

CFLOAA NEWSLETTER OCTOBER 2021

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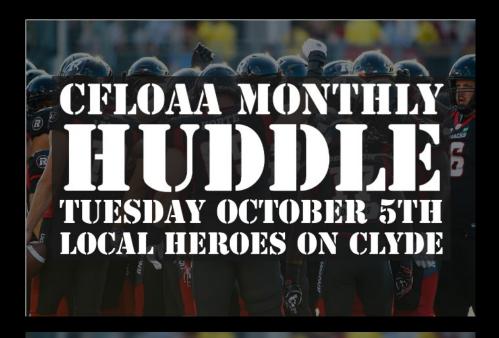
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BRING PHOTO ID & PROOF OF VACCINATION CERTIFICATES.

PLEASE ENTER INTO OUR MEETING ROOM AND HAVE YOUR CERTIFICATES AND PHOTO ID ON THE TABLE FOR THE WAITRESS TO VERIFY.

DON'T FORGET TO BRING YOUR MASKS!
THESE MUST BE WORN WHEN NOT SEATED
AT A TABLE.



SAVE THE DATE CFLOAA AGM NOVEMBER 2, 2021 12:00PM LOCAL HEROES ON CLYDE

THE CFLOAA AGM IS AN OPPORTUNITY FOR ALL ALUMNI MEMBERS IN ATTENDANCE TO HAVE A MORE IN-DEPTH LOOK AT THE INNER WORKINGS OF YOUR CFLOAA.

MORE DETAILS TO FOLLOW...WE LOOK FORWARD TO SEEING YOU THERE!



The Ottawa REDBLACKS will welcome up to 500 frontline workers for each home game this season as a token of the club's appreciation for their heroics over the last 19 months.

"Our frontline workers have helped keep us healthy, safe and informed during a very difficult time for everyone," said OSEG CEO Mark Goudie. "They've kept our shelves stocked and taught our children and made sure the essentials we all need remained available. While a small gesture, we're happy to be able to offer them an opportunity for a fun night out at TD Place."



Thrust into his first career CFL start at the age of 23, quarterback Caleb Evans threw three touchdown passes to lead the Ottawa REDBLACKS to a 34-24 victory over the Edmonton Elks.

The rookie connected with receivers Ryan Davis, and Kenny Stafford (playing against his former team), as well as running back Timothy Flanders to put 21 points on the board. Star kick returner DeVonte Dedmon added his second punt return touchdown in as many weeks, and kicker Lewis Ward chipped in two field goals.

Defensively, linebacker Don Unamba forced a critical fumble early in the game, and it was recovered by safety Antoine Pruneau – in his 100th career CFL game – who also sealed this one with an interception of Elks quarterback Taylor Cornelius in the dying minutes.

The REDBLACKS came roaring out of the gate, off to their best start of the season. The game's opening drive was accentuated by an Evans lateral pass to Davis, who fired a 37-yard strike to Stafford, setting Ottawa up at the Edmonton 20-yard line. On the ensuing play, Evans found Davis in the endzone, and Ward converted the extra

point to make it 7-0 REDBLACKS.

Ottawa's momentum didn't stop there. The Elks' first offensive play was a four-yard completion from Cornelius to former REDBLACKS receiver Greg Ellingson, but Unamba forced a fumble. Pruneau recovered the loose ball, and positioned the REDBLACKS offence on the Edmonton 31-yard line.

After Evans gashed the Elks on a 17-yard run, he hit Flanders with a textbook screen pass, and the Ottawa running back barreled his way into the endzone for a 15-yard score, putting the REDBLACKS up 14-0, less than five minutes into the game.

The REDBLACKS defence stepped up in the second quarter. Linebacker Avery Williams stuffed Elks running back James Wilder for a two-yard loss, and his compatriot Micah Awe made a huge play on second down to pin Edmonton deep in their own territory.

A stellar return by Dedmon had Ottawa in business once again, and an eight-yard completion from Evans to R.J. Harris teed up a 15-yard field goal by Ward, and a 17-point lead for the REDBLACKS.

Edmonton would get one back late in the first half, with Cornelius throwing a 77-yard touchdown to Shai Ross, cutting the REDBLACKS lead to 17-7 heading into the midway break.

A defensive stand accentuated by a Unamba sack to open the third quarter had Ottawa in business again. The series was capped off by a 73-yard punt return touchdown by Dedmon, and number 17 brought RNation into a frenzy for the second week in a row. Ward was flawless on the convert, and the REDBLACKS extended their lead to 24-7.

