

CFLOAA NEWSLETTER | JULY 2019 EDITION

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CFLOAA ANNUAL GOLF TOURNAMENT HYLANDS GOLF & COUNTRY CLUB AUGUST 2, 2019 REGISTER TODAY! FORM ENCLOSED IN THIS NEWSLETTER

IN MEMORIAM





MERV COLLINS 1933-2019 **CFL CAREER** 1953-1954 **TORONTO ARGONAUTS** 1955 HAMILTON **TIGER-CATS** 1956-1965 OTTAWA **ROUGH RIDERS** 1966 EDMONTON **ESKIMOS** POSITION -**GUARD GREY CUP** CHAMPION 1960



GAME SUMMARY

The Empire stadium field was slippery and favoured the defences.

Ottawa scored in the first quarter with a Gary Schreider 16-yard field goal.

In the second quarter, Edmonton quarterback Jackie Parker passed to Jim Letcavits for a 63-yard touchdown. The Ottawa defender attempted to make the interception but Letcavits took the ball away from him and ran untouched to the end zone. The convert attempt failed.

Ottawa replied on the next series with a 72-yard drive. On the Eskimo 32 yard line, Ottawa quarter-back Russ Jackson faked a handoff and rolled to the weak side on a bootleg. Jackson found Bill Sowalski for a touchdown. Schreider missed the convert.

In the fourth quarter, Edmonton punt returner Joe Bob Smith fumbled on his own two yard line after being hit by Lou Bruce. Ottawa's Kaye Vaughan recovered the ball as it rolled into the end zone. Schreider converted the score.

Parker ran back the ensuing kickoff 74 yards but Edmonton could not take advantage.

Fans rushed onto the field with 41 seconds left to play. The officials had to cancel the remainder of the game.

Ottawa running back Ron Stewart was named the game's Most Valuable Player.

Edmonton had only 44 yards rushing.

It was Ottawa's first Grey Cup since 1951. https://en.wikipedia.org/wiki/48th Grey Cup



AUGUST 2, 2019

Annual Golf Tournament & BBQ

Hylands Golf & Country Club

Registration Open 7:00am Shot Gun Start 7:45am Lunch 12:30pm

*Registration Open to CFLOAA Alumni & Guests Only



REGISTRATION DEADLINE - JULY 22

MEMBERS - \$90.00 NON-MEMBERS - \$100.00

Good Friends, Good Food, Good Times...ALL DAY LONG!!



2019 CFL OTTAWA ALUMNI GOLF TOURNAMENT

Friday, August 2nd, 2019 @ 7:30 am Hylands Golf Club, 2101 Alert Road, Ottawa Shotgun start at 7:45 am /4 person scramble

ENTRY FEES: \$90.00 per paid up alumnus / \$100 per non-paid up alumnus or quest. INCLUDES: Green fees, electric cart, BBQ lunch and prizes.

APPLICATIONS & ENTRY FEES MUST BE RECEIVED NO LATER THAN July 19th.

To register complete this form & make your cheque payable to "CFL Ottawa Alumni". Please forward your cheque and completed form to:

*Individuals or pairs of golfers are welcome and we'll put you in a foursome.

Dan Dever 43 McLaughlin Crescent Kanata, ON, K2L 2P9 Interact payments gladly accepted by Dan at danwdever@msn.com

E-transfers are also welcome direct to danwdever@msn.com

NAMES OF ALUMNI & GUESTS

Eirst Cart: Second Cart	Golfer 2: _			
	Golfer 4: _			_
Write a cheque receipt) and v	ue for \$200 to or we'll put a sign o	RSHIP FOR CHARITIES: ne of our designated cha on one of the holes with y st below and we'll contact	rities (they will provid our name or your bu	siness' name on it.
Your Name			☐ Christie Lak	е
Contact_info)		Prostate Cana	da

Should you have any questions please contact our Tournament Coordinator, Gary Page at gpmail@sympatico.ca or at 613-836-7999



