

CFLOAA NEWSLETTER NOVEMBER 2018

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Redblacks Clinch Division Hosting Eastern Final November 18

MONTHLY HUDDLE MEETING

Date: Tuesday November 6, 2018 Time: 11:30am - 1:00pm Business 12:00pm sharp LOCAL HEROES 1400 Clyde Ave Bleeker Mall Clyde & Merivale Rd.) Nepean Ontario K2G 3J2 | 613.224.3873



First-place Ottawa Redblacks not resting on <u>their laurels, even with bye week ahead</u>



When it was crunch time, Ottawa Redblacks quarterback Trevor Harris outduelled Hamilton QB Jeremiah Masoli — and it wasn't even close. PETER POWER / THE CANADIAN PRESS

The Ottawa Redblacks could treat their final regular-season game, Friday night at home against the Toronto Argonauts, like a vacation.

It means nothing in the standings —the Redblacks locked up first place in the East Saturday with an impressive 30-13 throttling of the Hamilton Tiger-Cats in cold, windy, rainy conditions. So whatever happens against Toronto won't change what happens the following week — Hamilton will play the B.C. Lions, with the winner of that facing Ottawa in the East championship game Nov. 18. So will they load up the game-day lineup with practice-roster guys? The thing is, that's not necessarily how the Redblacks are looking at it. Surely, they will rest any players who are banged up and maybe give quarterback Trevor Harris a bit of a breather, but remember they have a bye the following week so for anybody not playing against the Argos, it will be three weeks between game action. Rustiness is something no team can afford at this point.

Asked about removing some key players from the lineup for next week's game, Redblacks coach Rick Campbell said: "We'll see. You can't (rest everybody) in the CFL, there aren't enough people on the roster. We'll choose wisely and try to be as healthy as we can for the playoff game."

It was a happy plane ride home Saturday night after beating the Ticats, but the celebration won't last long.

Harris, who was brilliant in at-times extremely tough conditions, said: "By no means is the sentence finished. There's no period yet. Put a comma in there, the sentence is still going."

"We're trying to embrace the moment, but we're not finished," said receiver Diontae Spencer, who had a huge game Saturday (with 116 yards in catches and two touchdowns, along with 130 yards on five punt returns, giving his team terrific field position). "We have to keep this mentality, keep this energy, stay focused and play Redblacks football. We've accomplished this, but the race is not over. The big goal is the Grey Cup."



"We've battled through a lot this year," said offensive lineman SirVincent Rogers. "We've grown as a team, it feels good to do something like this with these guys."

"The job has just started," said defensive back Sherrod Baltimore, who had an interception for the second straight week. "This is when the season really starts. You do all that preparation, work hard in the off-season – just to get ready for these games. We're going to tighten up."

Harris, who said the key to throwing the ball in the wind (especially on a long bullet into the wind to Spencer) was "keeping the nose (of the ball) down, putting it high and inside and letting him run underneath it," completed 23-of-30 passes for 267 yards. Backup quarterback Dominique Davis also tossed a 55-yard touchdown pass to Greg Ellingson as he rolled out on a third-and-one situation that usually calls for him to run for the first down.

Asked about Harris, who now has 5,116 yards in passing – 93 behind Hamilton's Jeremiah Masoli and 126 behind league-leader Mike Reilly (Edmonton), Campbell said: "I sure like the guy. Some other people doubt him, but I sure am glad he's on our side."

"Trevor's always playing at the highest level," said Ellingson. "He's one of the best in the league, in my opinion. Other people are starting to see that now."

Harris credited others for his success: "My O'line's kept me healthy, the guys have pushed me and Jaime Elizondo is a good offensive co-ordinator —I don't think he gets the credit he deserves."

These two teams, Ottawa and Hamilton, didn't seem to much like either other Saturday. There were some violent collisions, some jawing and heightened activity all over the field.

"That's the way it's supposed to be," said Rogers. "We're divisional foes, we're fighting for position in the East — it's going to get like that sometimes."

At one point, the helmets of Rogers and Hamilton defensive lineman Julian Howsare became locked and had to be separated by an official.

"It happened last game, but we were able to get it apart ourselves," said Rogers. "We collided and we were stuck. I didn't want any penalties so I just threw my hands up until the ref could get it out."

