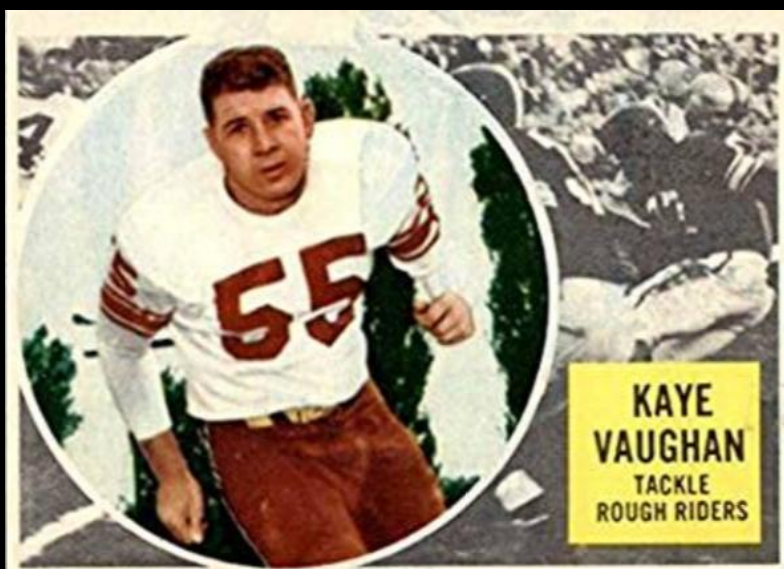




CFLOAA NEWSLETTER | AUGUST 2019

INSIDE THIS EDITION

WALL OF HONOUR - KAYE VAUGHAN	2-3
CFLOAA GOLF TOURNAMENT REGISTRATION	4-6
NO AUGUST MONTHLY HUDDLE	7
PRE-GAME DJ & THE COWBOY	8
REDBLACKS NEWS	9-14
MARCEL DESJARDINS	15
REDBLACKS LOPSIDED LOSS TO THE BLUE BOMBERS	16-17
CARLETON RAVENS PODCAST JEFF MORRIS	18
RAVENS NEWS	19-20
TRIVIA Q&A	21
DON'T CHANGE MUCH	22 - 29
ATLANTIC SCHOONERS FOOTBALL CLUB	30
CFLAA GOLF CLASSIC	31
CFLAA APPAREL	32
EXECUTIVE TEAM	33



TD PLACE STADIUM WALL OF HONOUR

KAYE VAUGHAN

ARTICLE BY JIM CAIN

Kaye Vaughan will be added to the Wall of Honour at TD Place Stadium on September 21 as part of the Redblack's Heritage Day. Kaye becomes the 12th former CFL Ottawa player on the Wall of Honour. He joins six former teammates Russ Jackson, Ron Stewart, Whit Tucker, the late Bruno Bitkowski, the late Bobby Simpson, and the late Moe Racine. The most recent player added was Henry Burris. Others on the Wall are the late Tony Golab, the late Jim Coode, Tony Gabriel and Gerry Organ.

Recently the CFL Ottawa Alumni Association Board of Directors created a committee (Jim Foley, Bob McKeown, Jim Cain and Jeff Avery) with the co-operation of the Redblacks to determine criteria for honouring players, past and future, to be added to the Wall of Honour. After much discussion and research the CFL Ottawa's Board's top selection was Kaye Vaughan. Other former outstanding players will be honoured in subsequent years.

Kaye played 12 seasons for the Ottawa Rough Riders of the Canadian Football League and was inducted into the Canadian Football Hall of Fame in 1978. He was selected for the Schenley Most Outstanding Lineman Award in both 1956 and 1957 and was also a finalist in 1960. Kaye won the two Schenley awards after missing the entire 1955 season after breaking his leg in a pre-season game. The CFL All-Stars were not created until 1962, which was near the end of Vaughan's career, but he did win that honour at Middle Guard in 1962.

Like many linemen in the 1950's, Vaughan played both sides of the ball, and he was as good on defense as he was on offense. Vaughan was selected as an Eastern All-Star six times on offense at tackle (1956 and 1957) and also at guard (1953, 1959, 1960 and 1961) and was selected as an Eastern All-Star four times on defense, 3 as a defensive tackle (1956, 1957 and 1959) and one as a middle guard (1962).



KAYE VAUGHAN
OTTAWA ROUGH RIDERS



KAYE VAUGHAN
1963 OTTAWA ROUGH RIDERS

Vaughan was also selected as the 41st best CFL player since 1945 in an extensive TSN Poll in 2006. The only Rough Rider player also selected was Russ Jackson at #8. Many other legendary Rough Riders received Honourable Mention but were not in the top 50.

He also recovered a fumble for the clinching touchdown in the 4th quarter of Ottawa's 1960 Grey Cup victory that made the score 16 to 6 which was the final score. It was Kaye's only touchdown in his career and came at a great time.

Kaye along with the late Marv Bevan were the two pulling guards in 1960 when Ron Stewart rushed for an astounding 287 yards, which is still the CFL record 59 years later, in a game against the Montreal Alouettes. Kaye still can talk about some of the blocks he threw on one of Stewie's long runs.

Vaughan played his college football with Tulsa from 1950 to 1952, appearing in the Gator Bowl in his senior year. Vaughan was a 12th round draft pick of the Baltimore Colts of the NFL, but elected instead to come to Canada to play professional football. Vaughan is a member of The University of Tulsa's Sports Hall of Fame, and the Ottawa Sport Hall of Fame.

In 1960 Kaye married Lucile Wheeler. Lucile too was a great athlete having won a bronze medal at the 1956 Winter Olympics in downhill and then in 1958 was a double world champion in downhill and giant slalom and was the recipient of The Lou Marsh Trophy as the 1958 Canadian Athlete of the year. Lucile is also a member of the Canadian Sports Hall of Fame.

In 1967 Lucile and Kaye moved to The Eastern Townships, Quebec, where Kaye accepted a position at The District of Bedford School Board. He worked there for 23 years as, a teacher, coach, guidance counsellor, and board administrator, retiring in 1990. Lucile and Kaye have two children Myrle and Jake (Toronto Argos 1986-87), and five grandchildren.

Kaye will be added to the Wall but his number will not be retired as was also the case with Henry Burris. The Redblacks are no longer retiring numbers since it is problematic with the larger roster size that teams have these days and the requirement to have certain positions within a specific range of numbers.