CAREER HISTORY

- Named Cardinals pass game coordinator/quarterbacks coach on 1/22/19.
- Coached for 11 seasons with the Packers (2006-16). In his 11 seasons with Green Bay, the Packers finished top-10 in the NFL in total offense nine times, made the postseason nine times and won Super Bowl XLV following the 2010 season.
- During his tenure with the Packers, Clements helped with the development of QB Aaron Rodgers who was selected to six Pro Bowls and earned NFL MVP honors in 2011 and 2014.
- In three seasons as offensive coordinator with Green Bay (2012-14), the Packers ranked #3 in the NFL in scoring (27.8 ppg), #5 in total offense (381.9 ypg), #3 in giveaways (54) and #5 in first downs (1,048).
- The Packers finished top-10 in the NFL in scoring in each season Clements worked as offensive coordinator, including in 2014 when the Packers led the NFL with 486 points.
- Clements also coached QB Brett Favre, who in 2007 was selected to the Pro Bowl after throwing for more than 4,000 yards for the fifth time in his career and led the Packers to the NFC Championship game.

Tom Clements (CLEM-ents) is in his first season with the Cardinals after being named pass game coordinator/quarterbacks coach on 1/22/19. Clements is a 24-year coaching veteran who has spent 20 seasons as an assistant coach in the NFL, including five seasons as an offensive coordinator.

He worked for 11 seasons with Green Bay as quarterbacks coach (2006-11), offensive coordinator (2012-14) and as associate head coach/offense (2015-16). Prior to coaching with the Packers, Clements served as the offensive coordinator with Buffalo (2004-05) and as a quarterbacks coach with Pittsburgh (2001-03), Kansas City (2000) and New Orleans (1997-99).

In Clements' 11 seasons with Green Bay, the Packers finished top-10 in the NFL in total offense nine times, made the postseason nine times and won Super Bowl XLV following the 2010 season. During his tenure with the Packers, Aaron Rodgers was selected to six Pro Bowls (2009, '11-12, '14-16) and earned NFL MVP honors in 2011 and 2014. Rodgers became the first QB in NFL history to register a 100+ rating in six consecutive seasons (2009-14).

He has coached 13 different offensive players to a total of 21 Pro Bowls and tutored five quarterbacks who had 13 total 3,000-yard passing seasons, including eight 4,000-yard campaigns.

While working as offensive coordinator with Green Bay, the Packers ranked #3 in the NFL in scoring (27.8 ppg), #5 in total offense (381.9 ypg), #3 in giveaways (54) and #5 in first downs (1,048). The Packers finished top-10 in the NFL in scoring in each of the three seasons Clements worked as offensive coordinator, including in 2014 when the Packers led the NFL with 486 points scored.

Selected as the NFL MVP for the second time in his career in 2014, Rodgers finished the year #2 in passer rating (112.2), #3 in TD passes (38) and had 13 games without an INT, the third-most in league history. WR Jordy Nelson set a single-season franchise record with 1,519 receiving yards and teamed with WR Randall Cobb to become the first duo in NFL history to each have 90+ receptions, 1,200+ yards and 12+ TD receptions as both were selected to the Pro Bowl. RB Eddie Lacy became just the sixth player in Packers history to record back-to-back 1,000-yard rushing seasons with 1,139 yards in 2014 after rushing for 1,178 yards as a rookie in 2013.

In 2016, the Packers ended the season on a six-game winning streak to clinch their eighth consecutive playoff appearance, a franchise record. Rodgers threw 15 TDs and no INTs during that six-game stretch and led the Packers to an appearance in the NFC Championship. He increased his own NFL record by posting his sixth career season with 500+ attempts and eight or fewer INTs (610 attempts/7 INTs). In 2015, the Packers tied a franchise record with eight turnover-free games and allowed just 17 giveaways, the 5th fewest in team history. Rodgers tied for the NFL lead with 39 completions of 25+ yards and was 3rd in the league in TD/INT ratio (3.88).

Green Bay led the NFL with 486 points (30.4 ppg) in 2014, the second most in team history (560 in 2011). The Packers set a new franchise record and tied for the NFL lead with only 13 giveaways and also set a franchise single-season record with 356 first downs.

In 2013, the Packers ranked #3 in the NFL with 6,404 yards of total offense, the second most in team history. Green Bay finished top-10 in the league in total passing (#6) and rushing (#7) yards for the first time since 2004 and ranked 3rd in the NFL with 76 plays of 20+ yards. They averaged 133.5 rushing yards per game that season, the team's best mark since 2003 and the sixth-best dating back to the 1970 merger. Lacy's 1,178 rushing yards were the most by a rookie in team history as he was selected to the Pro Bowl and was named NFL Offensive Rookie of the Year.

