

# CFLOAA NEWSLETTER APRIL 2020

INSIDE THIS EDITION WALL OF HONOUR 2-3 4-8 **IOHN FRIPP** COACHES LUNCHEON 9-14 15 MOODY JACKSON LETTER FROM RANDY **AMBROSIE** 16 17 LETTER FROM GOUDIE COVID -19 18-19 MEN'S HEALTH 19-20 21-23 SAVE THE DATES CFLOAA EXECUTIVE 24

"There are no great people in this world, only great challenges which ordinary people rise to meet."

William Frederick Halsey

# TD PLACE WALL OF HONOUR

JERRY 'SOUPY' CAMPBELL KEN LEHMANN

07.18.2020





Kenny Lehmann and Soupy Campbell will be added to the Wall of Honour at TD Stadium during the Redblack's Retro game on July 18 at 7:00 versus the Hamilton Tiger Cats. Kenny and Soupy are no doubt the two best middle linebackers in Ottawa Rough Rider history. Soup moved to the middle from corner linebacker after Kenny retired. They are the first defensive players from this era to be added to the Wall and join their former teammates Russ Jackson, Ron Stewart, Whit Tucker and the late Maurice Racine.

# JERRY 'SOUPY' CAMPBELL

1966–1968 Calgary Stampeders 1968–1975 Ottawa Rough Riders 1976 Calgary Stampeders

CFL All-Star 1969, 1970, 1971, 1972, 1973, 1974, 1975 CFL East All-Star 1968, 1969, 1970, 1972, 1973, 1974, 1975



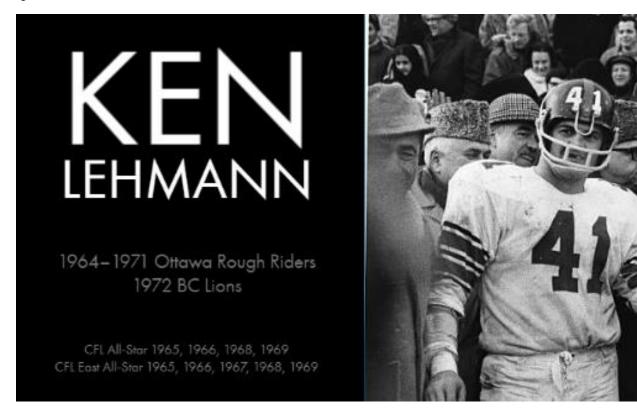
The man and the nickname seemed made for each other. Born Gerald Bruce Campbell in Binghamton, NY, he was a high school football star in Spokane, WA, then a 3-year starter for the University of Idaho before heading north to become a linebacking legend in the CFL. But wherever he went, #54 was simply known as 'Soupy', one of the all-time greats.

His 11 pro seasons (1966-76) began and ended in Calgary, but he's best remembered for his years in the black, red and white of the Ottawa Rough Riders. A tremendously hard hitter and a team captain, he was the heart and soul of the fearsome defensive unit called "Capital Punishment", All-Canadian linebacker for 7 consecutive seasons (1969-75) and Eastern Division All-Star 7 times too. In all, he won 3 Grey Cups with the Rough Riders (1968, 1969 and 1973) and is an honoured member of the Spokane, Idaho, Ottawa and Canadian Football Halls of Fame.

But Soupy Campbell was renowned for something else. As one of the most colourful characters in CFL history, he was respected --even loved -- by players on both sides of the line of scrimmage. As one ex- Rough Rider put it, 'Soup could go from trying to take your head off during a play to joking with you as he picked you up and sent you staggering back to the huddle. Teammates, opponents, everyone loved Soupy.'

And Soupy had a knack for attracting interesting people. In Spokane, his childhood pal and co-captain of the high school football team was actor Craig T. Nelson, star of the TV series 'Coach' and 'Young Sheldon'. In college at Idaho, his teammates included future CFL head coach Don Matthews and major-league pitcher Bill Stoneman of the Montreal Expos. Soupy once brought legendary singer Paul Anka to sit beside him on the team bench during a game in Toronto. But far and away, his best friend was his wife Kim Kneeshaw. In later years, when Soupy was diagnosed with Alzheimer's disease, Kim took early retirement to care for him 24/7.

Soupy Campbell passed away in 2017 at age 72, always to be remembered and celebrated by his family, friends and fans.



Ken Lehmann (#41) was born in Louisville, Kentucky and had a standout college career at Xavier University in Cincinnati, Ohio where he was named Most Valuable Lineman in his junior and senior years. In 1964 he joined the Ottawa Rough Riders and had an outstanding 9 year CFL career from 1964 to 1972, the first 8 with Ottawa and finishing with two games for BC in his final season.

In 1964 when Kenny made the Rough Rider team he lived with a few teammates where he became know as Ma Lehmann. The reason was that Kenny's parents ran a bakery in Louisville and Kenny/Ma knew how to cook and bake which he did for the guys.

Ken and his wife Bonnie have three children, Eric, Heidi and Bridgit and five Granddaughters, Brianna, Lillie, Mackenzie, Cambrie and Gloria. All the birthdays for the Lehmann family are very special occasions since Kenny/Ma's cake decorations were a work of art and also good to eat!

Kenny was chosen as an Eastern All-Star five times and All-Canadian four times. In 1966, he was the Eastern finalist for the Schenley's Most Outstanding Linemen Award and subsequently won the award in 1968. He participated in a total of three Grey Cup games with the Rough Riders winning two in 1968 and 1969.