KAYE & LUCILE
1960 GREY CUP REUNION



KAYE VAUGHAN
& THE LATE MARV BEVAN

CFLOAA ANNUAL GOLF TOURNAMENT & BBQ FOURSOMES & SPONSORS

HOLE	CFLOAA MEMBERS & GUESTS			
1	Ted Smale	Bruce Hillary	Dave Thelen	Russ Jackson
2	Pat Stoqua	Bruce Walker	Greg Clarke	Mark Magee
3-A	Jeff Avery	Danielle Avery	Richard Hanoski	Marty Wells
3-B	Bill Gosewitz	Steve Whitley	Roch Lalonde	Ray Bernard
4	Mike Murphy	Steve Glenn	Bill Houldsworth	Jonathan Houldsworth
5	Bob Brien	Chuck Wood	Ron Artelie	Ian Edwards
6	Peter Thompson	Guy Potvin	Mike Sharp	Paul McKechnie
7-A	James Ellingson	Lee Versage	Dean Goudreau	Joe Plouffe
7-B	Rob Emery	Lynn Morrison	Neil Minshall	Stuart Joyce
8	Larry Dumelie	Roger Dumelie	Bob Dumelie	Doug Wynn
9	Geof Hamlin	Bill Hamlin	Howard Hamlin	Andre Gagnon
10	Ron Menchini	Mario Troini	Trevor Troini	Emilio Panetta
11	Terry Wellesley	Steve Forchon	Jim Gibson	Mike Redick
12-A	Wayne Tosh	Curt Porteous	Tim Tosh	Henri Savoie
12-B	Gerry Organ	James Organ	Bill Hatanaka	Tom Deacon
13	Warner Miles	Matt Payne	Jamieson Miles	Andy Miles
14-A	Ken Vargo	Tom Macdonald	Bryan Lemoine	Russell Lemoine
14-B	Paul Sheldon	John Ambridge	Greg Corrigan	Dave Rodgers
15	Frank Reid	Ross Reid	Mitch Miculia	Brian Millar
16-A	Jim Foley	Jim Piaskoski	Rick Goodfellow	Keith Graham
16-B	Ron Armstrong	Rod Scharf	Tor Veltheim	Mike Shaw
17	Jeff Steck	Dean Quattrocchi	John Wong	Tony Genereaux
18	Sam Lavoie-Poirier	Todd Sorfleet	Tyler Lamoureux	Yves Noel
18	Joe Poirier	Team Host in a separate cart		

Don't forget to submit your photos for the next newsletter to
cfloaa@gmail.com

**CFLOAA
TOURNAMENT SPONSOR**



Manulife

www.manulife.ca

THANK YOU TO
ALL OUR SPONSORS

Hole Sponsors
Bill Hatanaka
Tony Gabriel
Jeff Avery
Schindler Canada

Prize Sponsors



**OTTAWA
REDBLACKS**



RAVENS
FOOTBALL

CLUBLINK
ONE MEMBERSHIP
more golf



CANADIAN
GOLF & COUNTRY CLUB



**OTTAWA
ATHLETIC
CLUB** Since 1976

Tim Hortons



Scotiabank

THE
Grescat
SINCE 1934

**GIANT
TIGER**



**Executive
Golf.ca**



Big Daddy's
BOURBON STREET BISTRO



**COLTON
AVERY
DEACON**



Schindler

BLG

Borden Ladner Gervais

**NEXT MONTHLY HUDDLE
TUESDAY SEPTEMBER 3, 2019
11:30AM-1:30PM
LOCAL HEROES
1400 CLYDE AVE**

TSN
>1200
OTTAWA



KEN EVRAIRE **DARREN JOSEPH**

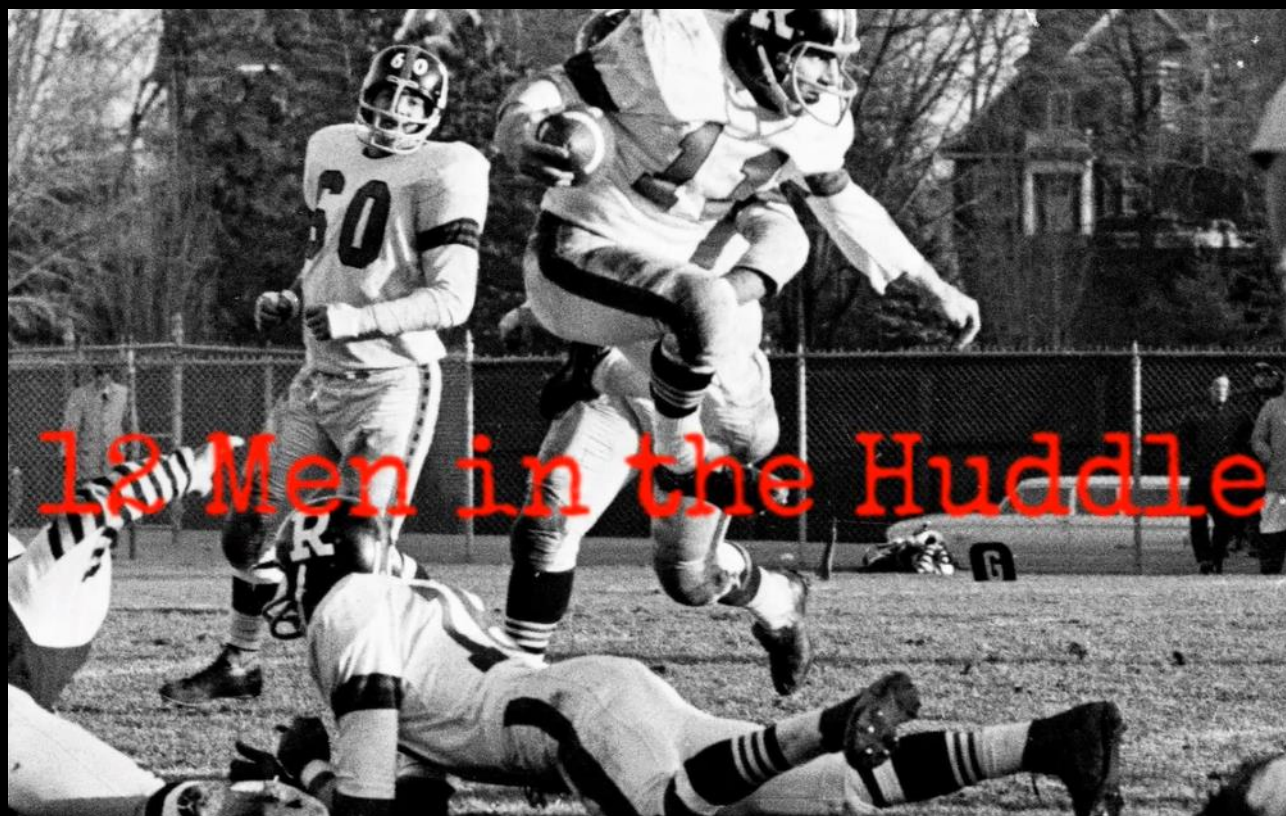
THE PREGAME
WITH DJ AND THE COWBOY!

presented by

Centres auditifs
Robillard
Hearing Centres

CLOCKTOWER
BREW PUB

Listen live on Facebook to our own Ken Evraire & Darren Joseph to get the latest on game day. Every home game they will be releasing videos called “12 Men in the Huddle”, this series takes a trip down memory lane with fantastic shots from Ken and our local alumni. Join them on Facebook - the Pre-Game with DJ and the Cowboy.

