



CFLOAA Newsletter December 2020

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2021 SCHEDULE RELEASED

2021 HOME SCHEDULE

 VS PRE SEASON JUNE 4 7:30 PM	 VS HOME OPENER JUNE 11 7:30 PM	 VS WEEK 4 JULY 2 7:30 PM	 VS WEEK 6 JULY 16 7:00 PM	 VS WEEK 9 AUG 5 7:30 PM
 VS WEEK 12 AUG 28 4:00 PM	 VS WEEK 13 SEPT 3 7:30 PM	 VS WEEK 16 SEPT 25 7:00 PM	 VS WEEK 19 OCT 16 4:00 PM	 VS WEEK 21 OCT 29 7:00 PM



The Ottawa REDBLACKS will kick off their 2021 schedule in front of RNation, hosting eastern division rivals, the Montreal Alouettes, under the lights at TD Place on Friday, June 11 at 7:30PM.

The CFL schedule will see the REDBLACKS host five Friday night games under the lights at TD Place next year, with four start times at 7:30PM with a single 7PM start on the last game of the regular season October 29 against the BC Lions. On July 16, RNation will welcome the Hamilton Ti-Cats, 2019 Eastern Division champs, at 7:30PM for our third edition of Friday Night Football.

TD Place will also be the perfect place to spend your Saturday evenings cheering on your favorite team with your family and friends in 2021. The REDBLACKS will host three Saturday games, with one 7PM matchup and two 4PM afternoon games against Edmonton on August 28 and Saskatchewan Roughriders on October 16.

Ottawa's only Thursday night game of the season on August 5 will be a special one for RNation's head coach Paul LaPolice, as his former team and 2019 Grey Cup Champions, the Winnipeg Blue Bombers, will be in town.

The REDBLACKS road schedule includes two Friday games, six on Saturdays, and one Monday afternoon game for the Thanksgiving Classic against Montreal at 1PM.

Ottawa's pre-season schedule kicks off on May 28 when the REDBLACKS visit the Montreal Alouettes, followed by a home game against the same Alouettes on June 4.

The 2021 season will conclude with the 108th Grey Cup in Hamilton on November 21.
<https://www.ottawaredblacks.com/2020/11/20/2021-ottawa-redblacks-home-schedule/>



REDBLACKS COACHING STAFF 2021

The Ottawa REDBLACKS announced Wednesday that General Manager Marcel Desjardins and Head Coach Paul LaPolice along with his coaching staff, will return in 2021. The entire football operations staff will also be coming back for the upcoming season.

“I’m happy to announce that Marcel will be back for his seventh season next year,” said OSEG CEO Mark Goudie. “He was the architect of three Grey Cup appearances in four years and of Ottawa’s first Grey Cup victory in 40 years.

“I love Marcel’s hiring of Paul as the second head coach in REDBLACKS’ history and the coaching staff that Paul has been able to assemble. We are proud that all of our coaches and football operations personnel have remained intact through what has been a difficult year and will be back to bring RNation entertaining, winning football in 2021.”

As the only GM in REDBLACKS history, Desjardins will be returning for his eighth year with Ottawa, while LaPolice, who was hired following the 2019 season, will be looking forward to stepping onto the field for his first game leading the home team at TD Place.

“We are happy and grateful that the majority of the REDBLACKS’ staff will be returning in 2021,” said Desjardins. “Despite an overall reduction in compensation available, everyone sacrificed to ensure continuity on the staff. This speaks to the type of people they are but also speaks to their belief in the unfulfilled potential for the 2020 season and how that will positively translate to the 2021 season. It also says a lot about their trust in our ownership group, the leadership of OSEG as well as their appreciation for their work environment and the City of Ottawa.”

Along with Desjardins and LaPolice, returning in 2021 are the following coaches:

Mike Benevides – Defensive Coordinator: With three Grey Cup (2001, 2006 & 2011) wins under his belt, Coach Benevides will have the task of making sure the REDBLACKS are tough to score points against in 2021.

Bob Dyce – Special Teams Coordinator: The man at the helm of one of the deadliest special teams' units of the last few years is back in 2021. Dyce started with the REDBLACKS in 2016 and helped the club to a first-ever Grey Cup championship.

Bob Wylie – Offensive Line Coach: Wylie has worked for six Division I schools, two CFL teams, and eight NFL organizations. Most recently, he was the O-Line coach for the Cleveland Browns in 2017-2018 after serving in the same role with the Winnipeg Blue Bombers from 2014-2016.