The thing is, the Redblacks and Tiger-Cats could meet again for a fourth time this season — Ottawa has won all three so far. Hamilton first has to get past the Lions, who they beat 40-10 Sept. 29. Ottawa doesn't plan to be caught flat footed whoever they play.

"(Getting the bye), it puts you one home game away from the Grey Cup," said Campbell. "It's hard to win on the road in the playoffs so it's a big deal to get a home game. At this time of the year, you can ask any player when they've played 20 games if you include the pre-season — it's a lot of football. So it's an advantage (to have a week off). We won't go home or anything like that, we'll practise during the bye week."

In a season where the Redblacks have struggled to put everything together for long stretches, they seem to be hitting their stride.

"We're on a nice little stretch, we want to play our best football," said Baltimore.

Said Ellingson. "It's a little nostalgic right now, it kind of went this way the year we won the Grey Cup,

putting ourselves in first place, then hosting the East final. One more game to go, the focus is on win No. 11. Then it's just one win and we're in the Cup."

REPORT CARD

Offence A

Hard to imagine they could have done much more considering the conditions. The wind was whipping in their face for half the game, the other half it was tough to judge throws with the wind at their backs. But QB Trevor Harris was brilliant, completing 23-of-30 passes for 267 yards and three touchdowns. Backup QB Dominique Davis also tossed a 55-yard touchdown pass on a gimmicky third-and-one play. Diontae Spencer and Greg Ellingson each had two touchdown catches. Ottawa probably didn't get enough push up front – Mossis Madu Jr., in for William Powell at running back, had 26 yards on 11 carries.

Defence A

Two interceptions — one each by Sherrod Baltimore and J-P Bolduc — were the icing on the cake. Hamilton's Alex Green rushed for 76 yards and QB Jeremiah Masoli had 243 passing yards, but Hamilton didn't score a touchdown – settling for four field goals and a single. Enough said.

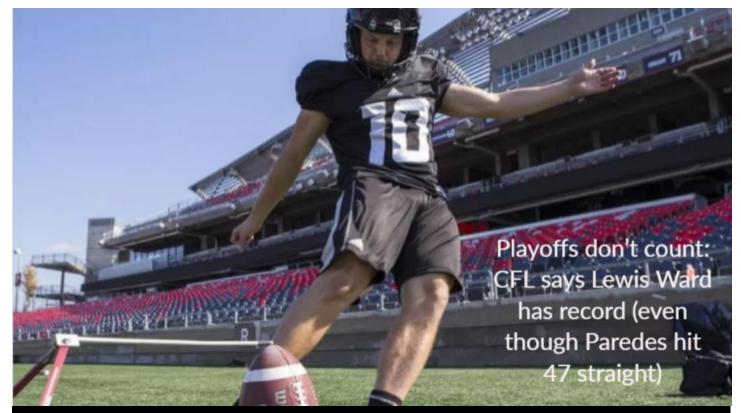
Special Teams A

The Redblacks did such a good job defensively, they didn't have to field a kickoff return. On punt returns, Diontae Spencer found plenty of open space, with 130 yards on five tries. Downfield punt and kickoff coverage was pretty good. Lewis Ward was good on his only field goal attempt – his CFL record is now 46 straight. But he missed a convert. Richie Leone's net punt average was 39.8 yards.

Article by Tim Baines The Ottawa Citizen October 28, 2018

https://ottawacitizen.com/sports/football/cfl/ottawa-redblacks/even-with-a-playoff-bye-its-full-steam-ahead-for-first-place-ottawa-redblacks/wcm/b2584173-cc7e-4a68-8d7f-040904b17181





Article by Tim Baines The Ottawa Citizen October 26, 2018

https://ottawacitizen.com/sports/football/cfl/ottawa-redblacks/cfl-says-lewis-ward-rules-because-playoffs-dont-count-toward-records/wcm/6c1d42cc-cc1c-4404-b89c-5b024597c586

Lewis Ward has already shattered two records, but is he still short of a third: one that some people say IS the record?

The Canadian Football League has gone out of its way to explain that the 45 consecutive field goals by the Ottawa Redblacks kicker is the longest streak ever. The Redblacks rookie has broken the previous league record of 39 by the Calgary Stampeders' René Paredes over two seasons (2012-13) and the professional record of 44 set by Adam Vinatieri of the National Football League's Indianapolis Colts.

Up for debate, though, is the fact that Paredes actually ran his streak to 47, including playoffs. The CFL is making clear, however, that the records do not include playoffs.

