secret from uOttawa counterparts and everyone else until a photo of the trophy appeared on Twitter on Sept. 7.

"At the end of the day, no matter what colour jersey you wear, football is a brotherhood," the accompanying text read. "Pedro the Panda has returned to Carleton today with a new engraving to honour the life of Loïc Kayembe. #49MoreThanAGame #Panda @GeeGeesFootball."

Sumarah agreed that the period leading up to Panda Game 2017 was unlike any other since the contest was restored to the Ontario University Athletics schedule four years earlier. For one thing, he explained, the normal banter and chirping between competitors preparing for on-field battle disappeared.

"There wasn't anything like that last time," Sumarah said. "We made sure that we were very respectful

of what was going on and the challenges that those guys had gone through."

All the understandable off-field emotions regarding Kayembe aside, there's also a significant competitive imperative attached to this year's contest. The Gee-Gees (3-1) and Ravens (4-1) could both use another victory to bolster their OUA playoff aspirations.

The winners also get to retain Pedro for the next year and to decide what engraved inscription appears next.

The Ottawa Sun Gord Holder Postmedia September 26, 2018



Panda Game win gives Gee-Gees' playoff aspirations huge boost

The Ottawa Gee-Gees' 38-27 victory against the Carleton Ravenson Saturday did more than give them the Panda Game title and the rights to Pedro the Panda again. It also put them into a much better position as they head towards the end of the regular season.

The Gee-Gees have won four straight, and their 4-1 record has them second in Ontario University Athletics standings with three games to play. One of those games is against the first-place Western Mustangs (5-0) in two weeks.

They have a short week heading into next Thursday's matchup with the winless Varsity Blues (0-5) in Toronto.

The Gee-Gees will also hold a tie-breaker advantage if they end up tied with the Ravens (4-2) at season's end.

The top two teams in the conference earn first-round byes in the playoffs, while the third- and fourth-place squads host quarterfinals.

"It's another win, let me put it that way," Gee-Gees head coach Jamie Barresi said. "It's a big win for the alumni, it's a big win for us, obviously. Yes, it does have implications, but the key thing is we still have three games and the one on Thursday is as big as they're going to get.

"We have three really tough opponents in front of us and I need to talk to our team to make sure they get their head on right, because we can't go into a stupor (Saturday) night. We have to come back to work (Sunday) and get ready. It puts in a better position than we were before the game, but there's still a lot of things in front of us that we have to take care of."

The Ravens had a four-game winning streak snapped.

At 4-2, the chances of a home playoff game remain something they can control, but a first-At 4-2, the chances of a home playoff game remain something they can control, but a first-round bye would require help from elsewhere.

"We have two more games left, and the way it seems to be working is you'll need five wins to get into the playoffs, and we have a chance to maybe get to six, and, if you get to six, then you're talking about home games and so on," Ravens head coach Steve Sumarah said.

"It will be interesting to see how this unfolds."

The Ravens play host to the Laurier Golden Hawks (2-3) next Friday afternoon ahead of the Thanksgiving holiday weekend.

Carleton concludes the regular season Oct. 12 at York against the 1-5 Lions. The Gee-Gees play their final game Oct. 20 in Kingston against the 3-3 Queen's Gaels.

Darren DeSaulniers Sun Media September 29, 2018



Recent visit to The Cornwall Sports Hall of Fame from our Alumni JT Hay









MOE "The Toe" RACINE Grey Cup Champion 1960, 1968, 1969, 1973

CFL East 1962, 1965, 1966, 1972 **All-Star**

Awards Eastern Conference Scoring Champion 1966

Retired #s Ottawa Rough Riders #62

Records Ottawa Rough Rider record, most games played (213)

Canadian Football Hall of Fame 2014

DON'T CHANGE MUCH Where guys go to get healthy



How small changes make a big difference to your health

"I put a dollar in a change machine. Nothing changed!"

This famous quote from comedian George Carlin pokes fun at something we all want: Effortless change in our life. After all, wouldn't it be great if we could simply drop a loonie in a slot to instantly become richer, healthier, fitter, better at golf.....you get the idea.

Fact is, change requires effort. Because small changes can produce big results, it doesn't necessarily require as much effort as you might think.

Take the plaid-shirted hero in the video above; his plans to "take a new approach" hint at how to make small changes to lose weight and how to make small changes in your diet in order to eat healthier. For instance:

"Taking the stairs once in a while"

This simple form of exercise strengthens the biggest muscles in your legs and doesn't require any fancy equipment or a gym membership. Instead of taking the elevator or escalator, try the "Three Flights" rule: If it's three flights of stairs or less, take them. For guys, these small changes can lead to big results, as stair-climbing burns around 10 calories per minute. If a climb takes five minutes, and you make the climb twice a day, you can burn 100 calories and slide a 10-minute workout seamlessly into your day.

"Drinking more water"

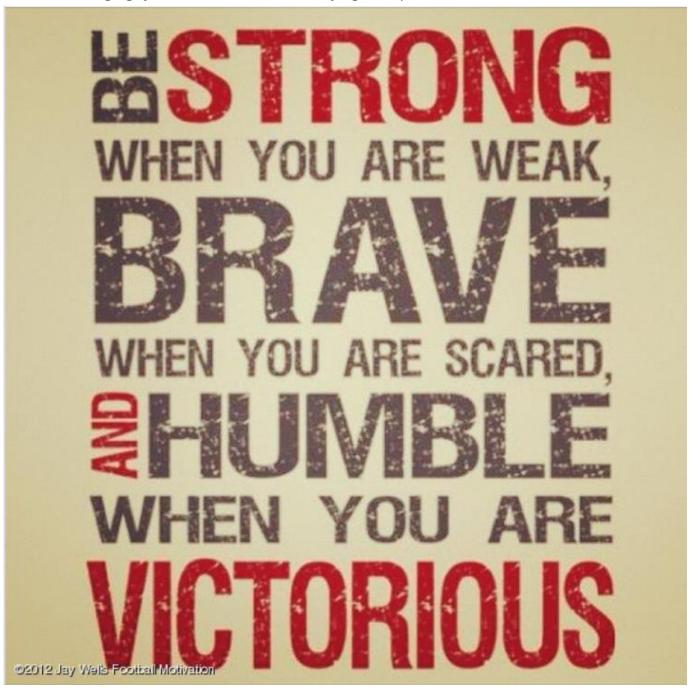
Our bodies are 60 percent water, so it's a no-brainer that staying hydrated is important for your health. Not only does water help with your energy, it also helps your body maintain normal functions like blood circulation, food digestion, and joint lubrication. All you have to do is drink five tall glasses of H2O throughout the day. Start when you first get up, and finish with a final glass a few hours before bed. Staying hydrated also reduces the risk of heart disease, stroke, liver disease, and even type 2 diabetes among adults. That's right: A small change like this one could be a life-saver!

"Swapping fries for salad...sometimes"

Whether dining in or out, it's easy to swap the usual fatty french fries for a fresh, crunchy salad. A side of fries contains about 300 calories and 20 grams of fat, while a side chef salad with vinaigrette dressing has a third the calories, nearly a tenth the fat, and is packed with vitamins and fibre. Do this swap every time, and you'll be surprised how quickly you lose weight.

Like the guy in the video says, "a few small steps like that will make me feel better now, and down the road." He sure seems to know how to make small changes for a healthy lifestyle. Now he just needs to learn to close the bathroom door!

While you're sitting on the john, why not <u>download the Men's Maintenance Guide</u>? It's free, and it's packed with things guys need to know about staying on top of their health.



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!







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