Steve Walsh – Quarterbacks Coach: Prior to his coaching career, Walsh played 11 seasons in the NFL while recording 713 completions in 1,317 pass attempts for 7,875 yards and 40 touchdowns.

Alex Suber – Receivers Coach: The Florida native joined coach LaPolice's staff in 2020 with coaching experience on both sides of the ball after a five-year career as a CFL player.

Charlie Eger – Running Backs Coach: Eger arrives in Ottawa with extensive coaching experience at the collegiate level, most recently serving as the interim offensive coordinator at Clarion University.

Greg Knox – Defensive Backs Coach: Knox arrives in Ottawa after many years of coaching at the Canadian university level, most recently serving as the defensive coordinator at the University of Alberta.

Carey Bailey – Defensive Line Coach: Bailey made his Canadian debut in 2019 with the Toronto Argonauts as a defensive line coach. While coaching in the NCAA, Bailey spent time in the off-season as an intern with the Atlanta Falcons and New York Giants.

Patrick Bourgon – Linebackers Coach: Bourgon was part of the REDBLACKS' football operations staff from 2013 to 2015. He also previously helped the club as defensive assistant and offensive assistant.

The lone member of the coaching staff from the cancelled 2020 season not returning is Linebackers Coach Chris Tormey, who has decided to retire after a long career, including five years in the CFL.

"It's been an outstanding experience for everyone on our coaching staff to work with Chris Tormey this past season," said LaPolice. "We wish him all the best in retirement."

Moving up the coaching ranks to assume the role vacated by Tormey is Patrick Bourgon, who has served as an assistant coach with the REDBLACKS since 2016.

"We're extremely fortunate to have Patrick on the staff and we're excited to have him take over the linebackers spot with Coach Tormey's retirement," said LaPolice. "We think he'll do an outstanding job with our players."

Also back for another round are many of the unsung voices working hard behind the scenes:

Jeremy Snyder – Assistant General Manager: Jeremy Snyder joined the REDBLACKS in March 2013 as the Director, Football Administration and Pro/College Scout. After four years in that role, Snyder was promoted to Assistant General Manager on May 11, 2017.

Jean-Marc Edme – Director of Player Personnel: Edmé joined the REDBLACKS in January 2016 as the Player Personnel Coordinator and on May 11, 2017 he was promoted to Director of Player Personnel. Edmé is extensively involved in the REDBLACKS' collegiate and professional scouting efforts, and evaluates talent across United-States and Canada.

Pier-Yves Lavergne – Player Personnel Assistant: A former player for the University of Ottawa Gee-Gees and University of Montreal Carabins, Lavergne attended rookie camp with the Montreal Alouettes in 2014 and had a tryout with the Calgary Stampeders in 2015 before ultimately joining the REDBLACKS staff in the off-season.

Joey Swarbrick – Coordinator of Football Operations: Swarbrick joined the REDBLACKS in September 2013 as a football operations assistant. In his current position, he is responsible for coordinating mini-camp, training camp, and team travel logistics, as well day-to-day operations in the Football Operations Department.

Adrien Bourdon – Football Operations Assistant: Bourdon has been with the club since January 2018 and became an important part of the team very quickly. Prior to the REDBLACKS, Bourdon was the Manager of football analytics at l'Université de Sherbrooke for the 2016 season.

Philippe Moreau – Football Operations Assistant: Moreau is a North Carolina State University graduate in Sports Management. He performed in various roles with amateur and professional football organizations before joining the REDBLACKS in 2018.

Colin Farquharson – Video Coordinator: Colin oversees all video operations for the REDBLACKS which includes filming, dubbing and editing all game and practice film. The video department is responsible for maintaining a video database of all future REDBLACKS player prospects by keeping a vast library of all NCAA, NFL, and U Sports game film up-to-date and available for the Scouting Department.

Braun Gheller – Video Assistant: Braun Gheller joined the REDBLACKS in April 2014, after spending two seasons with the Tiger-Cats as a video assistant, including a trip to Regina for the 101st Grey Cup. The Hamilton native has also worked with Sportsnet for four years. Gheller is an alumnus of Loyalist College with an advanced diploma in TV and a sports certificate in Sports Journalism.

Drew McCormick – Equipment Manager: McCormick has been with OSEG since 2015. He started with the organization as a sales intern and transitioned successfully to football operations. He recently got promoted to Equipment Manager after providing incredible quality services in the department for the past four years.

