



CFLOAA NEWSLETTER SEPTEMBER 2021

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OUR MONTHLY HUDDLE IS BACK!

**TUESDAY, SEPTEMBER 7TH
12:00PM
LOCAL HEROES
1400 CLYDE AVENUE, OTTAWA**

SEE PAGE 2 FOR DETAILS



RETURN OF OUR CFLOAA MONTHLY HUDDLE

With the 2021 CFL season well underway and the restaurants in our region now open for business we thought we would have our first CFLOAA Huddle at Local Heroes on Clyde since early in 2020. A chance to get together a share some old football stories or discuss the REDBLACKS start to this 2021 CFL season.

The date will be next **Tuesday September 7th** with the start time for lunch set for 12 noon, alumni business at 12:30 and we should be wrapped up by 1:30 at the latest. Covid protocols at Local Heroes are as follows:

- * A mask must be worn to enter the restaurant but can be removed once you are seated. Should you leave your seat for any reason you must put your mask back on.
- * Local heroes is REQUESTING that all those who will be attending our meeting in their side room are to have been double vaccinated. This is a request, you will not be asked for any proof of your vaccination status.

It looks like we will be restricted to 25 attendees so if you'd like to be guaranteed a seat for a bite to eat. I would suggest an early arrival to ensure your spot. **We will have the 2021 stickers for your CFLOAA ID cards** (paid members) on hand so if you would prefer to just stop by and pick up your 2021 sticker that will work as well.

Your CFLOAA ID card with the 2021 sticker on it entitles you to free access to the Field Level Lounge underneath the north side stands. They do serve a buffet in the lounge which we are invited to partake in for a cost of \$25.00 per person which can be paid for at the bar, soft drinks are free. This is part of our original agreement with OSEG which we expect all CFL Ottawa Alumni Association members to be respectful of this given how supportive OSEG & the REDBLACKS have been to our organization.



MESSAGE TO SEASON TICKET HOLDERS FROM THE REDBLACKS

Returning home to TD Place on Saturday night was a special moment for all of RNation. It had been 667 days since our last home game...But, who's counting?

So much has changed since then. One constant, however, has been the unwavering support of our season-seat membership base. Despite not being able to play in 2020, 96% of season-seat members renewed for 2021. This was an inspiring show of support for the organization, which gave us a foundation to build on for this season.

When the CFL announced we were returning for a 14-game season in mid-June, we also saw incredible demand for season-seats, which has culminated in our biggest year since 2017 (when we hosted the Grey Cup).

As a special thank you to all those who supported us through this pandemic, we are excited to present the RNation Legacy Wall located at Gate 1 at TD Place. This 10' x 10' structure, including an 8' x 8' sawblade, proudly displays all the names of our full season-seat members, suite owners, and corporate partners. Your name will live here for as long as you continue to be a member.