Clements coordinated a Packers offense in 2012 that finished #5 in scoring (27.1 ppg), tied for #2 in giveaways (16) and #3 in red zone efficiency (68.1%). At that time, the Packers 68.1% red zone efficiency was the team's best mark since the stat was first recorded in 1995. Rodgers led the NFL with a 108.0 passer rating for the second straight season and finished second in the league with 39 TD passes. WR James Jones led the NFL with 14 TD receptions, becoming the first Packer to lead the league in that category since WR Sterling Sharpe (18) in 1994, and TE Jermichael Finley set a single-season franchise record for receptions by a tight end (61).

Clements began his tenure with the Packers as quarterbacks coach in 2006 and helped Brett Favre, who in 2007 was selected to the Pro Bowl after throwing for more than 4,000 yards for the fifth time in his career and led the Packers to the NFC Championship game. Rodgers became the Packers starter in 2008 and threw for 4,038 yards, giving Green Bay consecutive seasons with a 4,000-yard passer for just the second time in team history and for the first time in league history those passers were different quarterbacks.

Rodgers earned his first MVP award in 2011 after setting an NFL single-season record with a 122.5 passer rating and franchise marks for TD passes (45), passing yards (4,643), completion percentage (68.3), yards per attempts (9.25), and 300-yard games (eight). QB Matt Flynn set a single-game Packers record with 480 passing yards and six TDs in the 2011 season finale. Combined with Rodgers five passing TDs the previous week, it marked the first time in NFL history that a team had two different QBs each throw 5+ TD passes in consecutive games.

Prior to joining Green Bay, Clements spent two seasons (2004-05) as the offensive coordinator in Buffalo, helping the Bills increase their scoring output by 152 points in his first season in 2004. RB Willis McGahee become just the fifth player in team history to register back-to-back 1,000-yard rushing seasons, and QB Kelly Holcomb set a Bills franchise single-season record with a 67.3 completion percentage in 2005.

He spent the previous seven years as a quarterbacks coach with Pittsburgh (three seasons), Kansas City (one season) and New Orleans (three seasons). Clements helped Elvis Grbac (Chiefs in 2000) and Kordell Stewart (Steelers in 2001) earn Pro Bowl selections while Tommy Maddox (Pittsburgh) was named NFL Comeback Player of the Year in 2002.

Clements got his start in coaching at his alma mater, Notre Dame, spending four seasons (1992-95) working under Lou Holtz. He began his coaching career with the Fighting Irish as the team's quarterbacks coach for three seasons before serving as wide receivers coach/assistant head coach in 1995. At Notre Dame, he coached 1993 NFL Rookie of the Year QB Rick Mirer and WR Derrick Mayes, a second-round selection of Green Bay in 1996. In addition, he tutored QB Ron Powlus, Notre Dame's career passing leader in attempts, completions, yardage and TDs at the time of his graduation.

Clements played 12 years in the Canadian Football League as a quarterback and was a seven-time divisional All-Star, 1987 CFL MVP, 1975 CFL Rookie of the Year and two-time Gray Cup Champion with Ottawa (1976) and Winnipeg (1984), earning the Outstanding Offensive Player award in each game. He played with the Ottawa Rough Riders (1975-78), Saskatchewan Roughriders (1979), Hamilton Tigers-Cats (1981-82) and Winnipeg Blue Bombers (1983-87) in his CFL career and completed 2,807-of-4,657 attempts (60.3%) for 39,041 yards and 252 TDs. Clements was inducted into the CFL Hall of Fame in 1994. He spent the 1980 season with the Kansas City Chiefs.

As a college player, Clements was a three-year starter at Notre Dame (1972-74) under Ara Parseghian and led the Irish to a 29-5 record, including an undefeated national championship season in 1973. An All-American in 1974, Clements finished fourth in Heisman Trophy voting that season. He received a bachelor's degree in Economics from Notre Dame in 1975.