The Elks answered soon after, with an 18-yard touchdown pass by Cornelius to Ellingson, bringing this one to a 10-point game.

Again, though, the REDBLACKS defence stood tall, with defensive back Brad Muhammad exploding through the line of scrimmage, making a tackle for a five-yard loss. They'd hold the Elks to a 48-yard field goal by Sean Whyte, making it 24-17 RED-BLACKS.

Dedmon would immediately flip the field, however, with a 42-yard kickoff return into Elks territory. Runs by Evans, and Flanders, followed by a 17-yard completion to Davis set up another Ward field goal, this time from 32 yards, restoring the 10-point REDBLACKS lead.

With the Elks looking to return fire, Cornelius took a shot at the endzone from the Ottawa 26, but defensive back Brandon Dandridge made a sensational diving interception, returning the ball to the REDBLACKS.

It would be all REDBLACKS from there. After a huge sack by Avery Ellis took the Elks off the field, Evans found Stafford in the endzone for a seven-yard touchdown, and pushed the Ottawa lead to 34-17.

The Elks found paydirt again to cut into the deficit, but fittingly, it was an interception by Pruneau that sealed this one in the dying minutes of the fourth quarter, securing a 34-24 victory for the REDBLACKS.

GAME NOTES:

- Caleb Evans finished the night 15/22 with 191 yards and three touchdowns. He also led the team with 59 rushing yards.
- The REDBLACKS have now swept the Elks this season, winning both games against Edmonton.
- J. Harris led the REDBLACKS in receiving yards, with 80 on five receptions.
- Don Unamba led the team defensively with nine tackles, a sack, and a forced fumble.
- Avery Williams pulled into the league lead for total tackles, with 53. Caleb Evans is the first Ottawa quarterback to win his first career start since Kerry Joseph in 2003.

REGULAR SEASON STANDINGS (Courtesy of Redblacks.com)

WEST DIVISION												
RK	TEAM		GP	w	L	Т	PTS	F	А	HOME	AWAY	DIV
1	W	Winnipeg	7	6	1	0	12	173	98	4-0-0	2-1-0	4-0-0
2	AT	Saskatchewan	7	5	2	0	10	164	143	4-1-0	1-1-0	2-2-0
3	₽ _C	BC	7	4	3	0	8	180	137	1-2-0	3-1-0	1-3-0
4	£.	Calgary	7	2	5	0	4	142	149	1-3-0	1-2-0	1-3-0
5	T	Edmonton	7	2	5	0	4	140	185	0-4-0	2-1-0	2-2-0
EAST DIVISION												
RK	TEAM		GP	W	L	T	PTS	F	A	HOME	AWAY	DIV
1	A.	Hamilton	7	4	3	0	8	136	119	2-0-0	2-3-0	3-1-0
2		Toronto	7	4	3	0	8	142	168	3-0-0	1-3-0	2-1-0
3	(%)	Montreal	6	2	4	0	4	158	154	0-2-0	2-2-0	1-2-0
4	•	Ottawa	7	2	5	0	4	121	203	1-3-0	1-2-0	0-2-0

FINALLY, HOPE: Ottawa Redblacks gain momentum, so what's next?

TIM BAINES | POST MEDIA OTTAWA SUN SEPTEMBER 29, 2021

During his post-game media Zoom call Tuesday night, Paul LaPolice used the word "hope."

When asked about 23-year-old rookie quarterback Caleb Evans, who had just played very well in first professional football start – a 34-24 win over the Edmonton Elks – the Ottawa Redblacks head coach said, "He gave us hope ... all game."

When loss after loss piled up following a season-opening 16-12 win over the Elks, there was plenty of disappointment, frustration and some anger. At times, special teams wasn't good enough, the defence wasn't good enough and the offence was a full-time mess. It took injuries to quarterbacks Dominique Davis and Matt Nichols for the Redblacks to turn to Evans, who started 39 games over four seasons with the Louisiana-Monroe Warhawks, throwing for 9,523 yards and 58 touchdowns. Tuesday, Evans showed he had some magic in his arms and legs. The stats – he completed 15-of-22 passes (three of them for touchdowns) for 191 yards and ran for another 59 yards – don't properly explain what he managed to do. The key: No turnovers. And, again, he gave his team "hope."

