



## CFLOAA NEWSLETTER DECEMBER 2021

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### GREY CUP SCHEDULE OF EVENTS

<https://www.greycupfestival.ca/grey-cup-festival-events/>

Since 2008 The CFL Alumni Association (CFLAA) has recognized an Alumni Member who has made outstanding contributions to their football community.

That tradition proudly continued today as CFLAA Executive Director Leo Ezerins announced that Bob Krouse and Jason Riley have been selected as the 2021 CFLAA Alumnus of the Year.

“The CFLAA Alumnus of the Year Award honours former players who have consistently made a positive impact in their local communities over the years,” said Leo Ezerins. “For many years, Bob and Jason have made a positive impact in their community and to the game they love.”

Bob Krouse played with the Hamilton Tiger-Cats from 1963 to 1975. A defensive standout, Bob was a four-time Grey Cup Champion and a CFL All-Star.

Off the field, Bob was a founding member of the Tiger-Cat alumni association, a team scout and a member of the Tiger-Cats Wall of Honour and Walk of Fame.

( continued page 3)



# SCHEDULE OF EVENTS



## TUESDAY, DECEMBER 7

### GREY CUP ARRIVAL DELIVERED BY CANADA DRIVES

BAYFRONT PARK, 200 HARBOUR FRONT DR  
11:00 AM | **FREE**

## THURSDAY, DECEMBER 9

### SPIRIT OF EDMONTON

INDUSTRIA PIZZERIA & BAR,  
69 JOHN ST S  
4:00 PM - 12:00 AM | **\$10 AT DOOR**

## FRIDAY, DECEMBER 10

### COMMISSIONER'S FAN STATE OF THE LEAGUE & FAN BASE UNVEIL

HAMILTON CONVENTION CENTRE,  
1 SUMMERS LN  
10:00 AM | **FREE**  
RSVP AT [GREYCUPEVENTS.COM](http://GREYCUPEVENTS.COM)\*

### CFLA LEGENDS LUNCHEON

THE ENDZONE BAR & GRILL,  
1305 MAIN ST E  
11:00 AM - 4:00 PM | **\$175**

### SPIRIT OF EDMONTON

INDUSTRIA PIZZERIA & BAR,  
69 JOHN ST S  
4:00 PM - 12:00 AM | **\$10 AT DOOR**

### GREY CUP PARTY HEADQUARTERS PRESENTED BY COORS LIGHT EASTERN SOCIAL HALL PRESENTED BY ACCESS STORAGE

HAMILTON CONVENTION CENTRE,  
1 SUMMERS LN  
5:00 PM - 1:00 AM | **\$20 AT DOOR**

### CFL AWARDS

HAMILTON CONVENTION CENTRE,  
1 SUMMERS LN  
DOORS AT 6:00 PM; AWARDS AT 7:00 PM | **FREE**  
RSVP AT [GREYCUPEVENTS.COM](http://GREYCUPEVENTS.COM)\*

### AWARDS AFTER PARTY

HAMILTON CONVENTION CENTRE,  
1 SUMMERS LN  
9:00 PM | **\$20 AT DOOR**

## SATURDAY, DECEMBER 11

### SPIRIT OF EDMONTON BREAKFAST

MICHELANGELO BANQUET CENTRE,  
1555 UPPER OTTAWA ST.  
8:00 AM - 12:00 PM | **\$125**

### GREY CUP PARTY HEADQUARTERS PRESENTED BY COORS LIGHT EASTERN SOCIAL HALL PRESENTED BY ACCESS STORAGE

HAMILTON CONVENTION CENTRE,  
1 SUMMERS LN  
11:00 AM - 1:00 AM | **\$20 AT DOOR**

### WESTERN SOCIAL HALL PRESENTED BY CARSTAR

HAMILTON CONVENTION CENTRE,  
1 SUMMERS LN  
11:00 AM - 1:00 AM | **\$20 AT DOOR**

### SPIRIT OF EDMONTON

INDUSTRIA PIZZERIA & BAR,  
69 JOHN ST S  
2:00 PM - 12:00 AM | **\$10 AT DOOR**

## SUNDAY, DECEMBER 12

### GREY CUP PARTY HEADQUARTERS PRESENTED BY COORS LIGHT TIGERTOWN GAMEDAY PARTY PRESENTED BY BENCH BREWING

HAMILTON CONVENTION CENTRE,  
1 SUMMERS LN  
10:00 AM - 3:00 PM  
**\$75 AT GREYCUPEVENTS.COM**

### 108TH GREY CUP

TIM HORTONS FIELD  
DOORS OPEN 4:00 PM, KICKOFF 6:00 PM  
[TICKETMASTER.CA/GREYCUPEVENTS.COM](http://TICKETMASTER.CA/GREYCUPEVENTS.COM)

\*SEATING IS LIMITED.



Bob, who is also a Hamilton Sports Hall of Fame inductee, shared his passion for sports by coaching both football and basketball at the high school and university level.

“Giving back to the community is one of the greatest gifts one can share and I still get thanks from former students and athletes whom I gave extra time to,” said Bob Krouse. “It is a great honour to be selected as the CFLAA Alumnus of the Year with my fellow Tiger-Cat Alumnus, Jason Riley”.

Jason Riley was originally a first round pick of the Winnipeg Blue Bombers in the 1983 CFL Draft. During his 11-year CFL career, Jason spent time with Winnipeg, Saskatchewan and Hamilton.

A graduate of UBC, Jason was recognized for his outstanding play along the offensive line earning CFL All-Star honours in 1989 and four Eastern All-Star nominations.

Jason is a member of the CFLAA Board of Directors and has earned many honours for his dedication to community service. In addition to coaching minor sports, Jason has been the offensive line coach at McMaster University since 1996.