Nick Mercuri – Strength & Conditioning Coordinator: Nick Mercuri joined the REDBLACKS in the spring of 2015 as an Assistant Athletic Therapist before being promoted to the role of Strength and Conditioning Coordinator following the 2016 season. Nick is also certified in Soft Tissue Release, Muscle Energy Technique and is a Sports First Responder.

Marie Claire Costaguta – Athletic Therapist: Before joining the REDBLACKS full-time in January 2020, Marie Claire was the Assistant Athletic Therapist at Carleton University from 2017 to last January. She was also REDBLACKS' Assistant Athletic Therapist for the 2016 season.

<https://www.ottawaredblacks.com/2020/11/18/redblacks-bringing-back-general-manager-football-operations-coaching-staffs-2021/>



TORONTO – The Canadian Football League is tweaking its plans for its 2021 draft of Canadian players from U SPORTS in Canada, NCAA teams in the United States, and junior football.

General managers from the nine teams proposed the changes which were subsequently approved by the club presidents serving on the CFL’s Management Council.

Here are the changes along with the rationale for each one.

- ◆ The draft order will be determined by a random draw that is equally weighted across the nine CFL clubs. Teams traditionally pick eligible players in an order based on their records in the previous season, with the team with the worst record choosing first, barring trades, to encourage parity. The 2020 CFL Draft followed that traditional format. But the CFL is not staging a season in 2020 because of the COVID-19 pandemic.
- ◆ The 2021 CFL Draft will feature a “snake” format. That means that after teams pick in the first round, with the order determined by random draw, they will then pick in reverse order in the second round, and that pattern will continue. For example, the team that picks ninth in the first round will pick first in the second round.
- ◆ The 2021 CFL Draft will be six rounds long instead of the traditional eight rounds. This is in recognition of the fact that 2021 CFL training camps will feature a “double cohort” of Canadian rookies, with a group from each of the 2020 and 2021 CFL Drafts.
- ◆ There will be no territorial selections in the 2021 CFL Draft.

“These changes have the support of our clubs and we are confident they will ensure fairness while giving a group of excellent and promising Canadian athletes a path to pursue their CFL dreams,” said Greg Dick, Head of Football Operations for the CFL.

“I know our Commissioner Randy Ambrosie appreciates the spirit of collaboration shown by our league’s football and business leaders as we navigate the challenges created by the pandemic and look forward to getting back to football.”

University-level football on each side of the Canada-U.S. border has also made adjustments which could affect which players participate in the draft or are available to begin playing in the CFL in 2021.

In July, U SPORTS announced a one-time exemption to its Policy 40.10.4.3.1.1., which means that football players who did not have an opportunity to play Canadian university football this year because of the pandemic would be allowed another year of eligibility next year. In August, the NCAA Division 1 Board of Directors also decided to grant another year of eligibility to any Fall sport athletes denied an opportunity to compete this year because of COVID-19.

In light of these changes, the CFL will allow 2021 Draft eligible players to defer their Draft year to 2022. The 2021 CFL Draft will be held next spring. The exact date has not yet been determined. The draft order for 2021 is as follows: Hamilton Tiger-Cats, Saskatchewan Roughriders, Winnipeg Blue Bombers, BC Lions, EE Football Team, Ottawa Reblacks, Toronto Argonauts, Calgary Stampeders, Hamilton Tiger-Cats via Montreal Alouettes



WHERE OTTAWA FOOTBALL

HISTORY LIVES

THIS IS OUR STORY....

CFLOAA.COM

The CFLOAA Executive Committee has been hard at work during our COVID 19 break and have completed your alumni website! The site offers the visitor a glimpse into our history, our achievements and celebrations. Of course with all the accomplishments in our group it is always challenging to represent each and every player but we hope this helps you celebrate the times we cherished playing together in the league.

Some interesting items to note;

1. Our History –If you click ‘This is our story’ there is a great video done recently reviewing some of our highlights throughout the years with featured players discussing them.
2. The Events page is rich in content on some of our alumni events particularly the reunions. Videos of the games are linked, along with various media footage and alumni photographs notably taken by Gord Weber, Donn Smith and Danielle Avery.
3. A library of your Newsletters is included and will be kept up to date going forward.
4. Membership renewals can now be completed on line under the Join Us tab.
5. Upcoming Events will offer alumni full details and any registration particulars.
6. We are pleased to announce that Gord Weber will have a tab dedicated to more current Redblacks photography.
7. Scott Grant and his late father Ted have been Ottawa CFL's photographic historians. You will be provided with a link to his page where you can review his archives, relive some special moments and order any prints you wish. He will be featuring for us a special monthly profile picture outlining the player and / or the event.