Here's the explanation: "The CFL and all other major leagues including the NHL, NBA, NFL and MLB have never mixed regular-season and post-season records — primarily because only a portion of the teams get to the playoffs and the natural re-set at the start of the post-season. Including post-season would lead to disparities in games played be-tween players. Examples: If Mike Reilly's team is eliminated, would he still be the leading 2018 passer if Trevor Harris passes him with playoff yardage? Anthony Calvillo's 23-game TD pass streak would be only 17 games because he did not throw a TD pass in the 2012 East Final. Or perhaps Doug Flutie's all-time single-season passing record of 6,619 yards in 1991 was surpassed by Kent Austin in 1992 (6,225 + 468 for a total of 6,693)."

Then there's this CFL zinger: "Only an less-informed statistician would suggest mixing regular season with playoffs would create a relevant record book."

Ward can make it all a moot point with a few more field goals, perhaps as early as Saturday in Hamilton against the Tiger-Cats.



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	L40-32	8-6
15	Sat, Oct 13	5:00pm	OTT @ EDM	L16-34	8-7
16	Fri, Oct 19	7:00pm	HAM @ OTT	W35-31	9-7
17	Sat, Oct 27	4:00pm	OTT @ HAM	W30-13	10-7
18	Fri, Nov 2	7:30pm	TOR @ OTT		
19	Sun, Nov 18	1:00pm	@OTT		
20	Sun, Nov 25	6:00pm	THE GREY CUP TBD		



The visiting Marauders got off to a quick start with a field goal and a forced safety to go up 5-1, but the Ravens were able to sort their offense out near the end of the opening quarter. After a bruising sack by OUA sacks leader Kenny Onyeka forced a punt, Carleton would take an 8-5 lead on the ensuing drive thanks to a one yard scramble by running back Nathan Carter.

Onyeka was in the backfield again before the quarter was out for his 2nd sack of the quarter. This led to Mike Domagala's first field goal of the day to put Carleton up by 6. On their next possession, Carter again found himself one yard from the end zone, and again made no mistake pounding the ball in to extend Carleton's lead to 18-5. Domagala added another field goal before the half to give the Ravens a 21-5 edge headed into the break.

Nathan Carter's dominance continued after halftime, this time busting free for a 27 yard touchdown rush halfway through the 3rd to boost the Ravens lead to 30-5.

Three touchdowns in a row for the Marauders had cut the Carleton lead to 30-25, and after another 4th quarter two and out, the Ravens were forced to punt the ball away with 2 minutes left. McMaster would drive the ball into Carleton territory, but a final heave towards the end zone sailed over the heads of the Marauders receivers to end the threat. Carter then knocked off a final 19 yard run to seal the win for the Ravens.

Carter finished the game with 172 yards rushing and all 3 of the Ravens touchdowns on the day. He explained what led to his success after the game. "There were a lot of holes here and there. I had to make some of my own, but all in all me and the line just gelled really well today and things opened up."

Head coach Steve Sumarah was clear in stressing how crucial Carter's contributions were on the day. "When you're in

a playoff game you need to be able to run the ball," said Sumarah. "Nathan just pounded the rock for us all day. Your best players have to be the best players in these games."

With the game on the line late, linebacker Trevor Hoyte said the coaches knew what to say to settle the group down and close things out with a final defensive stand.

"Forget everything, we just need a stop right here," Hoyte said of the message on the sidelines. "Focus on the moment and that's what we did."

Ravens Player of the Game: Nathan Carter – Running Back – 3rd Year Carleton @ Western Saturday, November 3 – 1 PM https://goravens.ca/teams/football/news/ tt EIRAL 25-30 EIRAL EIRAL CARLETON



On Saturday, the Gee-Gees made the short road-trip to Kingston to take on the Queen's Gaels in their homecoming game, closing the OUA regular season with a 27-22 win at Richardson Stadium.

Coming into the matchup, both teams had something to significant play for. The Gee-Gees knew that a win secured them as the second-seed in the OUA Yates Cup Playoffs. While for the Gaels, a win, along with other help from out-of-town games could lead them to the postseason.

The Gee-Gees took a quick lead in the game with quarterback <u>Sawyer Buettner</u> hitting hometown star <u>Carter Matheson</u> (125 yards, 1 TD) for a touchdown in the only score of the first quarter.