“Being recognized as CFLAA Alumnus of the Year is a huge honour and I am humbled by the fact that I was chosen by my peers to receive it,” said Jason Riley. “The fact that I am being recognized beside Hamilton Tiger-Cats Wall of Honour member, Bob Krouse, makes it even more incredible for me.”

Bob Krouse and Jason Riley will be officially honored at the CFLAA Legends Luncheon will be held on December 10th at the End Zone Bar and Grill in Hamilton. Tickets can be purchased through the Hamilton Tiger-cats Alumni [htcaa@bell.net](mailto:htcaa@bell.net), the CFL Alumni Association or online at <https://canadian-football-league-cfl-alumni-association.square.site/>.

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## 2021 Alumnus of the Year Bios

### **BOB KROUSE**

Born: February 21, 1943 (age 78) in Hamilton, Ontario  
 College: Central Collegiate High School

### **CFL Career**

Player: 1963–1975 with Hamilton Tiger-Cats  
 No: 14  
 Position: LB  
 Scout: Hamilton Tiger-Cats

### **Career highlights and awards**

East All-Star: 1967  
 Honours:

- Grey Cup champion - 1963, 1965, 1967, 1972
- Tiger-Cat Wall of Honour Inductee
- Tiger-Cat Walk of Fame Inductee

## Hamilton Sports Hall of Fame Inductee

Notes: Bob was a champion athlete in track and field and football at Hamilton Central Secondary School. Krouse joined the Tiger-Cats directly from Central High School in Hamilton

### **Post Career:**

Hamilton Tiger-cats Alumni Association

- Founding member in 1986
- Has been a board member since inception

Tiger-Cat High School Evaluation Camp

- Evaluator/Coordinator

Amateur Coach:

- Bob coached for over four decades in High School football and basketball, as well as University and College football.

### **JASON RILEY**

Born: October 4, 1958 (age 63) in Scarborough, Ontario

College: University of British Columbia

#### **CFL Career**

CFL Draft: Drafted in 1983 – 7<sup>th</sup> overall pick in Round: 1 by Winnipeg

Player: 1983 - Winnipeg Blue Bombers  
1984 - Saskatchewan Roughriders  
1984–1993 - Hamilton Tiger-Cats

No: 58

Position: OG

#### **Career highlights and awards**

CFL All-Star 1989

CFL East All-Star 1986, 1988, 1989, 1992

Awarded the Charlotte Simmons Humanitarian Award in 1987

Inducted into the Hamilton Tiger-Cats Walk of Fame in 1995

Inducted into the UBC Thunderbirds Football Wall of Honour in 2019

Named CIAU All-Canadian in 1981 and 1982

## Post Career:

- McMaster Offensive Line Coach – 1996 to present
- Amateur/Community Coach – Soccer, hockey, volleyball. high school football,
- Coordinated the Up Front Offensive Line Development Camp
- Named Master Instructor Offensive Line by the (OFC) Ontario Football Conference in 2010
- In 2006 Received the McMaster University 'Friends of Distinction Award' for his dedication to sport, University athletics and the pursuit of excellence
- 1982 UBC Thunderbirds team was inducted into the BC Sports Hall of Fame in 2012 (this team was also recognized as the best university team in history by TSN)

## Other Community Involvement

- Former member of the Hamilton Spectator Community Editorial Board
- President of the Hamilton Tiger-Cats Alumni Association (HTCAA) Board of Directors 2016-18
- Joined Hamilton Tiger-Cats' Tiger Town Council in 2019
- CFLAA Board of Directors as representative of the HTCAA since 2019
- Active member of the HTCAA since retiring from CFL

## Canadian Football League Alumni Association Alumnus of the Year

### Background:

The inaugural CFL Alumni Association Man of the Year award was presented in 2008 at an exclusive alumni event during Canadian Football Hall of Fame Weekend (first time in Winnipeg) at the Manitoba Club.

A nominee from each Alumni Association was submitted to the CFLAA Board of Directors. The Board unanimously selected Sam Etchevery.

Unfortunately, Sam passed two weeks before the event. The award was presented to his brother, Steve Etchevery, by Paul Robson. The event's emcee was Wade Miller.

In 2010 the Board decided to have the local Alumni Association of the host Grey Cup city make the selection for the award to be presented at the CFLAA Legends Luncheon.

The CFLAA Board renamed the CFLAA Man of the Year to CFLAA Alumnus of the year.

The recipients are honored each year at the CFLAA Legends Luncheon during Grey Cup week.

### **2021 Event Details:**

This year the CFLAA Legends Luncheon will be held on December 10th, from 11AM - 4 PM at the End Zone Bar and Grill, 1305 Main St. East in Hamilton.

Tickets are \$175 +HST which includes a meal and open bar.

For further information and to purchase tickets go to <https://www.cflaa.ca/cflaa-legends-luncheon-2021/>

For more information contact [ed@cflaa.ca](mailto:ed@cflaa.ca) or [joe@cflaa.ca](mailto:joe@cflaa.ca)

### **Award Criteria:**

- Former Player
- Successful post career transition
- Past and/or currently involved in local Alumni Association and/or CFL Alumni Association
- Actively involved in the community and charitable causes
- Supports the local football club and the Canadian Football League

### **Past Award Winners:**

2009 – Sam “The Rifle” Etcheverry (Montreal)\* Posthumously

2010 – Bayne Norrie (Edmonton)

2011 – Norm Fieldgate (BC)

2012 – Don Durno (Toronto)

2013 – George Reed and Carm Carteri (Saskatchewan)

2014 – Lui Passaglia (BC)

2015 – Wade Miller and Paul Robson (Winnipeg)

2016 – Michael “Pinball” Clemons and Peter Martin (Toronto)

2017 – Russ Jackson and Jeff Avery (Ottawa)

2018- Hector Pothier and Brian Fryer (Edmonton)

2019 – Tony Spoletini (Calgary)

2020 – Not Awarded due to COVID

2021 – Bob Krouse and Jason Riley

## CFL ALUMNI ASSOCIATION CREATES NEW INDIGENOUS CHAMPIONS AWARD

By Sam Laskaris | November 30, 2021  
Local Journalism Initiative Reporter  
Windspeaker.com

**“You want to be a positive role model. You want to steer kids in the right direction. I hope I’m doing that with my teaching and my coaching.”**  
— Justin Shakell

Though he was drafted by the Hamilton Tiger-Cats, Justin Shakell never played a game in the Canadian Football League (CFL) or any other professional circuit.