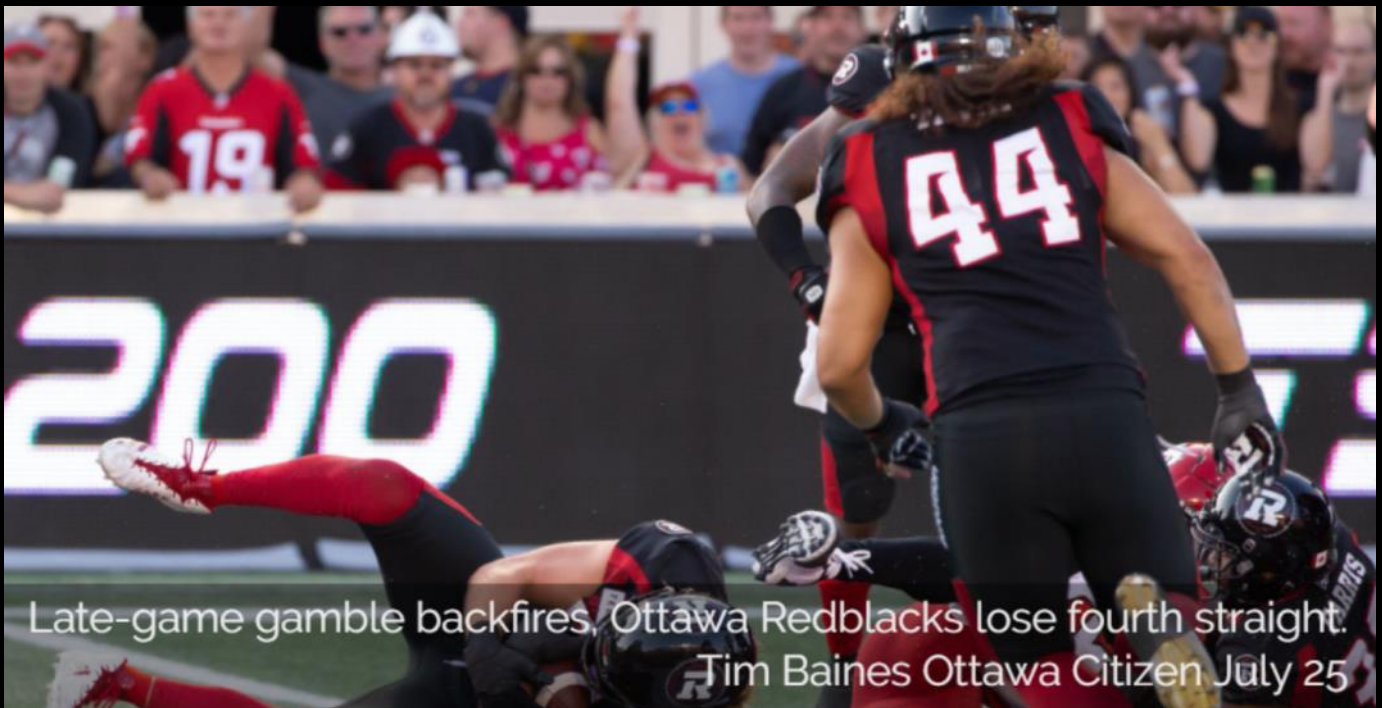




OTTAWA REDBLACKS™







Ottawa Redblacks coach Rick Campbell took a huge gamble on Thursday night ... and lost.

Rather than have Richie Leone punt from the Ottawa end zone with a bit more than a minute left, the Redblacks chose to give up a safety, bringing Calgary to within two points.

After the ensuing kickoff, Calgary started on its own 50 and Rene Paredes kicked a game-winning 31-yard field goal on the last play of the game Thursday night at TD Place as the Stampeders beat the Redblacks 17-16, extending Ottawa's losing streak to four.

"I was debating that one," said Campbell moments after the game. "I was thinking we're going to have to defend about 30 yards of field position punting out of our own end zone. They got a good return and we didn't stop them. I'll definitely look at it and re-evaluate. It didn't work out, so it wasn't the right decision.

"I'm just trying to give the football team the best chance to win. Either way, we were going to have to get a stop and we didn't.

"I'm evaluating everything, I'm evaluating myself first. But that's for (Friday). There are a lot of emotions running through me. Less said, best said for me right now the way I feel."

It wasn't pretty at times, but Ottawa's defence stepped up and made huge plays. With less than two minutes to play and the home side up four, Corey Tindal swatted the ball away from Stamps' Richie Sindani who was about to dive into the end zone, and Sherrod Baltimore hopped on the fumble at the Redblacks one-yard line. That could have been it. But Calgary found a way to win. And Campbell's decision to give up a safety will be under the microscope.

Ottawa's offence still hasn't found another gear. There wasn't much going on other than another solid game from running back John Crockett, who had 84 yards on 17 carries.

QB Jonathon Jennings completed 15 of 18 passes for just 125 yards, with two interceptions.

“We started too slow and I put a lot of that on myself,” said Jennings. “We didn’t get into a rhythm fast enough. I thought, in the second half, we did some better things. It took us too long to get rolling.”

The game was tied 9-9 at halftime.

After winning the coin toss, the Redblacks chose to receive the ball. It paid off as DeVonte Dedmon ran the kickoff back 58 yards to the Calgary 36-yard line. Lewis Ward booted a 38-yard field goal. But Calgary fought back, quickly moving into Ottawa’s end on a 30-yard completion to Juwan Brescacin. Paredes booted a 47-yard field goal to tie the game.

On the Redblacks’ second possession, Crockett coughed the ball up for a fumble and Calgary’s Wynton McManis pounced on it at the Ottawa 35. Calgary made it 6-3 with a 23-yard Paredes field goal.

A diving Robertson Daniel intercepted a Jennings pass to give Calgary the ball on the Ottawa 27. But an illegal block penalty moved Calgary back. A huge hit by J.R. Tavai knocked the ball loose from vCalgary QB Nick Arbuckle (who had 370 yards passing on 30 completions) and Ottawa’s Michael Klassen recovered for the turnover. Ottawa’s drive stalled at the Calgary six. Rather than gamble on third-and-2, the Redblacks got another field goal from Ward.