Forcing turnovers has been a key facet of the Ottawa defence this season, and yet again their ability to take the ball away paid off greatly. In the second quarter, a strip sack deep in the Gaels end wound up in the hands of defensive lineman <u>Francis Perron</u> for a Gee-Gees touchdown.

The teams would trade field goals through the remainder of the first half, before a Queen's dominant third quarter had the game within two points until the Gee-Gees defence stepped up once again.

Throughout the game, interceptions from Jamie Harry, Marc-Elie Jace, and Michael Pezzuto, along with four sacks from the defensive line haunted QB Nate Hobbs and the Queen's offence. It was Jace's pick in the fourth quarter that was of particular significance as he returned it 67 yards to the Gaels' two yard-line. A short Buettner sneak for a touchdown proved to be the difference-maker in the contest.

Running back <u>Dawson Odei</u> was once again a difference-maker in the win, rushing for 111 yards on 21 carries, his fourth 100yard plus performance of the season. As regular season stats became final, Odei officially ranked second in the OUA in yards per game with 108.9 per contest.

"It was a tough fought game," said Odei. "We had to fight, it was a big homecoming game, but luckily we were able to come out on top."

The win, though closer than comfort for the Gee-Gees at some points, secured a final regular season record of 6-2 and a toptwo finish in the OUA for the first time in eight years. "There's so many things that are positive right now," said Gee-Gees head coach Jamie Barresi. "Obviously the team should be proud of the fact that they earned a bye, secondly to end up 6-2 in this conference is quite a feat."

Up next, Western (#1) and Ottawa (#2) will watch closely as Guelph (#3) host Waterloo (#6) and Carleton (#4) hosts McMaster (#5) next weekend. The Gee-Gees will take to the field once again to play the highest remaining seed at Gee-Gees Field on Nov. 3. https://teams.geegees.ca/sports/fball/index



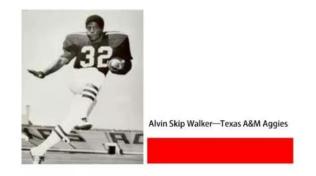
Article by Ken Evraire October 3, 2014 Let's begin with your name Alvin Skip Walker. It has stood the test of time for Ottawa football fans. Is there a story there?

My real name is Alvin Ray Walker. My nickname is "Skip". My story of how I got it is this: my dad was a military man and called us by names like Captain, Chief, Skipper etc. The name Skip was used frequently for me. When Texas A&M Coach Emory Bellard recruited me and came to the house, he heard my folks calling me Skip so when I got to university, Coach Bellard called me

Skip from day one. In fact, the name on the back of my jersey was "S. Walker". The rest is history.

Safe to assume you did not grow up hoping to play in the CFL. What were the circumstances behind your becoming an Ottawa Rough Rider?

After being cut by the Oilers, I still knew I could play. The Montreal Alouettes had a try-out camp in Houston and I jumped at the chance to play again. Montreal signed me, released me, then



Saskatchewan signed me the next season, 1980. During pre-season, I was traded back to Montreal and thus began my very memorable career in Canada.

You shared the backfield with David Overstreet and David Green in Montreal. How did it feel to be the undisputed #1 back in Ottawa?

I was fortunate to run behind the best offensive line in the country. I still have a picture of them hanging in my "man cave". I had just set the single game playoff record against Hamilton and was chosen as the MVP of the game (he ran for a CFL playoff record 253 yards). I told them



Record Breakers—Skip Walker ran for a CFL playoff record 253 yards vs the Hamilton Tiger Cats in the 1982 Eastern Semi-Final Skip receives his MVP award with Tim Hook, Val Belcher, Larry Tittley, Rudy Phillips and Kevin Powell that I would not accept it alone...my "O" line deserves all the credit. We all were in a "zone" that day. It was a great day for me, Tim Hook, Val Belcher, Larry Tittley, Kevin Powell and Rudy Phillips!_

You weren't just another running back in Ottawa. You were a fan favorite for one and all. What was that connection like for you?

Ottawa fans are the best. I remember going out early pre-games and talking with the

young boys & girls, signing autographs and taking pictures with them. It was special.

What was the adjustment to life without football like and where did that new chapter lead you?

I tried out with the Green Bay Packers in 1985 and I did not make the team. I retired and taught high school biology for 13 years. Then I began working with a friend, Hoover Alexander in the restaurant industry in 1999. I am currently the manager of Hoover's Cooking in Austin, TX. I am married to



Kimberly James Walker. Between us we have seven kids, and four grandkids with a fifth one due to arrive in October.