Yet Shakell, a 41-year-old member of the Mohawks of the Bay of Quinte, is one of the inaugural recipients of a new award that will be presented annually by the Canadian Football League Alumni Association (CFLAA).

The association has created the CFLAA Indigenous Champion Award. This new accolade is an extension of the CFL’s Diversity is Strength strategy and its truth and reconciliation initiatives.

Shakell is currently the head coach of the Quinte Skyhawks, a senior varsity squad that competes in the Ontario Football Conference.

Shakell also works as a Grade 7 teacher at Quinte Mohawk School located on the Tyendinaga Mohawk Territory.

“You want to be a positive role model,” Shakell said. “You want to steer kids in the right direction. I hope I’m doing that with my teaching and my coaching.”

Shakell, a former all-Canadian at Wilfrid Laurier University in Waterloo, Ont., is one of the two inaugural winners of the Indigenous Champion Award.

The other recipient is Jim Styres, a member of Six Nations, who achieved success as both a player and coach. Styres died in 2018 and will be recognized posthumously at the Grey Cup Legends Luncheon, which will be staged in Hamilton on Dec. 10.

The luncheon is part of this year’s Grey Cup festivities. The CFL’s championship final will be held two days later on Dec. 12 in Hamilton.

The CFLAA has been presenting its Alumnus of the Year Award for some time now. Shakell is pleased to see the association has added its new Indigenous award.

“I think it’s a good thing they are stepping up into a leadership role and giving attention to it,” he said.



**Justin Shakell is one of two inaugural winners of the new Indigenous Champion Award bestowed by the Canadian Football League Alumni Association. The other is Jim Styres.**



**The Indigenous Champion Award**

The idea for creating the Indigenous award surfaced after John Macdonald, a former Tiger-Cats player from Six Nations, was added to a CFLAA committee.

Macdonald is the one who suggested the award be created.

“I think it’s a step in recognizing Indigenous people in football,” said Macdonald, who currently teaches English and Native Studies at Pauline Johnson Collegiate & Vocational School in Brantford.

Macdonald is also the head coach of the football program at the Brantford school.

CFLAA officials will be primarily looking to honour Indigenous individuals with their new award.

Those who will be considered for the award are any former CFL player with Indigenous ancestry who either made or is making a key contribution to football or his community.

An Indigenous coach who is supporting minor football will also be considered.

Non-Indigenous coaches can also be nominated for the award provided they made or are still making positive impacts on Indigenous football players toiling at any level.

“It covers a lot of broad areas,” Macdonald said of the award.

Eight individuals were nominated for this year’s award. They were all from southern Ontario as CFLAA officials are keen to have nominees each year from the region where the Grey Cup will be staged that year.

Jason Riley, the chair of the CFLAA’s board of directors, said details of the Indigenous award came together quickly.

“The whole thing happened in a couple of months,” he said. “We didn’t even know four months ago if we’d have a Grey Cup this year because of COVID.”

The pandemic had forced the cancellation of the entire 2020 CFL campaign.

Riley said the CFLAA was looking at ways to support the CFL reconciliation strategy. And even after Macdonald suggested the creation of the Indigenous award, Riley said it was uncertain how quickly things could happen.

“We initially thought we wouldn’t be able to present this until next year,” Riley said, adding Macdonald deserves kudos for expediting the process. “He’s been instrumental in getting this off the ground now.”

Riley added news of the Indigenous Champion Award has been extremely well received.

“We’ve had an incredible positive response to this award,” he said.

Shakell began his own gridiron career back in 1992 when he joined the Belleville Minor Football League. He went on to play five seasons at Moira Secondary School in Belleville, which has been renamed to Eastside Secondary School.

Shakell then spent five years at Wilfrid Laurier University. Over the years he played defensive end, defensive tackle and was also utilized as a backup long-snapper and punter.

Shakell, a Tiger-Cats’ draftee in 2003, began his coaching career in the Belleville minor football system, while he was still in university.

He coached at a pair of high schools before returning to community football and taking over the Skyhawks’ head coaching duties.

As for Styres, he began his playing career with the Brantford Bison football league. He went on to play for the Hamilton Panthers, who captured the Dominion intermediate championship in 1951.

Styres later coached at Hagersville Secondary School.



John Macdonald is a former Tiger-Cats player from Six Nations.



TORONTO — Montreal Alouettes running back, William Stanback, and Winnipeg Blue Bombers quarterback Zach Collaros will vie for the league's top individual honour, the Most Outstanding Player award, at the 2021 CFL Awards. The evening ceremony on Friday, December 10 at 6 p.m. at the Hamilton Convention Centre serves as the marquee event during Grey Cup Week.

The CFL Awards recognize the league's top performers in seven categories as voted by the Football Reporters of Canada and head coaches from across the league. In addition, the Commissioner's Award, the Jake Gaudaur Veterans' Award, the Tom Pate Memorial Award, the Hugh Campbell Distinguished Leadership Award and the Jane Mawby Tribute Award will honour individuals from across the CFL.