"Through training camp, he showed accuracy with the football," said LaPolice. "He has the ability to use his legs and he certainly has a strong arm. Hats off to the kid. This is not an easy situation – for a kid to step in and play a professional football game without ever playing in a (professional football) pre-season game. Three touchdowns, zero interceptions – it was just an outstanding performance from him. We'll work on the things he's got to clean up. But he put us in a position to win a football game."

It wasn't just Evans. He had plenty of help. LaPolice, also the team's offensive co-ordinator took his playcalling up a notch. There was trickery (a 37-yard pass from receiver Ryan Davis to Kenny Stafford after a lateral toss from Evans), deception and some straight ahead smashmouth football. The offensive line, which has been stung by injuries all season, performed well, allowing just one sack and allowing Ottawa's rushing game to go past 100 yards (109) for the first time this season. There was also blocking and pass catching help from the receivers.

The defence? How about four quarterback sacks, two interceptions and a fumble recovery?

"(Being up) 14-0 (early in the game) really helped us and one of those defensive takeaways helped us get to that 14-0," said LaPolice. "It gave us a cushion which we haven't had in a lot of games."

Special teams? DeVonte Dedmon is showing he's the best in the league at returning kicks and punts – he was dangerous all game and scored a touchdown on a 73-yard punt return. Credit to his supporting cast, who created some daylight.

Now, with a 2-5 record, the Redblacks are technically still in last place in the CFL East (the Montreal Alouettes are at 2-4). But, suddenly, the 4-3 Hamilton Tiger-Cats and Toronto Argonauts don't seem out of reach. A look west shows the Calgary Stampeders and Elks both have 2-5 records. So, there is that word: "Hope."

"It was a great, great win, it was a great, great atmosphere for our fans – thank you, fans, for coming out," said Stafford, who caught two passes, one for a touchdown, in his second game with the Redblacks. "Caleb played a hell of a game with him being a rookie. All night, he was out there playing unconscious. He was just letting it fly like he was back in high school back or college. It was a beautiful thing to see him do that. It seemed like after that first series, everything was clicking for us. We didn't look back.

Up next for the Redblacks is a trip to Toronto to play the Argos next Wednesday. Then, it's a trip to Montreal for a Thanksgiving Day game against the Als. The following Saturday, Montreal is in Ottawa. Then the Redblacks go to Hamilton. It's a huge stretch of four games that could determine whether the Redblacks belong with the contenders or all out of playoff contention. Beating Edmonton is nice, but the Elks didn't put up much of a fight Tuesday. There will be tougher days ahead and the Redblacks will need to take another leap ahead.

"It's going to be be a big, big stretch for us, we have to come up successful out of this," said safety Antoine Pruneau, who played his 100th CFL game Tuesday. "Obviously, this game is going to help us carry momentum into those upcoming games. This is not an easy stretch in any way, but it can be a stretch that changes our entire season."

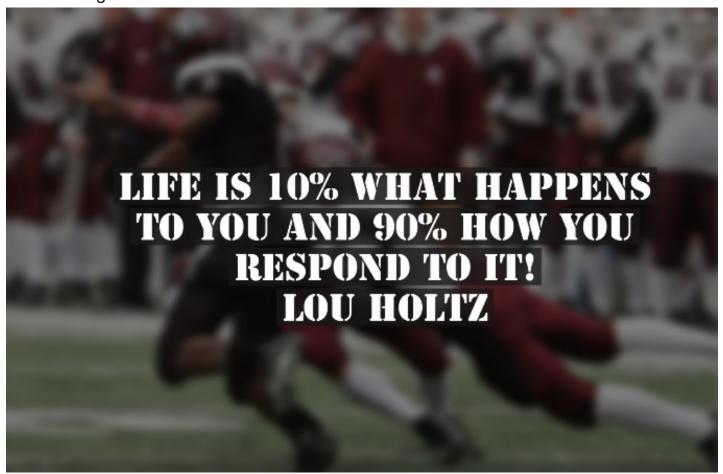
THE REPORT CARD

Offence A: The stats don't tell the whole story. Rookie QB Caleb Evans completed 15-of-22 passes for 191 yards. But three of those completions went for touchdowns – to Kenny Stafford, Ryan Davis and Timothy Flanders. On a trick play, Davis also connected with Stafford on a 37-yard pass. Evans rushed for 59 yards on seven carries and Flanders had 14 carries for 45 yards. A great variety of playcalling kept the Elks defence off balance.