Following his playing days, Clements, a licensed attorney, worked from 1988-92 for Bell, Boyd & Lloyd (now known as K&L Gate), a Chicago-based law firm. He pursued his law degree during his playing days and graduated magna cum laude from Notre Dame Law School in 1986. While working on Notre Dame's staff in 1994, Clements served as an adjunct associate professor of law where he taught "Sports and the Law."

Clements and his wife, Kathe, have a daughter, Stevie, and a son, Tommy.

https://www.azcardinals.com/team/coaches-roster/tom-clements



Alouettes hire Robert "Flash" Gordon as receivers coach By 3Down Staff - June 19, 2019

The Montreal Alouettes have hired former CFL pass catcher Robert "Flash" Gordon to be the team's receivers coach.

Gordon played 13 seasons in the CFL, six with the Bombers. During his time in Winnipeg, Gordon caught passes from current Als head coach and offensive coordinator, Khari Jones. The tandem helped the Blue Bombers reach the 2001 Grey Cup game in Montreal. His most productive season saw Gordon grab 89 balls for 1,395 yards in 2000.

Gordon started his CFL career with the Ottawa Rough Riders in 1991 and also played for the Toronto Argonauts, B.C. Lions, and Edmonton Eskimos. He finished his career with 623 receptions for 9,543 yards.

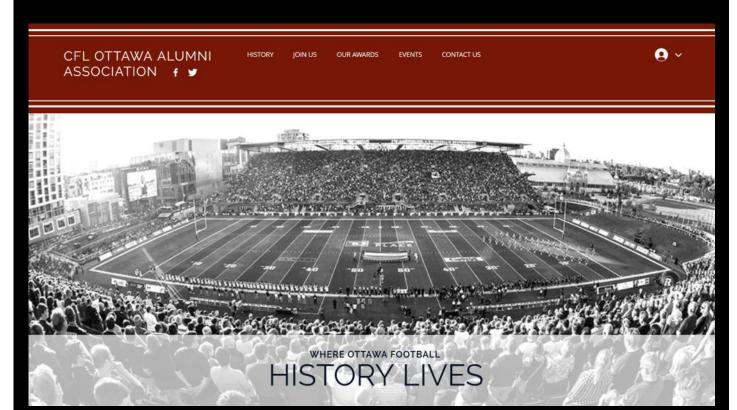
The 50-year-old coached the Omaha Mammoths in the Fall Experimental Football League in 2014.

OTTAWA RENEGADES 1991-1992 & 1996 TO OUR OWN J.T. HAY BECOMING THE CO-CHAIR FOR THE 2019 LEGEND'S LUNCHEON IN CALGARY





CFLOAA WEBSITE UNDER CONSTRUCTION



Your Executive Committee has been hard at work for some time in conversations with the Redblacks to add an alumni presence to their website. They have had a variety of changes in the marketing team and are opting now to keep their website very basic. As such we are moving forward to create a website for our membership to keep you up to date on current events, to provide a point of contact for inquiries, to maintain a brief club history and to provide the Redblacks with a link that will make our site accessible from theirs. We are currently under construction, reviewing functionality and content. We look forward to being live in the near future!

PERFECTION IS NOT ATTAINABLE, BUT IF WE CHASE PERFECTION WE CAN CATCH EXCELLENCE: VINCE LOMBARDI

REDBLACKS QB DOMINIQUE DAVIS ONE OF CFL'S TOP PERFORMERS FOR WEEK

PerforOttawa Redblacks quarterback Dominique Davis has been chosen as one of the Shaw CFL Week 2 Top Performers.

After leading his team to a win in Calgary in Week 1, Davis completed 30-of-39 pass attempts for 354 yards and three touchdowns in a 44-41 win over the Saskatchewan Roughriders Thursday night. Davis also added 43 rushing yards on five carries.

Also named Top Performers were Hamilton Tiger-Cats running back Sean Thomas Erlington (with 165 yards on the ground and in the air) and former Redblacks receiver Greg Ellingson (now with Edmonton), who had nine catches for 174 yards and two touchdowns. It was his 21st 100-plus-yard game in a seven-year CFL career.