There will be more to come so check back in every now and then. As we are just up and running Google takes awhile to rank us until then the best way to find us is Cfloaa.com. We hope you enjoy the site!

JOIN OUR HUDDLE

REASONS TO JOIN

CAMARADERIE WITH FORMER CFL PLAYERS (RIDER/RENEGADE/REDBLACKS OR OTHER TEAMS) AND OTHERS WHO HAVE BEEN INVOLVED IN THE CFL, ESPECIALLY IN OTTAWA.

FREE TICKET FOR THE ANNUAL COACHES LUNCHEON HELD EACH MARCH.

REDUCED GREEN FEES AT ANNUAL ALUMNI GOLF TOURNAMENT & BBQ.

MONTHLY HUDDLES AT LOCAL HEROES (1ST TUESDAY OF MONTH).

RECEIVE CFLOAA NEWSLETTERS.

40% OFF REDBLACK'S MERCHANDISE.

FREE ACCESS TO FIELD CLUB ON GAME DAYS . PLAYERS ONLY

50% OFF REDBLACKS TICKETS.

CFLAA FREE MEMBERSHIP.

ACCESS TO CFLAA SUPPORT AND COMPASSIONATE FUNDS.

ACCESS TO THE CANADIAN SPORTS CONCUSSION RESEARCH PROJECT/NEUROCOGNITIVE EVALUATION.

ANNUAL DUES

\$35 PER YEAR (COVERING THE CALENDAR YEAR) OR \$90 FOR 3 YEARS. PLEASE VISIT WWW.CFLOAA.COM | JOIN US, TO DOWNLOAD, COMPLETE, AND SUBMIT YOUR FORM TO MEMBERSHIP SERVICES ATTENTION DAN DEVER BY EMAIL AT DANWDEVER@MSN.COM

Easy Tips for Men to Help Manage Holiday Stress & Anxiety During COVID

by Russell Kennedy, MD



Remember how exciting the holidays were when you were a kid? They were pretty freaking exciting. It's not quite the same for many of us as we get older, especially in 2020. Not being able to see close friends over this holiday season is going to be tough. The holidays are already a bit stressful for some people, and with COVID around, this season might feel more anxiety-inducing than usual.

Men under stress

Men don't always deal with stress in a healthy way. We often find it easier to deny our stress rather than find a good – and healthy – way to relieve anxiety. I see men brag about how busy we are and wear it like a badge of honour. If we have a thousand things to do and our lives are busy, busy, busy, we must be important, right?

Many men just bury their heads or power through using alcohol, Netflix, porn, or prescription drugs to numb or distract away from their emotions. Sure, all of those things feel great at the moment. I mean, who doesn't love a good ol' Netflix binge to forget about the stresses of life sometimes? It becomes a problem when you're using all of these things to numb out and avoid dealing with your stress or anxiety ALL the time.

So, what can you do? You can take small steps to take care of yourself. Learning how to recognize and manage stress and anxiety can help you feel better and more in control.

Here are three easy ways to help manage stress and anxiety this holiday season.

1. You first need to admit that you're feeling stressed out

You can't get stress relief or anxiety relief if you don't know yourself. What is stressing you out? For myself, I tend to be tenacious, driving myself hard until I complete an article or YouTube video. I'll stay up late, ransack the fridge like a frantic dumpster raccoon, and skip the gym to meet a deadline.

When I'm pushing myself, I call that part of me "Relentless Rusty." This helps me laugh at myself and bring awareness that RR is only a part of me that drives me a little too hard sometimes. Acknowledging my stressful side in a fun way helps me see it and separate from it a little, so I can give myself a choice to be RR or not.

2. Talk about your stress

Be honest with how your version of "Relentless Rusty" sucks the life out of your life. If you can, share it with your partner or trusted friend. If that sounds like something you would never do, at the very least, admit to yourself that you're feeling stressed the eff out. Sometimes, I'll even have a fun conversation within myself, saying things to RR like, "hey Rust, do we really have to live like this?" Being able to laugh at yourself will add humour to the situation and can actually help relieve stress.