You can put together your own CFL team! Do you remain connected to former teammates?

I do. I am still connected with Texas A&M football. I keep in touch with Rick Sowieta, Jonathan Sutton, Rudy Phillips and occasionally J.C. Watts. I wear my Red Blacks t-shirts proudly here in Texas.

CFL

ARTICLE 🖸

CFL DAVE NAYLOR

Group behind Halifax CFL expansion bid picks stadium site

By Dave Naylor



Prospective CFL expansion group picks site for new stadium

Maritime Football Ltd., the group hoping to establish a Canadian Football League expansion franchise in Halifax, hopes to build a 24,000-seat multi-use stadium at Shannon Park, a site located in the north end area of Dartmouth on the eastern shore of Halifax Harbour.

The stadium, which would cost \$170 million to \$190 million and wouldn't be ready before 2021, would be constructed and maintained with both the provincial and municipal government as funding partners.

That information is contained in a document titled "CFL Stadium Proposal Update and Staff Direction" that was posted on the Halifax Regional Municipality's website Friday morning in advance of the Oct. 30 regional council meeting where a series of recommendations will be presented to council by staff.

Those recommendations include completing a thorough business case analysis on the proposal for a stadium and stadium district development, engaging with the province for permission to contribute financially to a stadium through tax incremental financing or other means, engaging with the prospective owners and the province on potential sources of revenue to finance the stadium, and asking for a final recommendation to proceed or not proceed as a funding partner in a new stadium.

If approved by council next Tuesday, it's expected to take at least three months for a final report and recommendation to be completed.

Shannon Park, one of six sites that were under consideration, is a 95-acre site that was used by the Department of Defence for housing from the early 1950s until 2003. Eighty-five acres of the site are owned by Canada Lands Company (CLC). The prospective team owners are in negotiations with the CLC to purchase a 20-acre segment that would house the stadium, parking and some commercial development.

Oct 26, 2018

Shannon Park was previously considered as a stadium site as part of a bid for the 2014 Commonwealth Games and the 2015 Women's Soccer World Cup, neither of which came to fruition.

Maritime Football Ltd., founded by businessmen Anthony LeBlanc, Bruce Bowser and Gary Drummond, presented their vision to the CFL in the fall of 2017 and are in the final stages of negotiating with the league for a conditional expansion franchise.

The more challenging part of the equation has always been construction of a stadium.

The report states that, "It is expected that the [municipality's] contribution to a stadium would include being a funding partner on the capital cost to construct the stadium as well as possibly being a contributor to ongoing capital repairs and maintenance."

Some of that funding could come from tax increment funding, where any incremental tax revenues within the stadium district could be directed for development or capital financing.

The report says debt financing on the stadium is expected to be \$9 million to \$10 million annually.

The report also states stadium financing requires the province to become a funding partner, recognizing that the Nova Scotia Premier Stephen McNeil has stated that this would require new sources of revenue, and can't be drawn from existing ones. It mentions specifically the possibility of an increase to the hotel marketing levy tax or the development of a car rental tax.

If council votes to move forward with the business case study and negotiations with the province, Maritime Football Ltd. is expected to start a season-ticket campaign in November



MedReleaf and the CFLOAA

On October 24th several of our CFLOAA members attended a very informative presentation made by Shannon O'Hearn, MedReleaf Manager Clinical Affairs at the Kanata Gold & Country Club. The purpose of the evening was to introduce the MedReleaf and CFLAA Observational Research Study, in collaboration with CannaConnect and Cannascribe clinics. This observational study is to assess the effects of medical cannabis on pain and related quality of life in retired athletes with chronic pain.

Leo Ezerins, CFLAA Executive Director, started the evening off by outlining how the relationship between MedReleaf and the CFLAA came about as well who the very impressive individuals are that have been recruited to be part of an Advisory Board to the CFLAA concerning this initiative.

Shannon O'Hearn started her presentation off by explaining who MedReleaf is and why they wanted to be involved with the CFL Alumni Association. This was followed by a general overview of the various cannabis products that are now available for medicinal use, what ailments these products have shown to treat as well as how access to the products is attained. It was then onto providing the background to the observational study involving the CFLAA membership, how they are looking to document the potential benefits through the study, privacy for the participants and what the steps are for enrollment. The evening was wrapped up with a lengthy Q and A period that was almost as informative as the presentation was which is saying a lot.