THE END AROUND: The Redblacks are on a bye and don't play this week. Next game is July 5 at home against Winnipeg. The Redblacks have moved up a spot in the Nissan Titan CFL Power Rankings, to No. 5. Ahead of them, in order, are Winnipeg, Edmonton, Calgary and Hamilton ... Former Redblacks offensive lineman J'Micheal Deane has signed with the Eskimos.

TIM BAINES June 25, 2019





For the second straight week, the Ottawa Redblacks took their fans on a rollercoaster ride of emotions. Dominique Davis ran and passed his team to an offensive explosion as the Redblacks improved to 2-0 (they beat Calgary 32-28 Saturday to open their CFL season) with a 44-41 victory over the Saskatchewan Roughriders on Thursday night at TD Place. Davis completed 30 of 39 passes for 354 yards and three touchdowns. He also ran for 43 yards.

"It feels great," said Davis. "We played a lot better as an offensive unit than we did a week ago. I took care of the ball better. I'm just doing what the coaches call and trying to execute it the best I can."

Bye for now, 2-0 Ottawa Redblacks ready to move on to next game.

His big target on the night was Dominique Rhymes, who had 11 catches for 168 yards.

The game came right down to the final seconds, with a failed short-kick attempt by Saskatchewan.

"I really like the group, I like their mindset, they just keep plugging along and ride through the ups and downs of a football game," said Redblacks coach Rick Campbell. "We're well aware we have work to do, there's plenty of room for improvement. You can say that's not a good thing, but it's also a good thing in my books."

"I was doing a radio interview (Wednesday), I told them watch what Dom does out there this game," said Redblacks running back Mossis Madu, who rushed 14 times for 50 yards. "My man went out there and put on a clinic — he put the team on his back. The O-line was great again. That was a big-time win for us."



Jean-Christophe Beaulieu (L) and Caleb Holley celebrate a touchdown in the first half as the Ottawa Redblacks take on the Saskatchewan Roughriders in CFL action at TD Place in Ottawa. WAYNE CUDDINGTON / POSTMEDIA

The Roughriders opened the scoring 7:23 into the first quarter. After the Redblacks took a no-yards penalty, Saskatchewan QB Cody Fajardo, who completed 27 of 34 passes for 360 yards, heaved a pass downfield intended for Shaq Evans. Ottawa defensive back Chris Randle was flagged for pass interference at the Redblacks' 31-yard line. Three plays later, Fajardo found Marcus Thigpen alone in the end zone. The Brett Lauther convert made it 7-0.

The Redblacks responded late in the half, with Rhymes catching a well-thrown pass in the corner of the end zone. A two-point convert catch by Caleb Holley was wiped out by dual penalties — holding to Ottawa and illegal contact to Saskatchewan. But Davis again found Holley in the middle of the end zone and it was 8-7 for the home side. Saskatchewan took an unnecessary roughness penalty, moving the kickoff up 15 yards and Ottawa's Richie Leone kicked it into the end zone for a single.

Thirty-one seconds into the second quarter, Lauther booted a 57-yard field goal as the Roughriders took a 10-9 lead.

After a Leone punt, the Redblacks recovered the ball on the Saskatchewan 23-yard line when Antoine Pruneau knocked it out of the arms of Christion Jones and Brendan Gillanders pounced on it in a pile of players. On the next play, Davis found J-C Beaulieu breaking right along the goal line for a touchdown. The two-point convert also worked with Brad Sinopoli catching a pass and sliding into the end zone.

A nice 42-yard punt return by Ryan Lankford gave Ottawa possession of the ball on the Saskatchewan 50. Davis pinpointed a pass for a 43-yard completion to Seth Coate. On the next play, R.J. Harris fought off a defender to score a touchdown from seven yards out. Madu ran in for the two-point convert.

Some sloppy Ottawa tackling allowed Kyran Moore to gain 39 yards, to the Ottawa nine. On the next play, former Redblacks running back William Powell (who rushed 11 times for 45 yards) found daylight and scored. The convert made it 25-17 with 6:42 left in the half.

Lankford gave Ottawa great field possession, to the Ottawa 49, with a 39-yard punt return with 43 seconds left in the first half. Two passes to Rhymes set up another Ward field goal, this time from 45 yards. An Evans touchdown with four seconds left made it 31-24.