Defense B: Some things to tidy up, but a really good effort. Elks QB Taylor Cornelius had 334 yards passing and James Wilder rushed for 89 yards, but the Redblacks made the big plays when it counted. Antoine Pruneau had an interception and a fumble recovery. Brandin Dandridge had a big interception. Don Unamba had nine tackles, a forced fumble and a sack. Praise Martin-Oguike, Avery Ellis and Davon Coleman had sacks. Avery Williams did Avery Williams things; he was all over the field and had five tackles.

Special Teams A+: Kicker Lewis Ward made two field goals and missed one. DeVonte Dedmon came up huge, again, with a 73-yard punt return. He also had a 46-yard kickoff return and was a threat to break one all night. Big props to the special teams blockers and tacklers – a great effort.

https://ottawasun.com/sports/football/cfl/ottawa-redblacks/finally-hope-ottawa-redblacks-gain-momentum-so-whats-next





Pedro's back: Panda Game returns to TD Place, tickets on sale now!

The Panda Game – Ottawa's one-of-a-kind battle between the city's two universities – will make its triumphant return to **The Stadium at TD Place on Saturday, October 2 at 12 PM**.

Tickets for the annual game, which returns after a one-year absence due to the COVID-19 pandemic, are on sale now for fans looking to take in the latest battle for Pedro the Panda. Attendance for this year's game is capped at 15,000 fans.

"The Panda Game has always been an important part of the student university experience in Ottawa", said Mark Goudie, President and CEO of the Ottawa Sports and Entertainment Group (OSEG). "We are proud to be patterning with our Carleton and uOttawa friends to bring back what is now the largest annual uSports event."

The classic game between the University of Ottawa Gee-Gees and the Carleton Ravens has been an Ottawa sports tradition for decades and was played for the first time in 1955 when Carleton beat Ottawa 14-6 at Lansdowne Park. Since the game's return in 2013 following a 15-year absence, both teams have seen their share of celebration with Carleton holding a slight 4-3 edge through the last seven contests.

This year's game between the Gee-Gees and Ravens is set for noon at TD Place on October 2. As per the stadium's policy, all guests and staff must have received both doses of a COVID-19 vaccine and masks must be worn at all times when not eating or drinking. **Click here** for more information for TD Place Safety Hub.

For the 2021 Panda Game, fans for the University of Ottawa should purchase on the North side while Fans for Carleton University on the South side of the stadium.

https://www.tdplace.ca/event/panda-game/



Year +	Site	Winning team +	Score \$	Losing team +	Score +	Series tally \$
1955	Lansdowne Park	Carleton	14	Ottawa	6	CAR 1-0
1956	Lansdowne Park	Carleton	14	Ottawa	10	CAR 2-0
1957	Lansdowne Park	Ottawa	44	Carleton	0	CAR 2-1
1958	Lansdowne Park	Ottawa	23	Carleton	0	TIE 2-2
1959	Lansdowne Park	Ottawa	42	Carleton	0	OTT 3-2
1960	Lansdowne Park	Ottawa	28	Carleton	6	OTT 4-2
1961	Lansdowne Park	Ottawa	13	Carleton	12	OTT 5–2
1962	Lansdowne Park	Ottawa	13	Carleton	10	OTT 6–2
1963	Lansdowne Park	Ottawa	41	Carleton	21	OTT 7-2
1964	Lansdowne Park	Carleton	40	Ottawa	33	OTT 7–3
1965	Lansdowne Park	Ottawa	27	Carleton	19	OTT 8–3
1966	Lansdowne Park	Ottawa	28	Carleton	13	OTT 9–3
1967	Lansdowne Park	Ottawa	36	Carleton	20	OTT 10-3
1968	Lansdowne Park	Ottawa	28	Carleton	27	OTT 11-3
1969	Lansdowne Park	Carleton	21	Ottawa	20	OTT 11-4
1970	Lansdowne Park	Ottawa	29	Carleton	20	OTT 12-4
1971	Lansdowne Park	Carleton	28	Ottawa	14	OTT 12-5
1972	Lansdowne Park	Ottawa	31	Carleton	14	OTT 13-5
1973	Lansdowne Park	Ottawa	21	Carleton	14	OTT 14-5
1974	Lansdowne Park	Ottawa	48	Carleton	7	OTT 15-5
1975	Lansdowne Park	Ottawa	55	Carleton	22	OTT 16-5
1976	Lansdowne Park	Ottawa	19	Carleton	14	OTT 17-5
1977	Lansdowne Park	Carleton	36	Ottawa	16	OTT 17–6
1978	Lansdowne Park	Carleton	24	Ottawa	13	OTT 17–7
1979	Lansdowne Park	Ottawa	28	Carleton	16	OTT 18–7
1980	Lansdowne Park	Carleton	30	Ottawa	21	OTT 18–8
1981	Lansdowne Park	Ottawa	29	Carleton	0	OTT 19–8
1982	Lansdowne Park	Ottawa	19	Carleton	7	OTT 20–8
1983	Lansdowne Park	Carleton	28	Ottawa	23	OTT 20-9