The clinical study will take place over a 4 month period with documented contact taking place at the start of the study (the baseline), after 2 weeks then following 2 months and finally after the 4 months are completed. There is no cost for the product used during the study, should you wish to find out if you qualify to participate in the clinical study please visit http://www.cannaconnect.ca/pre-qualify for more information.

12

DON'T CHANGE MUCH Where guys go to get healthy



How to Stay Healthy on The Road to the Grey Cup.

By Adam Bisby on October 9, 2018

www.dontchangemuch.ca

At this point in the CFL season one question looms large: Is your team in it to win it?

If the answer is yes, then you may have your work cut out for you. You need to follow your team, of course, but you also need to track how the competition is doing on the road to the 106th Grey Cup. Then the playoffs start and — oh boy — the couch cushions start forming to the shape of your butt.

As awesome as this is, sitting in front of the TV for hours on end is not the healthiest of activities, especially when you add snacks and beer to the mix. The good news: There are some easy steps you can take to earn that couch time and feel healthier while watching the big game. Here are five:

Games rarely start before 1pm, so you have plenty of time to fit in a little exercise beforehand: A brisk walk around the block, a bike ride through the park, <u>a few burpees</u> in the backyard — and all with your game jersey on, of course. If you're watching the game at a pub or a friend's place, why not walk there or park a few blocks away and hoof it?

Get active after kickoff

Timeouts, commercial breaks, injuries on the field, halftime — all these stoppages provide great opportunities for some easy fitness moves: Lunges, crunches, push-ups, wall squats, the plank, the list goes on. (<u>Click here</u> for step-by-step instructions on how to do all five of these muscle-building moves in your living room.)

Eat as usual

Skipping lunch or dinner in order to gorge on linebacker-sized portions of salty, fatty junk food isn't the way to go. Instead, enjoy meals as you normally would so you won't be hungry when the game is on. If dinner falls right in the middle of a game, save money and eat healthier by firing up the barbecue instead of ordering out. (Click here for a game-day pizza recipe you can easily whip up on the grill.)

Snack like a champ

Healthy snacks like unsalted nuts, grapes, trail mix and lightly-buttered popcorn all taste great, are easy to prepare, and won't make you feel like the Goodyear Blimp. If these kinds of items aren't usually available at a buddy's place, simply bring your own.

Drink lighter and be merry

We've all heard the "tastes great, less filling" slogan, but some light beers really do contain far fewer calories. <u>Corona Light</u>, for instance, clocks in at 99 calories — compared with around 150 for most regular bottles — while <u>Molson Canadian 67</u> is named after its own very low calorie count. Whatever you choose to sip, sure to chase every beer with a good-sized glass of water. It'll prevent you from drinking too much, eliminate hangovers, and keep you well-hydrated.

Your team's on the home stretch, after all, and they need you in tip-top shape!

"Some of us will do our jobs well and some will not, but we will all be judged on one thing: the result."



Playing pro ball requires a unique set of physical and mental abilities: Strength, speed, coordination, quickness, focus, the list goes on.

At the same time, by working some easy fitness moves and delicious healthy snacks into your game-watching routine, WATCHING football can show off many of the same skills!

STRENGTH: Do your own touchdown celebration at home by dropping to the floor and doing five push-ups every time your team scores. (<u>Click here</u> for tips on getting the most out of this arm- and chest-building move.)

SPEED: Make like the kick-return guy and bust out some football sprints after every kickoff. Simply run on the spot as fast as you can for 30 seconds (or the length of a TV commercial). Kick it up a notch by reaching down and touching the ground with one hand every five seconds.

COORDINATION: It takes mad skills to juggle snacks, 50/50 tickets and drinks — not to mention a foam finger or two — on stadium stairs. Climbing up and down the stairs at the game is also a simple way to strengthen the biggest muscles in your legs while burning around 10 calories per minute. During halftime or a time out, get up and climb those stairs. More foam fingers for everyone!

QUICKNESS: You gotta be quick to keep up with the banter, or gain control of the remote, when the guys come over to watch the big game. It's always a good time — and it's also good for you! <u>According to various studies</u>, hanging with your buds helps you recover from illness faster, combats depression, keeps you sharp as you get older, and helps you live longer.