The Redblacks got a turnover on the first possession of the second half, with Avery Ellis causing a Powell fumble and Avery Williams recovering. Ward kicked a 30-yard field goal.

A Lauther field goal made it 34-27, but Ward got the three points back with a 30-yarder and Leone booted a 64-yard punt single. Then Ward connected from 28 yards.

With 5:30 left, the Riders gambled on third-and-three at the Ottawa 33. It paid off when Fajardo found Moore open at the Redblacks' six. Thigpen pushed into the end zone. But the convert missed and it was 41-33.

A 38-yard catch by Rhymes stood after a Coach's Challenge by Saskatchewan. Then Ward kicked a field goal with 1:41 left. In the final minute, Fajardo snuck in for a touchdown and Evans caught a two-point convert pass. A QB sneak by Fajardo and two-point convert with 26 seconds left made it close, but Sinopoli recovered the onside kickoff attempt.

SECOND AND LONG: Ottawa's Lewis Ward improved his professional regular-season kicking record with six field goals to give him 57 straight. ... Antoine Pruneau promised something special for the pre-game video screen introduction of his team's starting defensive lineup, and he delivered. The DB was pictured wearing glasses and reading a book — his team's playbook. Well played, sir. ... A reporter was wondering whatever happened to the cowbell lady who sat in front of the TD Place press box for so many games? More cowbell! ... Roughriders defensive lineman Micah Johnson and Redblacks offensive lineman Evan Johnson had a bumping/jawing session late in the first quarter. I'm guessing they weren't talking about the weather (which, by the way, was fantastic). ... Coming into the game, the teams had each won five times in their meetings since the Redblacks joined the CFL in 2014. ... Thursday's pre-game routine included the burger combo at South St. Burger — it never disappoints.

COLLINS WON CUP WITH RIDERS: Some sad news: Former Rough Riders offensive lineman Merv Collins died at age 85 last Wednesday after a long struggle with Alzheimer's. Collins began his football career in Toronto, then was in Hamilton briefly before joining the Riders — he won a Grey Cup with the team in 1960. After playing for Edmonton, he retired in 1967. He finished his education with a Master's degree at the University of Ottawa, then spent many years as a teacher, then started a career in human resources. In lieu of flowers, donations can be made to the Canadian Cancer Society and the Alzheimer's Society. There will be a celebration of life on Friday at TD Place, in the stadium, from 1-4 p.m.

A.C. GLAD TO BE GREEN: After signing with the Redblacks a year ago (following two seasons in Saskatchewan), defensive end A.C. Leonard had six sacks and 49 tackles. But he fell out of favour with the coaching staff late in the season and wasn't even on the roster for the Grey Cup. While Leonard says he's glad to be back in Saskatchewan, he isn't badmouthing anyone from the Redblacks through the media. "(Ottawa) was a good experience, it's a nice city," Leonard told reporters. Asked if he was disappointed with the way it all

ended here, he said: "Not at all. It's life, stuff happens. I'm cool with it. I'm here now. Saskatchewan has always been home for me. I'm happy I'm back in the Green."

THE END AROUND: Great catch by R.J. Harris near the end of the first half - he snagged the ball as he was diving near the sideline, but couldn't keep his feet in bounds. ... Just my opinion: Didn't like the Redblacks' playcalling with less than 30 seconds left. Second-and-one, rather than run for the first down and set up quickly for another play, the Redblacks unsuccessfully tried a pass, then got a Ward field goal. By not running down the clock, it also gave Saskatchewan a chance to go on offence — the Riders took two plays to find the end zone, with Shaq Evans catching a 44-yard touchdown pass. ... A Franco Harris jersey sighting in the crowd. ... Powell sat out a series after his fumble, replaced by Thigpen. ... Redblacks DL Danny Mason was helped off the field (left leg) after sacking Fajardo late in the third quarter. ... Attendance was 23,453. ... It was odd that the Roughriders got flagged for offensive pass interference late in the third quarter. Looked like receiver and defender just got tangled up. ... A shoulder hit by Makana Henry, who was in the Saskatchewan bench area, to Davis after he had been pushed out of bounds, drew a 15-yard penalty. ... Great return by Lankford on a missed convert as he zig-zagged his way through traffic before being tackled.