3. Take a deep breath in, and hold it

When we push ourselves too hard, our fight or flight nervous system engages, and we breathe like we're being stalked by a cougar, and not in a good way. Short, rapid, shallow breathing tells your brain you are in threat, and as long as your brain perceives a threat, you will continue "threat breathing." This breathing pattern affects the mind and makes you perceive the world as more stressful than it really is.

Here's how to relieve anxiety when you notice you're starting to freak out a bit. First, exhale all the air out of your lungs. Then, inhale deeply, fill up your upper chest with air and hold your breath for 5-10 seconds. Holding your breath in like this sends a signal to your body that YOU have taken control of your breath. The anxiety is not breathing for you anymore. Another cool thing that happens when you do this is that when your upper chest is filled with air, it sends a signal of safety to your brain, the opposite of the fight feeling we have in our chest when we're stressed out or being cornered by a cougar.

Stress and COVID

For the most part, we humans have our daily routines such as grocery shopping and the feeling of certainty in our lives. But with all of us now facing a global pandemic, growing political and economic instability looming in the world at large, our sense of stability and certainty is declining rapidly.

You know who cares less about your stress management than you do? Everybody. Managing your stress and anxiety is your responsibility, especially since increasing stress is not likely to ease anytime soon.

We men take pride in kicking butt when our backs are to the wall. But the body and mind have limits and we have never lived in a time with so much change. We need our turbo button and the adrenaline it secretes, but if we rely on it too much we'll start to pay the price.

This increasing uncertainty creates a physical and mental state in our bodies and brains. In response to uncertainty and unpredictability, we release the chemicals of stress into our body: Adrenaline and cortisol. They give us a turbo boost when we need it, but if we keep hitting the turbo button, you can crash and burn in a much shorter time than you think. Slam the turbo button too many times (Think Top Gun quote "son your ego is writing cheques your body can't cash"), and you'll become irritable, stop looking after yourself, and generally become less productive over time. Your stress will worsen, and your relationships will suffer, too.

Stress and Men

We men take pride in kicking butt when our backs are to the wall. But the body and mind have limits, and we have never lived in a time with so much change. We need our turbo button and the adrenaline it pumps into our body from time-to-time, but if we rely on it too much, we'll start to pay the price.

Adrenaline also helps mobilize our mind and muscles, like when we intercept a pass and have a breakaway to our opponent's net. But you can only press the turbo button so many times before the body and mind start to fail.

So acknowledge your pusher/driver side and develop a relationship with it. Make it your friend, not your dictator. And take control of your breathing. Your body and mind will thank you for it. When my patients ask me **how to reduce stress**, I always give them the above tips to start.

So, start.

As a doctor who focuses his work on anxiety and stress, I can tell you there's no time to waste as the price of stress relief goes up every year. The trouble with ignoring your stress and anxiety is that although your mind may trick you into thinking you're winning, your body keeps the score. And you can easily fall behind a touchdown or two before you know it. The sooner you SEE your stress and do something about it, the less your body has to BE your stress and wear itself out.

Right Now, Doctor's Orders

Breathe out fully and breathe in, expanding your chest fully, and hold for 5 seconds.

Exhale, do it again (if you have the time, haha)

You've just taken the first Don't Change Much step to real stress management. From a recovered stress case myself, I can tell you that you can choose to manage your stress, or your stress will manage you. If you practice these easy stress and anxiety tips now, you won't have to see me in my office later.



Let's be honest, guys, if our true love's got us the "magic cure" for hangovers as a gift this holiday season, we'd be stoked. All of those cups of cheer can add up, even if most of our drinking with friends will be taking place on video calls this holiday season.

The good news: it can actually be easy to avoid a hangover while still enjoying some festive cheer. Heed these five tips to help prevent a hangover, and you can get your buzz on without paying for it with a pounding headache and pukey feeling the next day.

1. Chase every drink with a glass of water.

Not a sip or two of water after every drink. Not a glass of water for every three drinks. One bottle of beer. One glass of water. One scotch on the rocks. One glass of water, you get the picture. Water helps your body process and eliminate alcohol, so removing it from your system ASAP with plenty of water will result in a milder, or even non-existent, hangover.

2. Drink plenty of water after drinking

Dehydration isn't considered the main cause of hangovers, but it contributes to symptoms such as thirst, headache, fatigue, and dry mouth. Okay, if this is starting to sound a lot like a hangover, you get the point. Drink water during and after a few highballs.