FOCUS: The adrenaline rush of closely following every play actually burns calories on its own. A <u>University of Westminster study</u> revealed that watching horror movies can burn nearly 200 calories, and if your team is having a bad season, well, we know how scary that can be...

Snack and drink to win!

You don't want to undermine all these health benefits by eating too much junk food — the salty and deep-fried stuff — and drinking too much beer. When you're in the stands, stick with snacks like peanuts in their shells. At home, meanwhile, there are plenty of delicious and nutritious options, such as these recipes for <u>Chili-Stuffed Sweet Potatoes</u> and <u>Steak Wrapped Vegetable</u> Rolls.

Wherever you watch, be sure to chase every beer with a good-sized glass or bottle of water. No Gatorade shower required!



Wednesday November 21, 2018

FOR ALL YOUR GREY CUP

EVENTS & TICKETS

http://www.greycupfestival.ca/tickets/



TIM HORTONS KICK-OFF PARTY 6:00 PM - 8:00 PM NISSAN TITAN STREET FESTIVAL FREE

Thursday November 22,

NISSAN TITAN STREET FESTIVAL

NISSAN TITAN STREET FESTIVAL 11:00 AM - 11:00 PM

NISSAN TITAN STREET FESTIVAL FREE

B Boston Pizza

BOSTON PIZZA SPORTS BAR 11:00 AM - 11:00 PM NISSAN TITAN STREET FESTIVAL



Shauu)

COOPER EQUIPMENT ENTERTAINMENT STAGE **NOV 22** 12:00 PM - 9:15 PM

NISSAN TITAN STREET FESTIVAL

FREE



ESPORTS TOURNAMENT **NOV 22** 6:00 PM - 10:00 PM NISSAN TITAN STREET FESTIVAL FREE



SPIRIT OF EDMONTON NOV 22 2:00 PM - 2:00 AM

THE WESTIN EDMONTON



SHAW CFL AWARDS 6:00 PM - 9:30 PM WINSPEAR CENTRE TICKETED



DIVERSITY IS STRENGTH PARTY

9:00 PM - 2:00 AM

SHAW CONFERENCE CENTRE - HALL D

TICKETED



SPIRIT OF EDMONTON BREAKFAST 8:00 AM - 12:00 PM SHAW CONFERENCE CENTRE - HALL A,B,C TICKETED

Friday November 23, 2018



FAN STATE OF THE LEAGUE 10:30 AM - 11:30 AM THE WESTIN EDMONTON FREE



CALGARY GREY CUP COMMITTEE STAMPEDE BREAKFAST

11:00 AM - 1:00 PM TELUS PARK (BETWEEN UNION BANK INN/ATB PLACE)