After a third-and-short gamble paid off at their own 40, the Stamps looked to be on their way to more points. But a bad exchange when QB Montell Cozart was trying to hand the ball to running back Terry Williams resulted in a fumble. Ottawa’s Avery Williams fell on it.

Campbell had been talking earlier in the week about slinging the ball deep and Jennings tried to find Noel Thomas near the Calgary end zone, but DeShaun Amos went up and snatched the ball for an interception. Calgary took over on its 15.

Ottawa stopped Calgary on its side of midfield with a huge play from the defence preventing a third-and-short opportunity. Looked like Tindal and Randall Evans finished it off after a huge push from Ottawa’s defensive line. The Redblacks took a 9-6 lead as Ward line-driven a 53-yard field goal through the uprights, incredibly his 64th straight in the regular-season, dating back to 2018.

Jerrold Fernandez and Evans both missed open-field tackles on Williams on a second-and-long situation and it cost the Redblacks. After a 31-yard run by Ka’Deem Carey, Calgary got a short field goal to tie the game.

TheStampeders took a 12-9 lead with 2:45 left in the third quarter on a 44-yard field goal by Paredes.

A long Ottawa drive resulted in a 23-yard Jennings touchdown pass to Brad Sinopoli early in the fourth quarter. It was 16-12 Ottawa.

A 49-yard punt return by Williams gave Calgary the ball on the Ottawa 45. But Paredes’ field goal attempt hit the post and bounced out.

SECOND AND LONG

The Redblacks had 28 yards of offence after the first quarter. Enough said. At the half, Ottawa had 66 yards of offence, 22 passing ... Did Calgary's Markeith Ambles really catch that ball without it hitting the turf midway through the second quarter? I guess so, Ottawa didn't challenge it ... Wonder what McManis calls that WWE-like finisher he used to slam Crockett to the turf late in the first quarter? ... Former Redblacks kicker Chris Milo stopped by the pressbox. Living in Quebec City, he's selling insurance ... Attendance was 22,708. Kinda low, eh?

THE END AROUND

A nice touch with helicopters flying over the stadium on Canadian Armed Forces Night. It would have been even better if Diontae Spencer parachuted into the stadium and suited up for the Redblacks ... Leone made a tackle on a second-quarter kickoff ... Nice play by Ottawa backup DL Nigel Romick, who stuffed a draw play late in the second quarter ... An interesting stat — and a good one: The Redblacks had zero penalties in the first half. In fact, they didn't get their first penalty until Evan Johnson got flagged for holding with a bit more than 10 minutes left in the game. ... Nice play call with the flip to Devonte Dedmon in the third quarter for a 12-yard gain ... Nice penetration into the backfield by DL Mike Wakefield to stop Williams short of the first down in the fourth quarter ... Why is it whenever I see these teams play, I think it's going to be a tie? ... Ottawa's next game is next Friday in Montreal against the red-hot Alouettes.





Week	Date	Kickoff	Team	Score	Record
Pre Season	June 2	7:00pm	HAM @ OTT	25-21	
Pre Season	June 6	7:30pm	OTT @ MTL	20-20	
1	June 15	7:00pm	OTT @ CGY	32-28	1-0
2	June 20	7:30pm	SSK @ OTT	41-44	2-0
4	July 5	7:30pm	WPG @ OTT	29-14	2-1
5	July 13	4:00pm	MTL @ OTT	36-19	2-2
6	July 19	8:30pm	OTT @ WPG	1-31	2-3
7	July 25	7:00pm	CGY @ OTT	17-16	2-4
8	Aug 2	7:00pm	OTT @ MTL		
9	Aug 9	10:00pm	OTT @ EDM		
10	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		
	Nov 24	6:00pm	THE GREY CUP TBD		



Ottawa Redblacks GM Marcel Desjardins hates losing about as much as anybody.

Soon after Saturday's painful 36-19 loss to the Montreal Alouettes at TD Place, Marcel Desjardins stood with his arms crossed near the tunnel leading to his team's locker room.

Stern-faced, he gazed out toward the field, with some of the Redblacks chatting with opposing players and fans. He was angry with his team's effort in its second straight loss (after two wins to start the CFL regular season).

"I don't talk to anybody after we lose," said Desjardins. "What's the point? I'm not going to say anything positive to anybody. My family comes from out of town for every game. They know if we lose to just leave. That's the way it is.

"I like to stand and see how other people are reacting. We have fans there, they come to see the players — you have to understand that part of it. I just like to take a broader scope of the dynamic of some players and the staff as well, relative to how they feel after a (loss). I know it eats at me for quite awhile afterwards."

There are things the general manager likes about his team and things he knows need to get better.

"We're a work in progress as Coach Campbell has alluded to," said Desjardins. "You're never happy to be 2-2. But this is the record we had last year. If we can eliminate (the mistakes), I think our results will be better. You're not going to be perfect in any one game, but if you limit your own poor decisions and turnovers, you have a better chance of winning.

"On the defensive side, that's where we need to be more on point. We had a lot of turnover (in personnel) on offence (coming into the season), not as much on defence. The anticipation is that we would be a bit more stout defensively."

Offensively, he don't think the picture is as bleak as some say it is.

"If you look at the stats offensively compared to last year, this year's are better," he said. "As much as people can be down on what we're doing offensively, it's not far off — it's better in most cases than last year. Our struggles have been on the other side of the ball and not as much being provided to the offence in terms of field position from the return game."



Redblacks' lopsided loss to Blue Bombers leaves a sick feeling Tim Baines July 20, 2019

Winnipeg Blue Bombers' Willie Jefferson tackles Ottawa Red Blacks quarterback Jonathon Jennings during Friday night's game. (CHRIS PROKAYLO/Postmedia Network)

Blue Bombers 31, Redblacks 1

WINNIPEG — Running back John Crockett barfed on the field three times in one second-quarter drive Friday night, but you can bet the Ottawa Redblacks' fanbase is even feeling sicker following their team's 31-1 loss to the Blue Bombers.

"It was nothing," said Crockett, maybe the only bright spot in the Redblacks' offence. "It was too much fluid, I drank a lot of water before I went out there, then I got hit in the stomach."

Not to sound an alarm bell, but with their 2019 season sliding in the wrong direction, the Redblacks need to figure out a way to get a lot better real fast.

"It is disappointing," Redblacks coach Rick Campbell said. "It was a hard-fought game in the first quarter, they made a big play which was a big momentum swing — we have to be good enough to overcome that and respond. We are not finding ways to make plays right now."

Digest this: Quarterback Jonathon Jennings, in for injured Dominique Davis, completed 6-of-15 passes for 45 yards before being replaced by Will Arndt with 10 minutes left in the game. It's not just the quarterback position that will be evaluated, there was a whole lot of bad stuff going on out there Friday.