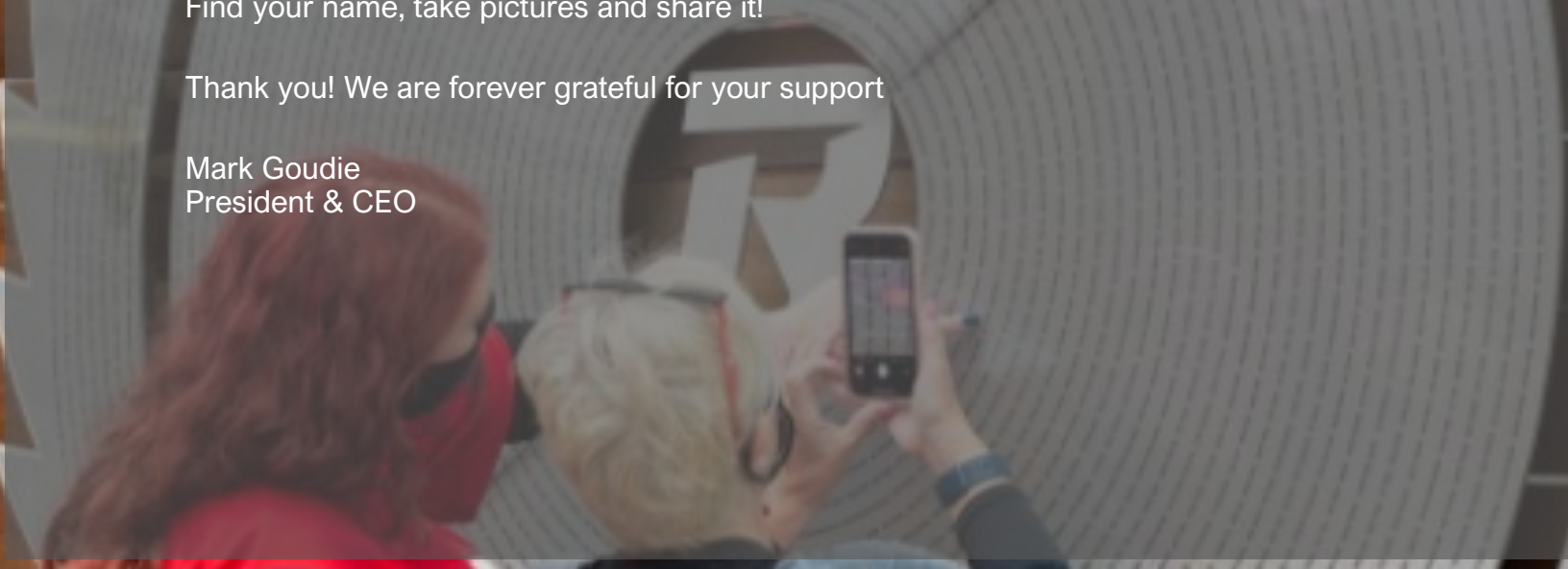
We know you've deferred your membership for the 2021 season and may not have the opportunity to see the RNATION Legacy Wall on a game day this season.

You may have noticed this in place on Saturday night if you attended the game. If not, I encourage you to swing by and check it out at the game on Friday night (versus the Montreal Alouettes). You can also visit whenever you find yourself at Lansdowne on a non-game day.

Find your name, take pictures and share it!

Thank you! We are forever grateful for your support

Mark Goudie
President & CEO



'UNACCEPTABLE': GREAT TO HAVE REDBLACKS BACK HOME, BUT OFFENCE STUMBLES IN LOSS TO LIONS | TIM BAINES OTTAWA SUN

Lions 24, Redblacks 12

What began as a giant group hug — a celebration of cowbell clanging and hooting and hollering for the home team — ended in rainy disappointment Saturday night at TD Place stadium.

The Ottawa Redblacks' fan base was left with an 'O' No feeling, as in where's the offence? It was sort of a mangled Yogi Berra "déjà vu all over again" thing in a 24-12 loss to the B.C. Lions.

It had been too long — 666 days — since fans in the nation's capital got to see their Redblacks live. While it was so good to sit and watch a live football game, with all the sights and smells and sounds, it was an all-too-familiar feeling for RNation, which agonized through its Canadian Football League team's 3-15 struggles in 2019. Nostalgia can only carry a fan base so far.

So, more of the same? Ottawa's defence again successfully delivered a bend-don't-break effort, though it probably needed to put more heat on B.C. quarterback Michael Reilly, who completed 23-of-32 passes for 301 yards. The defence helped the Redblacks hang in. But three games into the CFL season, with Ottawa now at 1-2, the offence needs to shape up. Ottawa didn't score a touchdown Saturday, getting four field goals from Lewis Ward.

"We're not creating explosive plays," said Redblacks coach Paul LaPolice. "We're just not executing well enough and when you don't get an explosive play, it's hard to score touchdowns. We need more points, you have to make sure you can get your sevens."

Asked if the team considered giving Dominique Davis a shot at quarterback Saturday, LaPolice said: "We'll evaluate. We have a lot of things we have to evaluate what we can do better as an offence because this is unacceptable."