The 2021 edition of Grey Cup Week will feature a number of free fan events, including the CFL Awards, the Grey Cup Arrival delivered by Canada Drives and the Commissioner's Fan State of the League address, as well as, fan favourite celebrations, such as the Spirit of Edmonton events, the CFL Alumni Association Legends Luncheon, and much more. Additional details and registration information can be found at [greycupfestival.ca](http://greycupfestival.ca).

The 108th Grey Cup will be played at Hamilton's Tim Hortons Field on Sunday, December 12, featuring Arkells in the Twisted Tea Grey Cup Halftime Show. A limited number of tickets are still available at [ticketmaster.ca/greycup](http://ticketmaster.ca/greycup).



**TICKETS  
ON SALE  
NOW**

[TICKETMASTER.CA/GREYCU](http://TICKETMASTER.CA/GREYCU)P

## 2021 CFL AWARDS FINALISTS

CATEGORY	EAST DIVISION	WEST DIVISION
Player	William Stanback (MTL)	Zach Collaros (WPG)
Defensive	Simoni Lawrence (HAM)	Adam Bighill (WPG)
Canadian	David Ménard (MTL)	Bo Lokombo (BC)
Offensive Lineman	Brandon Revenberg (HAM)	Stanley Bryant (WPG)
Special Teams	DeVonte Dedmon (OTT)	Rene Paredes (CGY)
Rookie	Peter Nicastro (TOR)	Jordan Williams (BC)
Coach of the Year	Ryan Dinwiddie (TOR)	Mike O'Shea (WPG)

## MOST OUTSTANDING PLAYER

**WILLIAM STANBACK**  
MONTREAL ALOUETTES

**ZACH COLLAROS**  
WINNIPEG BLUE BOMBERS

**MOST OUTSTANDING PLAYER**

In 12 games played, **William Stanback** ran away with the CFL's rushing crown, finishing with a career-best 193 carries and 1,176 yards – 307 more than this year's runner-up. Among running backs who have played at least nine games in a season, his average of 98.0 yards per game is the highest since Jon Cornish in 2014. He led the CFL in 20+ yard rushes (seven) for a second consecutive season, totaling 19 over that span. The Hempstead, N.Y., native's banner year included a 203-rushing yard performance to equal his personal record established in 2019. Stanback finished with a trio of touchdowns on the season.

In his first full campaign as Winnipeg's starter, **Zach Collaros** led the league with 20 passing touchdowns – six clear of second-place – as the Blue Bombers finished with the CFL's highest-scoring offence (23.0 points per game). The team ranked first in offensive touchdowns (35), yards per play (6.5) and committed the fewest turnovers (20). The 10-year veteran threw a career-high 70.2 per cent (243-of-346) and finished second in the league with 3,185 passing yards.

## MOST OUTSTANDING DEFENSIVE PLAYER



**Simoni Lawrence** anchored the Tiger-Cats' defence, recording 73 tackles, four sacks, three interceptions and two touchdowns this season. The former Minnesota Gopher finished with 60+ tackles for the seventh consecutive campaign. The Tiger-Cats allowed the fewest rushing yards in the league (79.6 per game) and finished second in points allowed (17.4 per game). This is Lawrence's third nomination for the award.

**Adam Bighill** helped lead the league's most dominant defensive unit, collecting 70 defensive tackles, three tackles for a loss, two sacks and two interceptions this season. Bighill is a two-time Most Outstanding Defensive Player (2015 and 2018). Winnipeg allowed 13.4 points per game – the ninth lowest mark in CFL history and the lowest since 1970. The team led the league in lowest opponent net offence (281.3 yards per game) and passing yards allowed (216.4 yards per game).

Lawrence and Bighill went head-to-head for the award in 2015.

## MOST OUTSTANDING CANADIAN

The graphic features two CFL players in action. On the left is David Ménard, wearing a Montreal Alouettes jersey with number 52. On the right is Bo Lokombo, wearing a BC Lions jersey with number 20. In the center is a shield-shaped logo with 'CFL AWARDS' and the number '108' below it. The background has a geometric pattern of lines.

**DAVID MENARD**  
MONTREAL ALOUETTES

**BO LOKOMBO**  
BC LIONS

**MOST OUTSTANDING CANADIAN**

David Ménard's career-high eight sacks led the way as the Alouettes topped the CFL with 49. The Chicoutimi, Que., native added a personal-best 18 tackles, as well as, two forced fumbles, a pass knockdown and a tackle for a loss.

Despite the shortened season, Bo Lokombo fell just five tackles shy of his career-high of 71, while equaling his personal-best in sacks (four) and establishing a new benchmark in interceptions (three). The six-year veteran finished sixth in defensive plays (92), while adding his first career touchdown. The former Oregon Duck also notched 11 special teams tackles.

## MOST OUTSTANDING OFFENSIVE LINEMAN

The graphic features two CFL players in action. On the left is Brandon Revenberg, wearing a Hamilton Tiger-Cats jersey with number 55. On the right is Stanley Bryant, wearing a Winnipeg Blue Bombers jersey with number 66. In the center is a shield-shaped logo with 'CFL AWARDS' and the number '108' below it. The background has a geometric pattern of lines.

**BRANDON REVENBERG**  
HAMILTON TIGER-CATS

**STANLEY BRYANT**  
WINNIPEG BLUE BOMBERS

# MOST OUTSTANDING OFFENSIVE LINEMAN

This is **Brandon Revenberg's** second nomination for the award. The Essex, Ont., native guided the Tiger-Cats to the East Division's second seed. Hamilton finished with the second highest pass efficiency and the second-best pass completion rate, while averaging more than 100 rushing yards per game.

**Stanley Bryant** has been named the West Division nominee for a fourth consecutive season with his lone win coming in 2019. The former East Carolina Pirate led a Blue Bombers offensive line that allowed a league-low 16 sacks, while topping the CFL in offensive points (23) and finishing second in rushing yards (119.7).