3. Drink clear liquor on the rocks

Adding ice to drinks dilutes them, cutting the alcohol content (by volume) and reducing the frequency of refills. Many people like to mix booze with sugary things like pop or juice, which makes hangovers worse. So drinking your liquor straight up can actually help you with hangover prevention

when you moderate it. It also turns out that dark-coloured liquors such as whiskey, brandy, and red wine may cause worse hangovers than vodka, gin, and other clear liquors. Unfortunately, no matter what the colour your drink is, you're going to feel like crap the next day if you drink too much of it.

4. Wine and dine on protein, not sugar

A full stomach slows down the rate at which alcohol is absorbed into the bloodstream. High-protein foods such as eggs, nuts, and lean meats take longer to digest, and so they give your body more time to break down alcohol.

Booze is full of sugar, especially when mixes such as pop and juice are involved (as mentioned above), and this sugar is thought to be part of the reason we get hangovers in the first place. That's why shortbread cookies and milk chocolate Santas are not ideal foods to eat while drinking.

5. Get your Zs

Alcohol can impair both sleep quality and duration, and staying up late while drinking can disrupt your entire sleep schedule. Although poor sleep doesn't cause hangover symptoms, it contributes to fatigue and irritability. If possible, try to stop drinking at least 4 hours before bedtime to get a decent sleep and feel good the next day.

There you have it, folks. It's easy enough to get your buzz on and come out of it feeling great. The key to preventing "Rudolph Nose" is simply moderation.

<https://dontchangemuch.ca/alcohol-consumption/5-holiday-hangover-prevention-tips/>



A MESSAGE FROM THE PRESIDENT

In the first few months of 2020 there was a tremendous amount of optimism built up around the next version of the Ottawa REDBLACKS. General Manager Marcel Desjardins had made significant changes to the team's coaching staff and team roster after a disappointing 2019 CFL season. The chat at our monthly CFLOAA luncheon Huddles was if it might be possible for the REDBLACKS to make that ultimate turn around from missing the playoffs to making another trip to the Grey Cup scheduled for Saskatchewan in 2020.

Then Covid-19 reared its ugly head and the use of the word "pandemic" became common place. The Canada US border closed, businesses shut their doors, we were told to stay home and we watched the numbers associated with the illness grow with every news report. From a football perspective, the commissioner announced that there would be no 2020 CFL season and all that optimism for the REDBLACKS was gone.

As an alumni association a big part of what we are is our enjoyment of getting together but that of course was not possible to the same extent this year. We were fortunate to be able to hold our popular annual coach's luncheon and get to know new head coach Paul Lapolice and some of his staff. However, our annual CFLOAA golf tournament was cancelled along with the monthly CFLOAA Huddles at Local Heroes and with no Grey Cup the CFLAA Legends Luncheon did not take place this year.

Your CFLOAA Executive has stayed active during these challenging times writing letters of support to rename Banner Road Park after the late George Brancato and most recently in support of OSEC in their efforts to gain financial assistance from the City of Ottawa for Lansdowne Park. The biggest achievement for this very unique year is the launching of our brand new CFLOAA website that you can visit at www.cfloaa.com Our entire executive was involved by researching and writing different components of the information that would be needed to populate the new website but most of the credit goes to Danielle Avery who built and designed the entire website herself. Danielle is also responsible for producing your very popular CFLOAA newsletters.

I know we are all looking forward to the arrival of a Covid-19 vaccine and a subsequent return to more normal times including the 2021 CFL season and our usual alumni gatherings but until that time keep yourselves and your families safe and healthy. Reach out to a teammate who might be isolated due to the pandemic just to say hello and maybe share a story or a laugh. It will without a doubt be greatly appreciated.

On behalf of our CFLOAA Executive I wish you and your families Merry Christmas and all the best for the coming new year!

Jeff Avery

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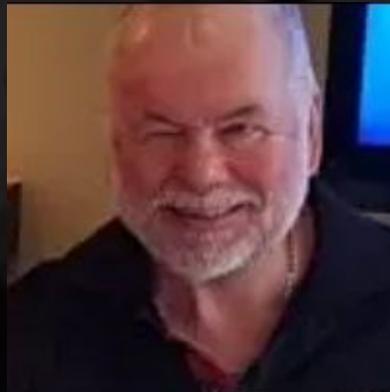
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We are here to make sure your Membership experience is the best it can be, if you have any questions, suggestions or concerns please contact a member of the Executive team. If you are interested in joining the Executive as a Volunteer please contact Jeff Avery with your interest.