"We just couldn't get the ball rolling, I didn't make any plays," Jennings said. "No one played well enough. I'm not satisfied with the way I played at all. I did not like the way I threw the ball. Sometimes it just takes somebody to go out there and make a play, I didn't do enough to make something happen."

Asked why he yanked Jennings, Campbell said: "It's not a move about him. We just didn't have signs of life. It was a four-possession game, that's where you can see the defence start to tee off. You're living to play another day."

After a good start defensively, Ottawa looked helpless in the first half while the Bombers piled up the points. Other than Crockett, who ran extremely well in his first CFL start — the Redblacks didn't have much going for them offensively. Winnipeg is now 5-0, while the Redblacks have lost three straight and are 2-3.

With some key players on the injured list, the Redblacks won't have a lot of time to fix things — they're hosting the Calgary Stampeders on Thursday night.

The Redblacks did a good job of stopping Winnipeg's offence early in the game, with DeVonte Dedmon's punt-return abilities providing his team with good field position. It was a good regular-season debut for Dedmon, who was signed less than a week ago.

But with a bit less than six minutes left, Jennings tried to force a pass to Marco Dubois and it was intercepted by former Redblacks defensive back Winston Rose, who ran 71 yards for a touchdown. The convert made it 7-0.

Ottawa got a single when Richie Leone's punt travelled 75 yards and through the Winnipeg end zone. But Bombers QB Matt Nichols connected with Andrew Harris for a 15-yard touchdown pass in the first minute of the second quarter. It was 14-1 after the convert.

More bad news for Ottawa: Kenny Lawler stepped in front of Anthony Cioffi to snag a Nichols pass and he ran into the end zone for a 54-yard touchdown.

On their own 22-yard line, the Redblacks gambled on a third-and-one and it paid off. Ottawa moved downfield on runs of 16 and 19 yards by Crockett. An illegal procedure wiped out what would have been a nice trick play near midfield and Ottawa had to punt.

Nichols found Harris crossing into the middle of the field and he ran for a 34-yard gain into Ottawa territory. Backup QB Chris Streveler raced around the right end to score another Winnipeg touchdown from two yards out with 13 seconds left in the first half. It was 28-1 at halftime.

On their Bombers' second drive of the second half, the Redblacks made a big goal-line stand on third-and-one with Jerod Fernandez stuffing Streveler short of the end zone.

After some nifty footwork by Streveler, who faked a handoff and ran 24 yards up the middle, a 33-yard field goal by Justin Medlock made it 31-1.



CARLETON RAVENS PODCAST WITH JEFF MORRIS

If you have been to a Canada Post outlet over the last few months, you may have noticed the stamps available featuring the Vancouver Asahi, a Japanese-Canadian baseball team that dominated Canadian amateur baseball from 1914-41.

Did you know that there is an Ottawa Rough Riders connection to the team?

Formed in 1914, during a time of overt racism, the Vancouver Asahi – an amateur Japanese-Canadian baseball team whose name means morning sun – thrilled fans and outwitted competitors with a unique strategy of bunts, base stealing, speed and squeeze plays that the media dubbed “brain ball.”

The Asahi became one of the city’s most dominant amateur teams and between 1919 and 1941, won multiple league titles in Vancouver and along the Pacific northwest. However, the team was forced to disband after Canada declared war on Japan and interned more than 20,000 Japanese living on the west coast, most of them Canadian citizens.

The team remained intact during their World War II internment. During that time, their bat boy was a young man whose son would be an Ottawa Rough Riders Grey Cup hero – Bill Hatanaka.

Jeff Morris, host of the Carleton Ravens football podcast, tells this story, as well as some memories of playing with former Rough Rider Jim DeSilva and an interview with Ottawa Redblacks receiver Nate Behar in this month’s edition of the podcast.

<https://soundcloud.com/carletonravensfootball/carleton-ravens-football-podcast-2019-07-15>

TRIVIA

Since Ottawa hosted Montreal earlier this season, here is a great Ottawa-Montreal CFL trivia question. Many quarterbacks who have played in the CFL have been on the cover of Sports Illustrated while in college and have then gone on to play in the CFL. But only two of these quarterbacks have played for both Montreal and Ottawa. Can you name them? (Hint, both completed passes to Jeff Avery while in Ottawa, so that should give you hint for the timeline.) Answer on page 21



RECORD SIX FORMER CARLETON RAVENS DRESSED FOR HAMILTON-OTTAWA GAME.

When the Ottawa Redblacks hosted the Hamilton Tiger-Cats for a pre-season game June 1, it was one of the most significant CFL games ever for Carleton football.

Six former Ravens – the most ever in one CFL game – saw action at TD Place Stadium. Nate Behar, Justin Howell, Kene Onyeka and Dan Omara suited up for Ottawa while Tunde Adeleke and Michael Domagala played for Hamilton.

Behar made one catch for five yards, Onyeka made three tackles, and Howell made one tackle for the Redblacks. Omara also saw significant time on the offensive line for Ottawa. For Hamilton, Domagala had a 42-yard field goal. And averaged 49.9 yards per punt. Tunde Adeleke also played safety in his first game as a Tiger-Cat after signing with Hamilton as a free agent in the off-season.



Junior Ravens program a multi-level platform of success

It has become a cornerstone of football development in the capital region and throughout Eastern Ontario.

The 2019 Junior Ravens football program concluded last month at Carleton's MNP Park. The program is in its seventh year, and its growth over that time has been one of the major successes since football was resurrected at the school in 2013.

"It's a program we're very proud of," said Ravens assistant coach and Manager of Events and Community Relations Josh Sacobie. "It's a concept that we saw work at Laval University with their Mini Rouge-et-Or camp. We decided to do our camp in the spring, and it has evolved and improved each year."

The first Junior Ravens camp had an enrollment of 119 kids. Sacobie points out that they were the first football players to wear the new logo of the Ravens, introduced when the program was reborn in 2013. Since that time, the program has grown each year. It has been expanded to include players at the Mite level (4-7 years old), as well as an Elite Prospects program for high school-aged players identified as having university-level potential. There is also a Gridiron Girls program.

Not only does the program give future Ravens an opportunity to learn football fundamentals in a safe and fun environment, but it has also provided an opportunity for Ravens players to have an impact in the community. The program has always used Carleton players as coaches to work with the young players.

“The program has put some of our leaders in a position where they can contribute,” Sacobie said. “They have been able to put their own stamp on the program.”

Sacobie said it has been rewarding to see some of the original Junior Ravens players who have stayed with the program transition into university prospects and players.

“The program allows us to build relationships with the players,” Sacobie said.