Revenberg and Bryant were named finalists for the award in 2018.

## MOST OUTSTANDING SPECIAL TEAMS PLAYER

The graphic features a central shield-shaped logo with the CFL logo at the top, the word 'AWARDS' in the middle, and the number '108' at the bottom. To the left is a black and white photo of Rene Paredes in a Calgary Stampeders uniform, with a horse logo and 'TELUS Stampeders' visible. To the right is a black and white photo of DeVonte Dedmon in an Ottawa Redblacks uniform, with 'OTTAWA' and a circular 'R' logo visible. Below each photo is a black box with the player's name in large, bold, white letters and their team name in smaller white letters below it.

**RENE PAREDES**  
CALGARY STAMPEDERS

**DEVONTE DEDMON**  
OTTAWA REDBLACKS

# MOST OUTSTANDING SPECIAL TEAMS PLAYER

**DeVonte Dedmon** topped the CFL in punt returns (48), punt return yards (737), kickoff returns (49) and kickoff return yards (1,223). The William & Mary product's 2,063 combined return yards more than doubled his previous best. The sophomore added to his career year with a trio of return touchdowns and was the only player in the league to notch more than one.

**Rene Paredes** made 44-of-48 field goal attempts (91.7 per cent) en route to 155 points. The former Concordia Stinger matched his career-high of six field goals twice. His 21 points in Week 11 established a new personal best for the 10-year veteran.

## MOST OUTSTANDING ROOKIE

The graphic features a central shield-shaped logo with the CFL logo and the word 'AWARDS' below it, with the number '108' at the bottom. To the left is a black and white photo of Peter Nicastro in a Toronto Argonauts uniform, with the team's logo below. To the right is a black and white photo of Jordan Williams in a BC Lions uniform, with the team's logo below. At the bottom, a large black banner contains the text 'MOST OUTSTANDING ROOKIE' in white.

**PETER NICASTRO**  
TORONTO ARGONAUTS

**JORDAN WILLIAMS**  
BC LIONS

**MOST OUTSTANDING ROOKIE**

**Peter Nicastro** started in each of his 11 games played this season. The 2021 seventh overall selection, who starred for his hometown Calgary Dinos, was an integral part of an offensive line that allowed the third fewest sacks (32), while recording the second most first downs (294) and the third most passing yards (3,664).

In 14 games, Jordan Williams collected 92 defensive tackles to finish second in the league, breaking the Canadian rookie record of 75 (in 18 games) set by Mike O'Shea in 1993. The Sacramento State product added five special teams tackles, two knockdowns, a sack and an interception on the year.

This is the second time in CFL history that two Canadians will compete for the league's top rookie honour. Orville Lee and Jeff Fairholm were finalists for the award in 1988.

## COACH OF THE YEAR

The graphic features a central shield-shaped logo with the CFL logo and the word 'AWARDS' below it, with the number '108' at the bottom. To the left is a black and white photo of Ryan Dinwiddie wearing a Toronto Argonauts cap, with the team's logo below. To the right is a black and white photo of Mike O'Shea wearing a Winnipeg Blue Bombers cap, with the team's logo below. At the bottom, a large black banner contains the text 'COACH OF THE YEAR' in white.

**RYAN DINWIDDIE**  
TORONTO ARGONAUTS

**MIKE O'SHEA**  
WINNIPEG BLUE BOMBERS

**COACH OF THE YEAR**

# CFL COACH OF THE YEAR

In his first season at the helm of the Argonauts, Ryan Dinwiddie captained the team to a 9-5 mark to sail away with the East Division crown. Toronto went 6-1 at home and finished with a 6-2 record against east opponents. The Elk Grove, Calif., native successfully turned around a team that finished 4-14 in 2019.

Mike O'Shea led Winnipeg to a league-best 11-3 record, including a perfect 7-0 performance at IG Field and an 8-1 mark against divisional opponents. The North Bay, Ont., native is the longest-serving coach in the CFL with seven seasons. His 0.786 winning percentage in 2021 surpassed his previous best of 0.667, set with a 12-6 record in 2017.

<https://www.cfl.ca/2021/11/25/collaros-stanback-headline-2021-cfl-award-finalists/>

## ALL-STARS! REDBLACKS GET THREE ON CFL EAST TEAM, SIGN GOSSELIN, DUBOIS AND ONYEKA | TIM BAINES NOVEMBER 24, 2021



Three Ottawa Redblacks and two other players with Ottawa connections have been selected to the Canadian Football League East Division all-star team, which was announced Wednesday.

Middle linebacker Avery Williams, punt/kickoff returner DeVonte Dedmon and punter Richie Leone are the Redblacks all-stars. Toronto Argos receiver Kurleigh Gittens Jr. and Hamilton Tiger-Cats safety Tunde Adeleke – both from Ottawa – also made the list.

At quarterback in the East is Toronto's McLeod Bethel-Thompson. At running back is Montreal's William Stanback. On the offensive line, it's centre Peter Nicastro (Toronto), tackles Chris Van Zeyl (Hamilton) and Landon Rice (Montreal) and guards Kristian Matte (Montreal) and Brandon Revenberg (Hamilton). At receiver, it's Jake Wieneke and Eugene Lewis (Montreal), Gittens Jr. and Tim White and Jaelon Acklin (Hamilton).

At kicker, it's Toronto's Boris Bede.

On the defensive line, it's tackles Shawn Oakman (Toronto) and Dylan Wynn (Hamilton) and ends David Menard (Montreal) and Ja'Gared Davis (Hamilton). At linebacker, it's Chris Edwards (Toronto), Williams and Simoni Lawrence (Hamilton). At defensive back, it's corners Money Hunter (Montreal) and Jumal Rolle (Hamilton), halfbacks Shaquille Richardson (Toronto) and Cariel Brooks (Hamilton) and Adeleke.