The run game isn't good enough (a total of 72 yards) and the pass game (Matt Nichols completed 23 of 36 passes for 206 yards) has a long way to go, though it showed flashes Saturday. There were some misfires and drops and putting it all together became more difficult late in the game, when the ball and field got slippery.

"No matter how the loss goes, you always feel like there were a few opportunities to change the game," said Nichols. "I always feel like a loss is my fault, which is funny because I don't feel like when we win it's because of me."

The Redblacks will go into fix-it mode and try to be ready for home game No. 2: Next Friday against the Montreal Alouettes.

The Lions got a 49-yard field goal by Jimmy Camacho 5:29 into the game to take a 3-0 lead.

The Redblacks drove downfield, with a good mixture of run and pass plays, but after a Nichols pass just missed receiver Charone Peake, playing his first CFL regular-season game, they settled for a 20-yard field goal by Ward to tie the game with 3:04 left in the first quarter.

On the first drive of the second quarter, the Lions found some gaps in the Redblacks' defence — the big play was running back Shaq Cooper with a 30-yard carry — but the Redblacks defence tightened up in the red zone, stopping Cooper short of a first down on a couple of runs and holding B.C. to a 17-yard field goal.

B.C. got it going again with a long drive. Reilly got in sync with his big-play receivers, finding Bryan Burnham for 38 yards and Lucky Whitehead for a couple of 13-yard connections. Ottawa's Randall Evans was flagged for pass interference on Whitehead in the end-zone and the Lions got the ball on the Ottawa one. On the next play, Reilly pushed into the end zone. Camacho's convert attempt sailed wide right.

After a 42-yard kickoff return by DeVonte Dedmon and a 19-yard catch by Behar, Ward got three points back with a field goal.

On the final play of the opening half, Reilly sailed a long pass toward Whitehead, but it was knocked down by Marcus Lewis on Ottawa's six-yard line. B.C. led 12-6 at the break.

The Redblacks started the second half at their 47. Two plays later, Nichols tried to loft a pass into a tight space and it was picked off by Jordan Williams. B.C. took over and drove to set up a 12-yard field goal that extended the lead to 15-6.

After Ryan Davis dropped a pass that would have extended an Ottawa drive, Ward kicked a 47-yard field goal.

A challenge by the Redblacks — for defensive pass interference on a pass to Daniel Petermann near midfield — was successful. On the next play, Dedmon took a flip and got 21 yards. Needing two yards for a first down, the Redblacks opted not to gamble and settled for a 38-yard Ward field goal. It was 15-12.

A 46-yard touchdown pass to Jevon Cottoy and the conversion made it 22-12 with 11:04 left.

With 5:19 left, the Redblacks gambled on third-and-one from their own 50 and running back Justin Davis, in his first CFL start, was stopped short. They turned the ball over again when the ball was stripped out of the hands of Davis and recovered by Obum Gwacham. A pair of B.C. singles made it 24-12.

SECOND AND LONG: The Redblacks were led into the field by a flag-waving safety Antoine Pruneau before the game ... Unlike Regina — the wild, wild west, where mask wearing doesn't seem to be much of a thing — it looked as if most Redblacks fans were masked. TD Place workers walked around with signs that read, "Mask up, eh!" ... Nice applause for Lions head coach Rick Campbell, who was the Redblacks head coach from 2014 to 2019 ... The Redblacks cheer team was introduced after the first quarter, standing on a platform way beyond the eastend-zone. Geez, I get the pandemic and protocols and everything, but could they put them any further away? ... By the way, I like the collaboration between rapper Alo the One and blues guitarist J.W. Jones for the song "Redblacks."