The poster child for the success of the program is Ravens' running back Nathan Carter. He began his Carleton Ravens journey with the Junior Ravens program. Now, he is one of the top running backs in the country. Barring injury, Carter has the opportunity to surpass Mark Brown as Carleton's all-time rushing leader this season. He can also break the school's career touchdown record, which is shared by Scott Alexander, Joe Barnabe and Nate Behar.

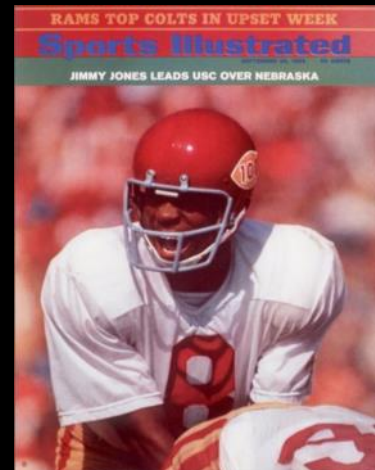
“Nathan Carter came to us as a smaller kid who may not have hit our radar had we not worked with him,” Sacobie said. “But we developed a relationship with him and we saw his drive and his work ethic. Eventually, he was identified as a player we wanted to have as a part of our program.”

TRIVIA

Ottawa has played Grey Cup rival Calgary twice already this year. Henry Burris won a Grey Cup with both teams, but can you name the other two quarterbacks who have won Grey Cups with both teams? (Answer below).

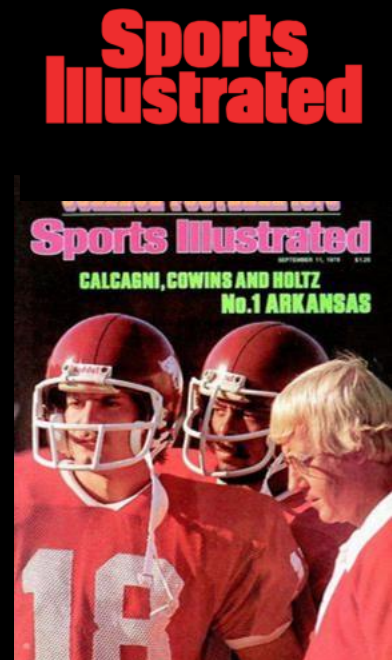
TRIVIA ANSWER 1

The answer is Jimmy Jones and Ron Calcagni. Jones became the first African-American quarterback to appear on the cover of SI while playing for USC. Calcagni was on the cover of SI while he was the QB for the top ranked Arkansas Razorbacks. Among some of the other QBs who played in the CFL who were on the cover of SI as collegiate players were Joe Theismann (Notre Dame), Tom Clements (Notre Dame), Doug Flutie (Boston College), Art Schlichter (Ohio State), Andre Ware (Houston), Chris Leak (Florida) and Troy Smith (Ohio State).



TRIVIA ANSWER 2

For the answer, we have to travel back to the late 1960s and early 1970s. Jerry Keeling was the QB for the Calgary Stampeders in their famous 1971 victory over the Toronto Argonauts. Keeling was then a part of the 1973 Rough Riders' team that beat Edmonton in the Grey Cup, as he backed up Rick Cassata in the big game. Keeling was later traded to Hamilton as part of the deal that brought Tony Gabriel to Ottawa. The other QB was a back-up to Keeling in Calgary and was also a back-up to Russ Jackson in 1969. Bill Van Burkleo is the other quarterback to win a Grey Cup for both teams. He was traded to Calgary for punter/running back Marcel deLeeuw in 1971. Van Burkleo signed with the Tiger-Cats and won a Grey Cup with them in 1972 serving as punter and back-up quarterback to Chuck Ealey.



A SPECIAL THANKS TO JEFF MORRIS FOR THE RAVEN'S MATERIAL AND TRIVIA Q&A



Here's how to drink, walk, and sleep your way to better fitness

By Adam Bisby on July 15, 2019

Tommy Europe knows what works when it comes to getting in shape.

As well as being a two-time CFL All-Star, the acclaimed fitness coach has hosted “The Last 10 Pounds Bootcamp” and “Bulging Brides” reality TV shows.

What has all this experience taught him? “The most important thing is to set goals and make sure they’re realistic,” Tommy advises, adding that this doesn’t have to mean aiming for a specific body weight or bench-pressing a certain number of pounds. Rather, the goals can be about building small, easy habits that lead to better overall health. “Sticking to a schedule leads to healthier habits that then become automatic,” he explains.

Here are three easy goals guys can turn into healthy habits:

Drink five tall glasses of water each day



Space them out throughout the day, starting when you get up and finishing with a final glass a few hours before bed. Drinking water fills up your stomach, making you feel less hungry. It's so simple, yet so effective for losing weight. Another plus: Your brain and body need water to work properly, so drinking lots of it will also help make you sharper and more energetic. And last but not least, scientists at Loma Linda University found that men who drank this amount of water were 54% less likely to suffer a fatal heart attack than those who drank two glasses or less daily.

Walk to lunch three days a week



Walk 10 minutes to a park bench with your packed lunch, or choose a restaurant that's a few blocks away. Walking briskly for 30 minutes burns around 250 calories, after all, with guys who walk five city blocks in a day lowering their risk of heart attack by 25 percent. As a fitness coach, Tommy often advises his commuter clients to park farther from their offices than they normally would so they can get some quick and easy exercise by walking to their desks. "Then they start pushing themselves to beat their walking time each day," he explains. "It's amazing what this little trick can do."

Switch off an hour before bed



Shutting down your smartphone and other handheld electronics before bedtime has been shown to help you get to sleep more quickly and snooze more soundly, which in turn helps you feel well-rested. As Tommy says, "You need that energy so you're not always dragging your butt out of bed when it's time to move around."

**THINK
OUTSIDE
THE
BOX**

AND OUTSIDE THE OFFICE – TAKE A WALKING MEETING

DONT CHANGE MUCH.ca

**STAY
HUNGRY**

BUT NOT LITERALLY – MAKE SURE YOU EAT BREAKFAST

DONT CHANGE MUCH.ca

**YOU
ARE GOING TO
CRUSH IT
TODAY**

AND BY "IT" WE MEAN A BIG BOTTLE OF WATER

DONT CHANGE MUCH.ca



From the end zone to everyday life, these motivation tips will fire you up!

As a stuntman with credits including Deadpool, Lucifer and The Flash, Tommy Europe has to stay in shape. His life depends on it, after all.

Tumbling down stairs and crashing through windows requires many of the same athletic skills Tommy displayed as an all-star CFL defensive back from 1993 to 2003. Let those skills slide, he says, and a lacklustre leap or clumsy fall could cause serious bodily harm.



That's one of many motivators Tommy uses to stay fit and active. Here, he shares five more that any guy can use to keep fitness plans on track — no fireproof jumpsuit required.