The all-stars were selected by voting members of the Football Reporters of Canada from the East Division markets and the national chapter, as well as the East Division head coaches. The 2021 CFL all-stars (combined East and West) will be announced in late December.

The Redblacks also announced Wednesday they have signed fullbacks Anthony Gosselin and Marco Dubois and defensive lineman Kene Onyeka to contract extensions for 2022.

Gosselin will return for a fifth season. A key special teams player, the 29-year-old appeared in 12 games, catching four passes for 20 yards. The 26-year-old Dubois, another key special teamer, appeared in 13 games in his third CFL season and caught two passes for 29 yards. The 25-year-old Onyeka, a former Carleton Raven, had 14 defensive tackles, eight tackles on special teams, a forced fumble and the first two sacks of his CFL career.



# Ottawa Redblacks

Redblacks 16 Elks 12	<b>Final</b> Aug. 7	Redblacks 10 Roughriders 23	<b>Final</b> Aug. 21
Lions 24 Redblacks 12	<b>Final</b> Aug. 28	Alouettes 51 Redblacks 29	<b>Final</b> Sep. 3
Redblacks 13 Lions 45	<b>Final</b> Sep. 11	Tiger-Cats 24 Redblacks 7	<b>Final</b> Sep. 22
Elks 24 Redblacks 34	<b>Final</b> Sep. 28	Redblacks 16 Argonauts 35	<b>Final</b> Oct. 6
Redblacks 16 Alouettes 20	<b>Final</b> Oct. 11	Alouettes 27 Redblacks 16	<b>Final</b> Sat., Oct. 16
Redblacks 3 Tiger-Cats 32	<b>Final</b> Oct 23	Stampeders 26 Redblacks 13	<b>Final</b> Oct 29
Argonauts 23 Redblacks 20	<b>Final</b> Nov 6	Redblacks 19 Alouettes 18	<b>Final</b> Fri, Nov 19

## DON'T CHANGE MUCH

Where guys go to get healthy



# 5 SIMPLE STRETCHES THAT BLOW LOWER BACK PAIN AWAY

BY DR. MICHAEL MARTIN  
| NOV 16, 2021

From an appreciation for football and hockey to a love of explosions—the bigger, the better—some guys have plenty in common. But millions of Canadian men share something else that's a lot less fun: lower back pain. Four out of five men suffer from it at some point in their lives, with [severe back pain](#) flaring up most often in guys between the ages of 30 and 50.

As a chiropractor, I see many men who come in over the age of 30 with lower back pain. Unfortunately, as we age, back pain often increases. For anyone over the age of 40 (including myself), we all know that aches and pains are a part of the aging process.

Daily stretches can help reduce back pain by releasing tension in the muscles around your spine. Releasing this tension helps with flexibility and overall mobility. Without flexibility, your movements will be limited, and your body will feel stiff, which causes more pain.

I have your back though—pun intended—with five simple stretches that will ease muscle and ligament stress which often causes back pain. You can do these lower back pain stretches every day before bed or as a part of your morning routine.

# Easy lower back stretches for men

## Cat-cow stretch (yes, the cat-cow stretch)



**Step 1:** Get down on your hands and knees and place your knees hip-width apart.

**Step 2:** Arch your back by pulling your belly button up toward your spine, letting your head drop forward while gently exhaling. This is the “cat” part of the stretch. If you’d rather be a tiger, go for it!

**Step 3:** Hold for five seconds, feeling a gentle stretch in your lower back. Return to the starting position.

**Step 4:** Raise your head up and curve your back down toward the floor while gently inhaling. This is the cow portion of the stretch (it can also be called the raging bull portion). Hold for five seconds, then return to the starting position.

Repeat 10 times.

## Knee-to-chest



**Step 1:** Lie on your back with knees bent and feet flat on the floor, grass, beach, whatever. So far, so good!

**Step 2:** Grab your right lower leg with both hands and clasp your wrists just under the knee.

**Step 3:** Keeping your left foot flat, gently pull your right knee up to your chest until you feel a slight stretch in your lower back. That stretch means it's working!

**Step 4:** Hold your right knee against your chest for around 30 seconds, making sure to keep your legs, hips, and lower back relaxed.

**Step 5:** Release your right knee and return to the starting position.

Repeat steps 2-4 with your left leg and repeat three times for each leg. Easy does it!

## Pelvic tilt



**Step 1:** Lie on your back with knees bent, feet flat, and arms by your sides. Your spine's natural curve will lift your lower back slightly off the floor.

**Step 2:** Gently arch your lower back and push your stomach out. Hold for 5 seconds, then relax.

**Step 3:** Push your pelvis slightly up toward the ceiling without leaving the floor. At the same time, tighten your abdomen and butt. This should press your lower back into the floor. Hold for 5 seconds, then relax.

Repeat 10 times.

### Belly flops



**Step 1:** Yelling "Kowabunga!" (if you feel like it), roll up a towel or blanket lengthwise and place it horizontally in front of you.

**Step 2:** Lie front side down over the towel or blanket, so your hips are pressing into it. Relax your body, turning your head to either side.

Stay in this position for about a minute and repeat twice, resting for a minute between sets.

### Trunk rotation



**Step 1:** Again, lying on your back, bring your knees up toward your chest like you're sitting in a chair.

**Step 2:** Reach your arms out to the sides with your palms facing the ground.

**Step 3:** Keeping your knees together and hands in place, gently roll both bent knees over to your right side and hold for around 15 seconds.

**Step 4:** Return to the starting position and repeat Step 3 on your left side.

Repeat five times on each side. Your back will thank you!

Can a daily stretching routine help lower back pain? You bet it can! Do just one of these simple moves for a few minutes every day, and back pain will melt away like the bad guys' faces in Raiders of the Lost Ark. You'll be kicking butt like Indiana Jones in no time!