THE END AROUND: There had to be a lot of uncut logs left over from the offensively inept 2019 season. With the price of lumber these days, the Redblacks could have made a fortune. The chainsaw, which cuts off a wood cookie for touchdowns or defensive turnovers, only got a pre-game warmup Saturday ... The Lions called heads and lost the opening coin toss. The Redblacks deferred the choice to the second half, with B.C. getting the ball to start the game ... Former Redblacks wide receiver Dominique Rhymes was helped off the field after catching a six-yard pass on the third play of the game for the Lions ... Ottawa started its first drive on its own eight-yard line and advanced just six yards ... Linebacker Dwayne Norman was the pre-game scratch for the Redblacks ... The crowd seemed to pick up its intensity with six minutes left in the third quarter, coinciding with B.C. taking a time-count penalty ... The rain started falling late in the third quarter and fans were reminded: Umbrellas are not allowed inside the stadium. Some of them, apparently, weren't listening.



Ottawa Redblacks

3rd in East

GAMES

NEWS

TABLE

PLAYERS



Redblacks

16



Final
Aug. 7



Elks

12



Redblacks

10

Final

Sat., Aug. 21



Roughriders

23



Lions

24



Final
Sat., Aug. 28



Redblacks

12



Alouettes

Fri., Sep. 3
7:30 p.m.



Redblacks



Redblacks

Sat., Sep. 11
10:00 p.m.



Lions



Tiger-Cats

Sep. 22
7:30 p.m.



Redblacks

THANKS TO ALL THE
SUPPORT FROM THE CFLOAA AND THE
COMMUNITY BANNER PARK HAS BEEN
RENAMED THE GEORGE
BRANCATO PARK





Ever wonder how so many dads can be ranked No. 1? Here's the deal: to their own kids, every single one of them really IS the greatest!

Of course, there's always room for improvement and ways to create a closer relationship with your kids. Our good friends and collaborators over at Blueprint have some father-to-father tips for you. The organization's three founders offer these 10 great tips for being a better "World's Greatest Dad."

Dr. John Izzo: Quality Time Meets Hugs

As a "founding father" of the Vancouver-based Blueprint, Dr. John Izzo is all about bringing people together to improve guys' lives. As a dad himself, John knows plenty about the power of a child's love and offers these tips to help the love grow and thrive:

1. "Spend a few one-on-one minutes each day with each of your children. Be 100 percent focused. Ask them how they are doing and how their day was."
2. "Ask them to tell you one way they would like you to be an even better dad. Listen deeply and don't defend. Then act on their feedback."
3. "When one of your children hugs you, no matter how old they are, don't let go until they do. You might be surprised how much longer they want your hug!"

There are so many benefits of spending time with your child: you build their self-esteem, strengthen family bonds, develop good behaviour, encourage communication, improve their school work, and form positive relationships with others. The list goes on and on. Let's not forget having a lot of fun together!

Dr. Duncan Shields: Curiosity Meets Self-esteem

4. "Find things that your kids are doing right, and compliment them on that. Kids will grow in the direction of your pride."
5. "Be the father you wish you'd had. When your kids remember being stuck at home during the COVID-19 crisis or look back on their early life, what stories will they tell about their time with you?"
6. "Give your kids the gift of your quality attention. Don't just tell them what to do or how to behave. Listening to them and being curious about how they think teaches them they're worth listening to. Your children are your footprints in the future, and your job is to set them up to go further than you have been able to go."

Dr. David Kuhl: Pride Meets Fun

7. “Spend time reading with your kids. If you don’t enjoy reading, tell them stories or use the pictures in books to have a conversation with them.”

8. “Tell your kids that you love them, that you’re proud of them, and that you would not want to live your life without them in it.”

9. “Hug your kids even before they hug you.”

10. “Once or twice a week, invite them to spend half an hour with you doing whatever they want to do.”



For more articles on Men’s Health Visit Don’t Change Much <https://dontchangemuch.ca/>

DON'T CHANGE MUCH
Where guys go to get healthy

THE REAL GLORY IS BEING KNOCKED
TO YOUR KNEES AND THEN COMING BACK.
THAT'S REAL GLORY. THAT'S THE ESSENCE OF IT.
VINCE LOMBARDI

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Join our team today!
Interested in
volunteering please
contact Jeffrey Avery.