FREE



STAMPS HOUSE NOV 23 FAIRMONT HOTEL MACDONALD - EMPIRE BALLROOM



CANADIAN TIRE CFL ALUMNI ASSOCIATION LEGENDS LUNCHEON

11:00 AM - 2:00 PM SHAW CONFERENCE CENTRE - HALL D

TICKETED



RIDERVILLE NOV 23 12:00 PM - 2:00 AM SHAW CONFERENCE CENTRE - SALONS 8-12



NISSAN TITAN STREET FESTIVAL 11:00 AM - 11:00 PM NISSAN TITAN STREET FESTIVAL

FREE



TOUCHDOWN MANITOBA 12:00 PM - 5:00 PM SHAW CONFERENCE CENTRE - HALL C



COOPER EQUIPMENT ENTERTAINMENT STAGE NOV 23

12:00 PM - 9:15 PM NISSAN TITAN STREET FESTIVAL FREE



SPIRIT OF EDMONTON NOV 23

2:00 PM - 2:00 AM THE WESTIN EDMONTON

GREY CUP

FESTIVAL SPORT TOURNAMENT

ESPORTS TOURNAMENT

NOV 23

6:00 PM - 10:00 PM

NISSAN TITAN STREET FESTIVAL



ATLANTIC SCHOONERS NOV 23

3:00 PM - 1:00 AM SHAW CONFERENCE CENTRE - HALL D



RNATION PARTY 6:00 PM - 10:00 PM REVEL BISTRO AND BAR EDMONTON



LIONS DEN NOV 23 3:00 PM - 1:00 AM SHAW CONFERENCE CENTRE - RIVERVIEW ROOM



TIGER-CATS PUB CRAWL NOV 23 6:00 PM - 11:00 PM MERCER TAVERN



ALBERTA BLUE CROSS GREY CUP GALA DINNER 6:00 PM - 11:45 PM SHAW CONFERENCE CENTRE - HALL A, B, C TICKETED



BOMBER HOUSE NOV 23 8:00 PM - 2:00 AM HUDSONS 109 STREET



ATHLETES IN ACTION GREY CUP BREAKFAST

8:00 AM - 10:00 AM SHAW CONFERENCE CENTRE - HALL D

TICKETED

Saturday November 24, 2018



SPIRIT OF EDMONTON BREAKFAST 8:00 AM - 12:00 PM SHAW CONFERENCE CENTRE - HALLS A, B, C TICKETED



CALGARY GREY CUP COMMITTEE STAMPEDE BREAKFAST

9:00 AM - 11:00 AM TELUS PARK (BETWEEN UNION BANK INN/ATB PLACE)

FREE



TIGER-CATS PUB CRAWL NOV 24

10:00 AM - 11:00 PM CENTRAL SOCIAL HALL + CANADIAN BREWHOUSE



ATLANTIC SCHOONERS NOV 24 12:00 PM - 1:00 AM

SHAW CONFERENCE CENTRE - HALL D



COOPER EQUIPMENT ENTERTAINMENT STAGE NOV 24

12:00 PM - 9:15 PM NISSAN TITAN STREET FESTIVAL FREE



CANADIAN FOOTBALL HALL OF FAME RECEPTION PRESENTED BY EMCO

2:30 PM - 5:00 PM ENBRIDGE CENTRE

TICKETED



NISSAN TITAN STREET FESTIVAL

11:00 AM - 11:00 PM NISSAN TITAN STREET FESTIVAL

FREE



RIDERVILLE NOV 24 12:00 PM - 2:00 AM SHAW CONFERENCE CENTRE - SALONS 8-12



ESPORTS TOURNAMENT NOV 24 12:00 PM - 10:00 PM

NISSAN TITAN STREET FESTIVAL



LIONS DEN NOV 24 3:00 PM - 1:00 AM SHAW CONFERENCE CENTRE - RIVERVIEW ROOM



STAMPS HOUSE NOV 24 FAIRMONT HOTEL MACDONALD - EMPIRE BALLROOM



CN GREY CUP PARADE 12:00 PM - 1:30 PM DOWNTOWN EDMONTON FREE



SPIRIT OF EDMONTON NOV 24 2:00 PM - 2:00 AM THE WESTIN EDMONTON



MACLAB DEVELOPMENT GROUP CHEER EXTRAVAGANZA

3:00 PM - 5:00 PM SHAW CONFERENCE CENTRE - HALL C TICKETED



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ARGOS SHIPYARD 6:00 PM - 1:00 AM SHAW CONFERENCE CENTRE - SALONS 3+4



RNATION PARTY 6:00 PM - 10:00 PM **REVEL BISTRO & BAR**



MONTREAL HUDDLE 7:00 PM - 10:00 PM ANTHEM



COORS LIGHT CONCERT 8:00 PM - 1:00 AM SHAW CONFERENCE CENTRE - HALL A, B, C TICKETED



BOMBER HOUSE NOV 24 8:00 PM - 2:00 AM HUDSONS 109 STREET

Sunday November 25, 2018



BOSTON PIZZA OUTDOOR TAILGATE PARTY 12:00 PM - 4:00 PM WEST PARKING LOT, COMMONWEALTH

STADIUM TICKETED



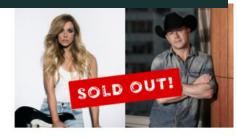
106TH GREY CUP PRESENTED BY SHAW

4:00 PM - 8:00 PM THE BRICK FIELD AT COMMONWEALTH STADIUM

TICKETED



CLARKE PARK TAILGATE PARTY 12:00 PM - 4:00 PM CLARKE PARK TICKETED



JETSET INDOOR TAILGATE PARTY PRESENTED BY **COORS BANQUET**

12:00 PM - 9:00 PM FIELDHOUSE, COMMONWEALTH REC CENTRE TICKETED



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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CFLOAA EXECUTIVE COMMITTEE BOARD MEMBERS 2018



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Should you have any questions please feel free to communicate with the appropriate board member... we're always happy to answer any questions you may have!