If your back pain is chronic or severe, it's always recommended you see a specialist to make sure you're doing exercises that are right for you.

<https://dontchangemuch.ca/activity/5-simple-stretches-blow-lower-back-pain-away/>



THE PAIN YOU FEEL TODAY  
WILL BE THE  
**STRENGTH**  
YOU FEEL TOMORROW

## **CLOAA ANNUAL GENERAL MEETING**

On November 2<sup>nd</sup> we held our 2021 CFL Ottawa Alumni Association Annual General Meeting (AGM) at Local Heroes restaurant on Clyde Avenue here in Ottawa. It was not possible for all of the CFLOAA membership to attend and so we are including the minutes from our 2021 AGM in this newsletter for your information.

During the AGM we provided those in attendance updates on several ongoing alumni matters, our CFLOAA financial practices, the 2021 budget and a request for an increase in our CFLOAA membership fees starting in 2022 which was passed.

Please take a few minutes to review the minutes from our 2021 AGM below and if you have any questions please feel free to contact any member of our CFLOAA Executive and we will be happy to provide you with any additional information we can.

Jeff Avery

**CFL Ottawa Alumni Association  
2021 Annual General Meeting  
November 2, 2021, Local Heroes, Ottawa**

**MINUTES**

**CFLOAA Board Present:** Jeff Avery, President/Chair, Jim Cain, Vice-President (minutes), Dan Dever, Treasurer, Gary Page, Warner Miles, Dick Dinelle, Steve Glenn

**Regrets:** Bob McKeown

**Welcome/Call to order**

Jeff called the meeting to order at 12:30 pm. Quorum was confirmed since 18 paid up members were present (based on our Constitution a quorum is defined as 10 or more paid up members).

**CFLOAA Updates-Jeff**

Jeff provided these CFLOAA updates:

- ◆ The 2021 membership drive organized by Warner and Jim with files provided by Dan was a huge success. We now have 107 paid members up from 89 in 2020. Nineteen of 2021 members were not members in 2020. The current total is excellent since when the Grey Cup was in Ottawa in 2017, we had a high of 110 members. We also did very well compared to most other local alumni associations as learned in a recent CFLAA survey; we also would have had a few more members if we had had a golf tournament last year since some guys usually sign up prior to that event. 75% renewed their memberships for 3 years.
- ◆ We now also have 16 Honourary members (widows of former players) who do not pay membership fees.
- ◆ CFLOAA newsletters are sent to over 200 including many former CFL Ottawa players who are not members and/or live in the US or outside Ontario. Content has been limited a bit this year with no major CFLOAA activities taking place
- ◆ We are expecting to hold our annual CFLOAA Coaches Luncheon in March 2022 and the CFLOAA Golf Tournament at the end of July again in 2022.
- ◆ The CFLOAA Website is still a work in progress, team pictures under the history tab are now up to 50 starting with the 1886 "Sturdy Ottawa Football Team" as named in the newspaper photo. Many have contributed their team photos but thanks to Warner Miles and Gord Weber for their efforts in getting the pictures photographed and Jim McAuley for finding many of them due to his research in old newspapers.
- ◆ With the recent passing of Gord Bunke and Bob Pekarchuk the CFLOAA Board have welcomed two new members to our CFLOAA Executive. Dick Dinelle (non player) and Steve Glenn (Renegades).

**President's Opening Remarks re AGM**

Jeff stated it was our intention to hold a 2020 AGM in April 2020 but due to Covid it was postponed.

- ◆ An AGM's general purpose is to present financial information to its membership, receive director's reports, and to consider motions brought to the floor.
- ◆ Our financial report is an unaudited report. Thanks to Bruce Hillary we had Bruce's friend, retired accountant Jim Wright, review our method of presentation of our financial information in early 2020. He told us that he thought everything was well organized and identified clearly as to what the expenditures were and should provide any interested members all the information that they needed.
- ◆ As for voting during the AGM, all current paid members may vote, and you can certainly ask questions at any time. Any items to be voted on must be first offered as a motion by a voting member, the item must then be seconded by another voting member and then a vote by a show of hands is acceptable to consider the motion.

Since this is our first AGM there were no prior minutes to be accepted.

**CFLOAA Financial Practices/ Presentation of our CFLOAA financial information**

Before the financial information was presented Jeff outlined the **CFLOAA Board's financial procedures**.

- ◆ All major expenditures are approved by the CFLOAA Board. The Treasurer (Dan), the President (Jeff) and the Vice-President (Jim) have signing authority with the Bank; 2 signatures are required.
- ◆ Our year end is December 31.
- ◆ The Treasurer logs all transactions into the CFLOAA Journal as they occur.
- ◆ The bank statements are verified each month by Dan and Jim. Any issues are presented to the Board.
- ◆ A final Income Statement is prepared which compares the Actual totals with the Budget as well as the beginning and year-end bank balances.
- ◆ Early in the year a draft Budget is prepared by the Executive of the CFLOAA Board based on the previous years plus allowing for any upcoming special events and/or any one-time tasks.
- ◆ The final Income Statement and the draft Budget are then presented to the CFLOAA Board of Directors for approval and/or changes.
- ◆ This final Income statement is then made available to CFLOAA members as part of the Annual AGM.