1. Get moving



“When I don’t feel like training, I kick myself in the butt by simply moving around a little bit: Climbing stairs, walking, nothing too intense,” Tommy says. “It could be for as little as 10 minutes. As soon as I get the blood flowing, then it’s like, ‘yeah, I can do a workout now.’”

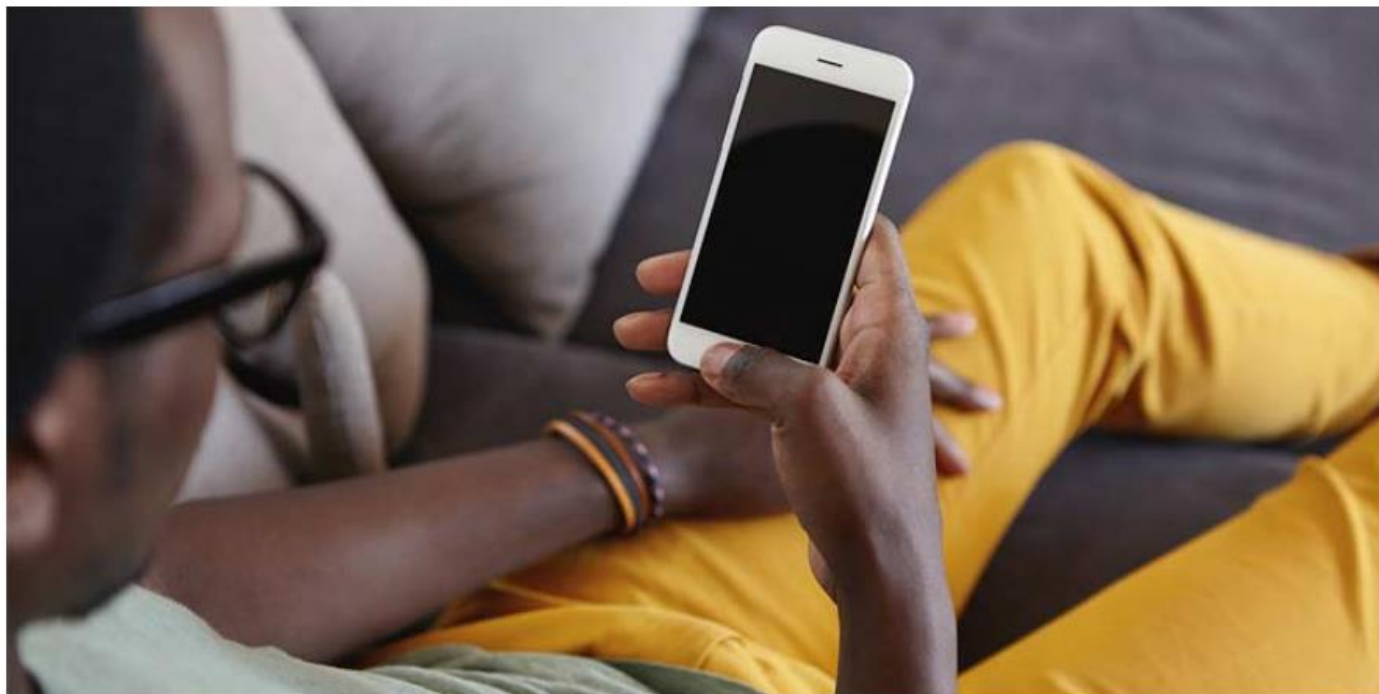
2. Keep gear in your vehicle



Fill a backpack with exercise clothes and a pair of runners, and put it on the shotgun seat of your car or truck. You’ll never be caught unprepared, and it’ll remind you to get moving on your lunch break or after work. Think of it as a “trigger” for your new healthy habit!

Speaking of habits, Tommy is a big believer in using them to achieve better overall health and fitness. Here’s how.

3. Phone a friend



Enlist a buddy or two to switch from meeting at the pub to going for an evening hike, bike ride or run. After all, a University of Pennsylvania study found that exercising with a friend produced more weight loss than going it alone.

4. Make a game of it



You don't need any motivation to watch the big game on TV, so use big plays as motivation to get active. [Here's how it's done](#). See Don't Change Much "How to be a Football Fan"

5. Apps for the win

Dozens of free (or cheap) fitness apps help track, monitor and motivate you in your fitness goals. [Here are five keepers.](#)

You know those annoying motivational gym posters? The ones with words like “SUCCESS” and “ACCOMPLISHMENT” splashed across a cheesy photo of some dude sprinting along a beach at sunset? That kind of tackiness is disappearing fast thanks to the motivational power of fitness apps.

That's great news, but there's another reason why fitness apps are so effective: **They make it easier than ever to track and monitor your fitness goals.** In fact, there are so many free (or really cheap) fitness apps out there that we thought we'd save you some time by hand-picking our Top 5:

1. Johnson & Johnson Official 7-minutes Workout (Free; [Android](#), [iOS](#))

This app gets top marks for providing easy-to-follow workouts that can be done at home (think push-ups, burpees and jumping jacks). Routines vary in duration and intensity and the short videos and countdown clocks keep you motivated. The app also lets you control your music folders to create heart-pumping playlists.

2. Nike Training Club (Free; [iOS](#) and [Android](#))

With more than 100 workouts crafted by professional Nike trainers, this app is a powerhouse of useful (and dare we say, sexy) videos to light a fire under your couch-locked butt. Beginners can set specific fitness goals, like strength, toning or weight loss, and use the tutorial library to get each exercise right and avoid injuries. Feeling competitive? Link your profile with your buddies for extra accountability.

3. FitBit Coach (Free; [iOS](#) and [Android](#))

Getting kudos for working out feels great, to be sure, but there's more to wearable fitness tech than showing off your new exercise regime. Using a wireless FitBit device you wear on your wrist, this app recommends walking, running and bodyweight exercises tailored to your daily activity levels. The workouts are shared on your smartphone or computer and range from 7 to 60 minutes depending on the time you have. Step-by-step videos show you how to do all the moves and provide plenty of fun motivation and easy tips, while Fitbit Radio offers a variety of music stations to groove to while working up a sweat.