Saskatchewan QB Cody Fajardo tries to avoid a tackle in the first half as the Ottawa Redblacks take on the Saskatchewan Roughriders in CFL action at TD Place in Ottawa. WAYNE CUDDINGTON / POSTMEDIA

TIM BAINES JUNE 21, 2019















Week	Date	Kickoff	Team	Score	Record
Pre Season	June 2	7:00pm	HAM @ OTT	25-21	
Pre Season	June 6	7:30pm	OTT @ MTL	20-20	
1	June 15	7:00pm	OTT @ CGY	32-28	1-0
2	June 20	7:30pm	SSK @ OTT	41-44	2-0
4	July 5	7:30pm	WPG @ OTT		
5	July 13	4:00pm	MTL @ OTT		
6	July 19	8:30pm	OTT @ WPG		
7	July 25	7:00pm	CGY @ OTT		
8	Aug 2	7:00pm	OTT @ MTL		
9	Aug 9	10:00pm	OTT @ EDM		
10	Aug 17	4:00pm	HAM @ OTT		
11	Aug 24	7:00pm	OTT @ SSK		
13	Sept 7	1:00pm	TOR @ OTT		
14	Sept 13	10:00pm	OTT @ BC		
15	Sept 21	7:00pm	BC @ OTT		
16	Sept 28	4:00pm	EDM @ OTT		
18	Oct 11	7:00pm	OTT @ TOR		
19	Oct 19	4:00pm	OTT @ HAM		
20	Oct 26	4:00pm	OTT @ TOR		
21	Nov 1	7:00pm	MTL@OTT		
	Nov 24	6:00pm	THE GREY CUP TBD		

DON'T CHANGE MUCH Where guys go to get healthy



Kick your Canada Day BBQ up a notch with this easy maple-sweetened recipe

July is the worst...said no Canadian ever. The first full month of summer kicks off with the Canada Day long weekend, and then jumps straight into National Grilling Month. Who knew patriotism could be so delicious? Given the awesomeness of it all, plain-old burgers or hot dogs sound a little lacklustre. The same goes for drinking too much to actually taste anything! So keep it to a couple Canadian-brewed tallboys while you prepare and enjoy this easy maple-sweetened recipe from Don't Change Much Champion Ned Bell, the Ocean Wise Executive Chef at the Vancouver Aquarium.

Maple-Glazed Shrimp With Coconut, Lime & Tomatoes

Ingredients

- 2 cups grape-sized tomatoes
- 1 cup coconut milk
- ¼ cup maple syrup
- ¼ cup apple juice
- 2 limes
- 1 tablespoon fresh ginger, chopped (here's how to chop like a champ)
- 1 clove garlic, chopped
- 1 shallot, finely diced (ditto dicing)
- 4 tbsp canola oil (olive oil works too)
- 1 tbsp chilli paste (your favourite hot sauce works too)
- 1 pound peeled and deveined jumbo shrimp

Step-by-step instructions

- **Step 1:** Heat 2 tablespoons of the oil in a cast-iron pan over medium BBQ heat, then sauté the garlic, shallots and ginger for 30 seconds. (A pot on the stove works well too.)
- **Step 2:** Add the tomatoes, stir and sauté for 3 minutes.
- **Step 3:** Add the apple juice, coconut milk, and maple syrup.
- Step 4: Add the juice from both limes, then stir and cook for 15 minutes.
- **Step 5:** In a large bowl, coat the defrosted jumbo shrimp with two tablespoons of cooking oil and a pinch of salt and pepper. Grill those suckers over medium heat for six minutes, turning them halfway through, and put them in a large bowl.
- **Step 6:** Stir in the chilli paste into the simmering pan or pot, and adjust the seasoning with salt if needed.
- **Step 7:** Pour the sauce over shrimp and stir so that all shrimp are coated.

Make it a meal — Serves two!

Turn this into a better-half-impressing lunch or dinner by serving the shrimp on top of some steamed rice and grilled vegetables. And let's not forget the garnish: A few sprigs of cilantro. If you squint, those freshtasting leaves can look like they came from a miniature maple tree.

Now THAT'S how you kick a Canada Day BBQ — and if all goes well, some bedroom fun — up a notch!



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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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!