**The Income Statement/Budget for 2021** was then provided to everyone for discussion.

- ◆ Jim explained that the 2021 budget was produced on January 13, 2021 and approved by the CFLOAA Board on June 10 (this meeting was delayed by Covid).
- ◆ The Income Statement provided to attendees includes final numbers for both 2019 and 2020. 2019 was included because it was the last year, we held the CFLOAA golf tournament.
- ◆ Jeff told everyone, the tournament organized so well by Gary Page, is run as close to a break even as possible. Where we do make a profit is from the raffle, organized successfully for so many years, by the late Gord Bunke and Dick Dinelle. These dollars allow us to provide some support for both the Ottawa U and Carleton's football programs.
- ◆ Dan also pointed out that unfortunately we no longer have the Sens box previously provided by John Ruddy due to his dispute with Eugene Melynk which used to raise about \$700 for our alumni.
- ◆ Jim explained the Wall of Fame item and the Hall of fame item.
- ◆ Jim also discussed the Coaches luncheon which lost \$919.44 last year. A smaller loss was budgeted for but because of a large increase in the food costs at Kanata the loss was increased. We charged our guests \$35, and the food cost turned out to be \$34.84. This event is very important since it our one opportunity each year to interact with the Redblacks. In most years the Coaches and the GM have attended as well as the CEO Mark Goudie. They have also supplied some prizes for our raffle.
- ◆ There was some discussion of charging a fee to CFLOAA members, but the consensus was that we want to continue to provide free lunches for our members as a key perk of their membership.
- ◆ Bill Houldsworth made a motion to approve the Income Statement, seconded by Dan Dever. The motion was passed.

**Director's Report-Increase of CFLOAA membership fees for 2022**

- ◆ At our September 21 CFLOAA Board meeting a possible increase in membership fees for 2022 was discussed. We ordinarily would have increased our membership fees for 2021 but did not due to Covid. Based on a recent CFLAA survey of Local Associations most associations have an annual membership fee of \$50. The Board discussed some options, and it was decided to increase our membership fees for 2022 to \$45 for one year and \$115 for 3 years. For 2021 the 3-year rate is a 14.3 % discount. Presently one year is \$35 or \$90 for 3 years (saves \$25); Proposed \$45 for 1 year or \$115 for 3 years (saves \$20).
- ◆ There was some discussion of whether we should go immediately to the \$50 fees used in many other CFL Alumni Associations, but a more gradual approach seemed to be the consensus.
- ◆ Dan Dever made a motion to approve the increase membership fees by the suggested amounts for 2022, seconded by Bruce Hillary. The motion was passed.

**New Business** – None

**Closing** - There being no further business the Annual General Meeting ended at 1:15 pm.



## President's Year End Message

We are quickly closing in on the end of another year and once again it has been unique in its challenges. On the good news front for 2021, we did see a return of CFL football across our country that will culminate with the 108th Grey Cup to be played in Hamilton on December 12th. Locally, certainly not the "on field" success the REDBLACKS were expecting this year but the emergence of some young talent, key players resigned and now the anticipation of who the next general manager will be all have local football fans looking forward to hopefully better results down at TD Place in 2022.

As for our CFL Ottawa Alumni Association, we were able start up our monthly Huddles again at Local Heroes on Clyde Avenue in October and we managed to hold our Annual General Meeting in November. The minutes for which can be found in this month's CFLOAA newsletter. Your CFLOAA Executive has started the planning process to once again host our very popular REDLACKS Coaches Luncheon in March of 2022 and the annual CFLOAA Golf Tournament on Friday, July 30th out at Highlands Golf and Country Club! We are also hopeful that the REDBLACKS will once again be offering half time events during their home games in 2022 which means we will be able to honour these two fellow alumni, Gerry (Soupy) Campbell and Ken Lehmann who are next scheduled to go up on the Wall of Honour at TD Place. Stay tuned, we will share the details for each of our upcoming CFLOAA events as we finalize arrangements.

I would like to suggest that you take a few minutes to visit our CFLOAA website and review the team photos that now reside under the "History" tab on the home page. Shown there are more than 50 different year's team photos that we have been able to download onto the site. If you don't see your team photo there, we would be more than happy to borrow yours (framed or not) and have it photographed so it to can be downloaded onto our CFLOAA website.

From our entire CFLOAA Executive I wish to thank you all for your support and wish you and your families a Very Merry Christmas and all the very best for the upcoming new year!

Jeff Avery  
CFLOAA President

### CHRISTMAS in the RED ZONE 2021

Two terrific people, Jeff and Danielle Avery have asked me to share a thoughtful blessing as part of this informative, Christmas edition. We are all too familiar with this season of every year with planning and presents and buying and cooking. Sometimes we might even be overwhelmed with all that is expected, desired or mandated. Some might even regret all the hype and prefer to ignore the festivities altogether.

Well, I have good news for you...its all about what happens in the RED ZONE. You know the significance of this from being lifetime football fanatics or friends of fanatics. So, what happens in this RED ZONE?

Thousands of years ago we know that God entered the RED ZONE. The bible reports that in the most critical time in history (the fullness of time) God needed to 'score' to redeem His people. This remains the most significant expression of love ever presented to humanity. God sent His only Son that we might receive the adoption as sons. It worked miraculously! Jesus was born to Mary under very difficult circumstances, under Roman rule and in a poor city. This was the good news of the day...the Deliverer had delivered the perfect pass...in the RED ZONE.

Christmas is also about gifts because Shepherds and Kings gave presents to the baby Jesus. This Christmas you too can score and score well. Prepare well and make gratitude your song. Provide for your family of course but the rich blessings of giving to others is the real target of the RED ZONE. Don't hold back, give generously and joyfully to neighbours and to those much less fortunate.

Be blessed friends of Football and of the Alumni Association. Life often delivers a RED ZONE opportunity. This Christmas can be ONE.

# CFLOAA EXECUTIVE COMMITTEE



Jeffrey Avery  
President



Jim Cain  
Vice President



Bob McKeown  
Research



Dan Dever  
Treasurer



Gary Page  
Golf Tournament Organizer



Warner Miles  
Social Media &...



Dick Dinelle  
Executive Board Member



Steve Glenn  
Executive Board Member

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