				I	I	
1983	Lansdowne Park	Carleton	28	Ottawa	23	OTT 20–9
1984	Lansdowne Park	Carleton	30	Ottawa	18	OTT 20-10
1985	Lansdowne Park	Carleton	34	Ottawa	27	OTT 20-11
1986	Lansdowne Park	Ottawa	30	Carleton	29	OTT 21–11
1987	Lansdowne Park	Carleton	8	Ottawa	4	OTT 21–12
1988	Lansdowne Park	Ottawa	29	Carleton	9	OTT 22-12
1989	Lansdowne Park	Ottawa	23	Carleton	11	OTT 23-12
1990	Lansdowne Park	Ottawa	30	Carleton	17	OTT 24-12
1991	Lansdowne Park	Ottawa	34	Carleton	15	OTT 25-12
1992	Lansdowne Park	Ottawa	17	Carleton	6	OTT 26-12
1993	Lansdowne Park	Ottawa	21	Carleton	3	OTT 27-12
1994	Lansdowne Park	Carleton	27	Ottawa	15	OTT 27-13
1995	Lansdowne Park	Ottawa	35	Carleton	8	OTT 28-13
1996	Lansdowne Park	Ottawa	28	Carleton	0	OTT 29-13
1997	Keith Harris Stadium	Ottawa	22	Carleton	19	OTT 30-13
1998	Keith Harris Stadium	Ottawa	59	Carleton	17	OTT 31–13
2013	Gee-Gees Field	Ottawa	35	Carleton	10	OTT 32-13
2014	TD Place Stadium	Carleton	33	Ottawa	31	OTT 32-14
2015	TD Place Stadium	Carleton	48	Ottawa	45	OTT 32-15
2016	TD Place Stadium	Carleton	43	Ottawa	23	OTT 32-16
2017	TD Place Stadium	Carleton	33	Ottawa	30	OTT 32-17
2018	TD Place Stadium	Ottawa	38	Carleton	27	OTT 33-17
2019	TD Place Stadium	Ottawa	32	Carleton	10	OTT 34–17





Running to catch a bus in a blizzard is the best . . . said no working man ever. For many Canadian guys, nixing commuting has been one of the pros of working at home during the COVID-19 pandemic.

That said, commuting does have its benefits. Every time you chase down a train, walk to work from a distant parking spot or take the stairs to your workplace, you chip away at the 150 minutes of weekly exercise you need to stay healthy. Plus, with less than half of Canadian adults meeting exercise guidelines before the pandemic, now's the time to make up some ground.

Not feeling motivated to do a 20-minute workout every day? No problem! Once an hour during your workday, get up and do any of the three-minute exercises listed below. All told, that'll add up to 24 minutes over an eight-hour day. You can even set a repeating alarm on your phone as a reminder to get up and move. Goodbye mission impossible, hello mission accomplished!

WALL PUSH-UPS

By adding this classic move to your workday, say, after using the john or on your way to the kitchen for a cup of coffee, you'll build your upper-body muscles. These muscles are essential for good posture, power, and impressing your significant other. Here's how to do a wall push-up:

Step 1

Stand about two feet back from a spot on the wall. For more of a challenge, you can also use a sturdy table, desk, or counter.

Step 2

Lean forward and place both hands on the wall just past shoulder width, and assume the "plank" position with your arms, legs and back straight, arms slightly bent but not locked, and your toes supporting your lower body.

Step 3

Bend your elbows and begin to lean your body toward the wall until your nose almost touches it. Ensure your back stays straight and your hips don't sag.

Step 4

Pause, then push back to the starting position. Repeat for three minutes, which is about as long as it takes to brew a cup of coffee.

Calf Raises

This super-simple move will get your calves looking chiseled.

Step 1

Stand up straight, then push through the balls of your feet and raise your heels until you are standing on your toes.