4. CARROT Fit (\$2.99; [iOS](#))

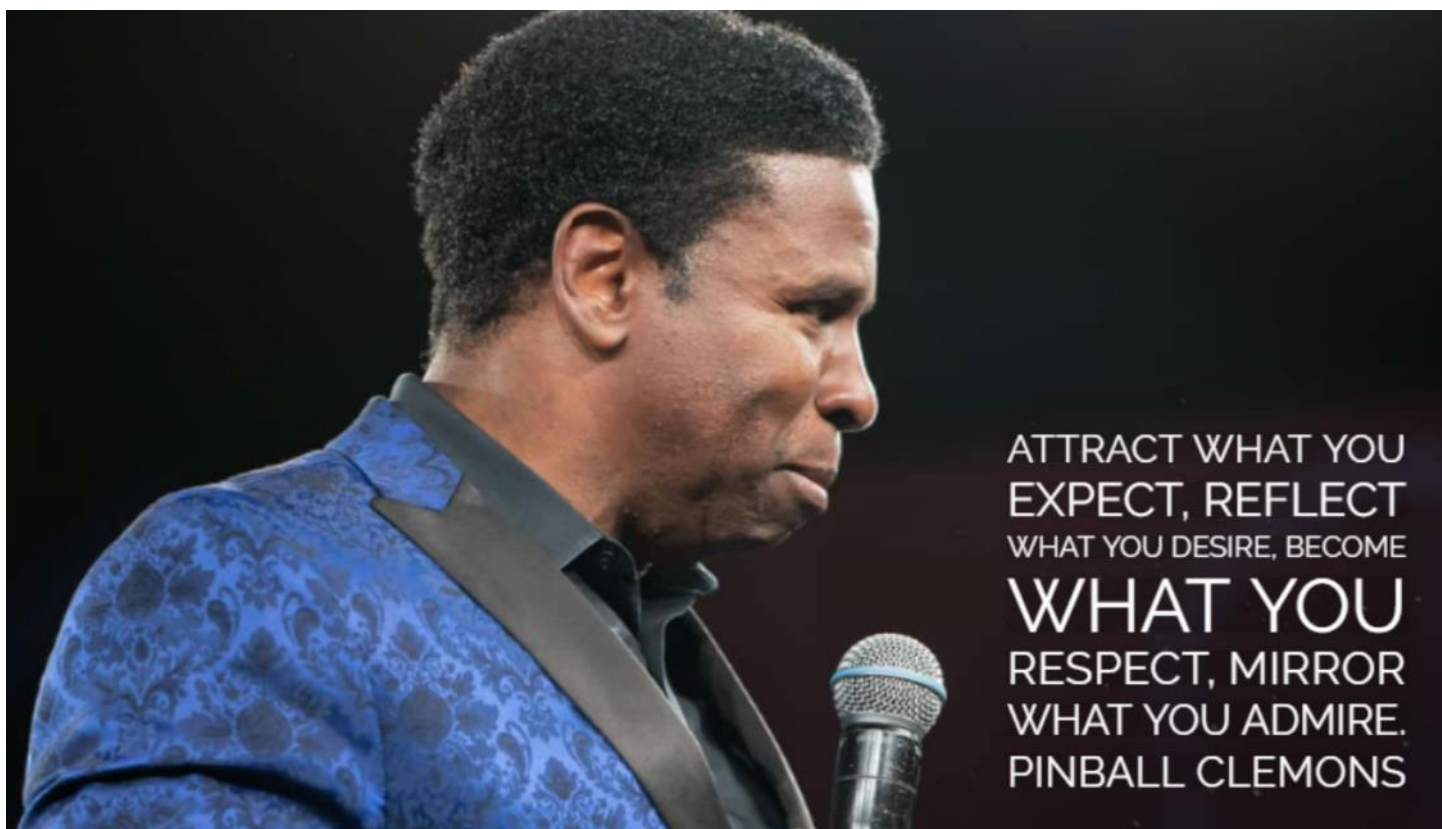
We can all use a bit of a laugh when we're starting out on a new fitness regime. CARROT Fit brings that gut-busting hilarity using a 7-minute workout routine that kicks a few spurs into your saddlebags. Power through your workout with tasks like Celebrity Face-Punching, and plank with new perspective using the Dragon Mating Dance. The app does number-crunching for you and syncs with Apple's Health app, so you can save your workout data in the HealthKit database. If you can handle a bit of sadistic mockery as motivation, CARROT Fit is for you.

5. Strava: Run, Ride, Swim (Free; [iOS](#) and [Android](#))

This is the ideal app to track you through the urban outdoors. It has a simple display chock full of data like running pace, distance travelled, and calories burned. You can also use Bluetooth add-ons to collect heart-rate and other bio-data as you progress. Find friends and motivate each other with comments on workout summaries, or explore the best running, cycling and swimming options for beginners in your city.

Remember, workouts don't have to be motivational-poster-worthy. Walking five city blocks a day can lower your risk of heart attack by 25% – it's that simple and easy!

By Adam Bisby on July 15, 2019





ATLANTIC SCHOONERS

FOOTBALL CLUB



Football New Brunswick

July 22 at 4:03 PM · 🌐

👍 Like Page

We would like to thank the opportunity to thank the CFLAA and the Atlantic Schooners for putting on such an incredible event which will help us develop youth football throughout the maritimes and demonstrate the importance of specialists in our amazing sport!

#PuntPassKick #506football #WeLiveForThirdDown #SpecialistsMatter

FACEBOOK POST — ATLANTIC SOONERS

2019 FOOTBALL NEW BRUNSWICK CFL ALUMNI GOLF CLASSIC

PRESENTED BY | PRÉSENTÉ PAR



Atlantic Lottery | Loto Atlantique



Rod Pedersen
Host



Randy Ambrosie
Commissioner



Hall of Fame Inductees -
Miles Gorrell and Damon Allen
Plus many many more!



FRIDAY, AUGUST 23, 2019
VENDREDI 23 AOÛT 2019

TEE OFF TIME AT 12 NOON
HEURE DE DÉPART À MIDI

SUPPER 6:00 PM | SUPER 18H00



ROYAL OAKS GOLF CLUB
MONCTON, NB

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

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

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

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

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

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



CFL ALUMNI APPAREL BY KB2 CLOTHING

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





HOODY
\$65



CREW
\$60



BASEBALL TEE
\$40



JACKET
\$80



POLO
\$45



T-SHIRT
\$30



KB2Clothing.com | Info@KB2Clothing.com | 204.229.0627

CFLOAA EXECUTIVE COMMITTEE 2019



Jeff Avery
CFLOAA President
javery@coltonaverydeacon.com



Jim Cain
CFLOAA & CFLAA Vice President
jimcain@rogers.com



Dan Dever
CFLOAA Treasurer
danwdever@msn.com



Bob McKeown
CFLOAA Research
bob.mckeown@cbc.ca



Bob Pekarchuk
CFLOAA Communications
rwpekar@gmail.com



Gary Page
CFLOAA Golf Tournament Co-ordinator
gpmail@sympatico.ca



Gord Bunke
CFLOAA Special Events
gordonbunke1@gmail.com



Warner Miles
CFLOAA Executive
Board Member
w51miles@gmail.com

We are here to make your membership experience the best it can be...if you have any questions, suggestions or concerns please contact a member of your executive team.