Step 2

Lower slowly back to the start and repeat for three minutes, or the length of the song by the Spice Girls. "If you wannabe my lover, you gotta get rock-hard calves...." Sing it!

Lunges

Lunges target your lower body: calves, glutes, quads, hamstrings, hips, and core. These are the muscles that move you around all day, so a little extra strength and balance will help you move, look, and feel better.

Step 1

Stand up straight with your legs hip-width apart.

Step 2

With one foot, step forward about 2-3 feet or whatever feels comfortable. Make sure you keep your back straight.

Step 3

Bend both your knee, so they form a 90-degree angle. Make sure your front knee isn't further than the toe of the leg you stepped out with, and your other knee isn't touching the floor. Hold the position for 3-6 seconds.

Step 4

Push off with the foot you stepped out on and return to a standing position.

Step 5

Repeat with alternating legs for three minutes, which is less than the average length of a cell phone call. Heck, you can even do lunges while making a phone call!

Leg Raises

Build your leg and core muscles, and reduce the risk of backaches and stiffness with this super-easy move you can do while sitting. Now that video meetings are regular, it's even easier to do this exercise without others noticing. Pants optional!

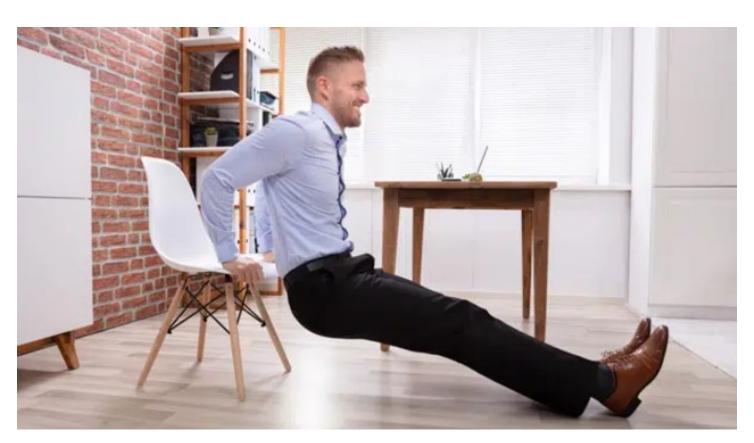
Step 1

Keeping your back straight, your chest out, and your shoulders down, straighten your right leg out in front of you and tighten your thigh muscles.

Step 2

Lower your right foot back to the floor and do the same with the left leg. Repeat for three minutes, which is about as long as it takes to toast a slice of bread. Feel the burn, but don't burn the toast!

Tricep Dips



This sucker targets the muscles that run down the back of your upper arm, from your shoulder to your elbow. It's a bigger muscle group than your biceps, so working your triceps is a quick way to get bigger, more balanced, and great-looking arms. All you need is a raised surface, like a desk, sturdy chair or table, to push yourself off of. Walking by the sofa on your way to getting a snack from the kitchen? Time to fire off some tricep dips!

Step 1

Sit on the edge of a chair or bench with your hands next to your thighs.

Step 2

Lift your body up from the chair with your feet flat on the floor and your knees bent.

Step 3

Lower yourself down, so your elbows bend no more than 90 degrees and push yourself back up. Repeat for three minutes, which is less than the length of a typical TV commercial break. Next time you're watching the tube on the couch, it's go time!

Wall Squats

Last but not least, these awesome leg-strengtheners work many of the muscles in your lower body. Improve your hockey and golf game (or any sport for that matter), lift heavier objects without killing your back, and increase your stamina in bed (and we don't mean sleeping).

Step 1

Stand straight with your back up against a wall.

Step 2

Slowly lower your body until your knees are bent at 90 degrees.

Step 3

Hold for at least 15 seconds. The longer you hold, the more intense the wall squat becomes. Repeat for three minutes, which is less time than it takes to roast a perfect marshmallow. (Unless you like 'em well-done, in which case it takes about 12 seconds.)

Why exercise is essential

Regular physical activity strengthens your muscles, heart, lungs and bones, helps you sleep better, keeps your mind sharp, and reduces the risk of everything from stroke and diabetes to depression and various forms of cancer.



"Thanksgiving dinners take 18 hours to prepare. It takes 12 minutes to consume. Half-time is 12 minutes. This is not a coincidence".

Erma Bombeck

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We would like to extend a warm welcome to the newest member to our Executive team, Steve Glenn. We're looking forward to working with you!