1968 was quite a year for Kenny. Besides being the All Canadian Middle linebacker and the winner of the CFL's Most Outstanding Linemen Award he made the play which was the turning point in the game which led to the Rough Riders Grey Cup victory over Calgary in Toronto. Half-way through the 3rd quarter with the Stampeders leading 14-4 Calgary was punting from the Rough Rider 49 yard line when Kenny burst through and startled the Calgary punter which led to him being tackled without getting the punt off. The Rough Rider offense then started at mid field, rather on their own 10 or 15 yard line, and one minute later Russ Jackson scored a TD which got the Rough Riders back in the game. In the 4th quarter long touchdowns by Vic Washington and Margene Adkins put the Riders in the lead which led to the 24-21 victory. He made this play and lots of others in this Grey Cup victory while playing with a swollen elbow that was twice its size by half time. Kenny had injured his elbow while practicing on the frozen practice field at Lansdowne Park before heading for Toronto.

Lehmann was inducted into the Canadian Football Hall of Fame in 2011 and was inducted into Ottawa Sport Hall of Fame in 1990 and recently, in 2019, his 1968 and 1969 Ottawa Rough Rider teams were inducted into the Ottawa Sport Hall of Fame as the only Rough Rider team to win two Grey Cups in consecutive seasons.

His induction into the Canadian Football Hall of Fame in 2011 was a family affair as his nephew Chris Flynn (son of Bonnie's late sister) and an outstanding quarterback at St. Mary's in Halifax was inducted in the same 2011 class.

After football Kenny worked for many years in advertising first with the Ottawa Sunday Herald newspaper and then the Ottawa Sun. Over the years he was also a trapper and enjoyed spending time at the family cottage. An annual highlight is the visit by former teammate Don Sutherin plus former major leaguer Galen Cisco for some fishing.



The oldest Rough Rider turning 99, in a huddle with history | Kelly Egan

Johnny Fripp is the oldest member of the Ottawa Rough Riders alumni club and possibly the oldest surviving player across the entire CFL.

The phone rings and Johnny Fripp patters over in his tassel loafers, in a sun-lit room over-looking the Rideau Canal near Lansdowne Park, his field of dreams. Momentarily, a clock will softly chime, marking time.

Sure, he's up for a visit. "But make it 11, will ya? I've got exercise class in the morning."

On Tuesday, Fripp turns 99, and not an easy 99. He's the oldest member of the Ottawa Rough Riders alumni club and possibly the oldest surviving player across the entire CFL. And he was a better skier than a football player, earning a spot in the Canadian Ski Hall of Fame after 30-year career of racing and instruction. (And he survived service in the Second World War.)

A local legend, really, not entirely forgotten. A group of old sports gathered this week to give him a special Redblacks jersey emblazoned with his name and 99 on the back. Ex-Riders Bob McKeown and Jeff Avery were there, historian Jim McAuley, old-Ottawa torchbearer Stu Cameron, other local pillars named Frisby and Hillary and Tommy.



Fripp played for the Riders right out of Glebe Collegiate, starting in 1941. It wasn't just another era, it was different game. They wore leather helmets and played positions like "Flying Wing," were paid \$10 or \$15 a game and were supposed to be "amateur" athletes.

The clippings from the era are a glimpse into another world, like hockey when it had a rover and no slap shot.

"Ottawa Team Gets Two Major Scores Via Forward Pass," reads a headline from the Montreal Gazette in 1941. "Burke, Golab and Fripp are Outstanding Ball Carriers for Winners."

Fripp was not a big man, maybe 5-7, but weighing a solid 180 pounds, a build that did not escape the notice of the day's ever-observant sportswriters.

"One of the Ottawans is chunky Johnny Fripp, former Dominion ski champion, and Lorne Barclay, a 19-year-old kid from Ottawa Tech. Fripp is known as the guy with the 'piston packing' legs for the tremendous power he generates from them in quarterback sneaks," reads a story from 1943.

"He was rated rookie of the season when with the Ottawa Rough Riders in 1941."

Fripp is not one to dwell on his glories. He fetches a shopping bag full of old photos and clippings — all disorganized — the kind of trove a vain man might use to create a monument to himself. Not Fripp, who stuffed his — triumphs in a closet.

He remembers the funny things. The old Riders dressing room, he says, shared a building with a stable of horses. His teammates were mostly off-duty cops and firefighters, not muscle-men from American colleges.

In the old days, a man used to fire a starter pistol to mark halftime. One game, a couple of pranksters had an idea, but they needed a dead duck and a launch pad. A plan was afoot. When the gun went off, on a rainy game day, the accomplice threw the duck off a nearby roof, as though blown from the sky.

"It broke the whole stadium up."

Fripp was born in Ottawa, the eldest of three boys. His father, Herbert, established an insurance and real estate firm, H.D. Fripp & Son Ltd., in 1923. John took over in 1950, after his football career was over. (Both the war and Rider star Tony "Golden Boy" Golab kept him from greater glory on the gridiron.)

He had four children with his first wife, Virginia, and adopted a daughter with his second wife, Liz.

A skier from the age of six, Fripp won many top races across Quebec and was the head instructor at Mont Tremblant while serving on national and international ski committees. Two of his boys became elite ski jumpers.

He follows the modern Redblacks, of course, but isn't fond of how players celebrate after a touchdown or even a tackle. "I don't like the way they show off. In the days when I was playing, you were modest. You hung your head if you scored a touchdown." Boy, are those days over.

We'll end at the beginning, Sept. 29, 1941.

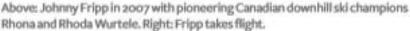
"But most of all it was a red-letter day for the Riders, and in particular for a 20-year-old chunky high school star who was making his first appearance in big time football. Johnny Fripp, one of Canada's greatest skiers ... was shoved into the battle as a momentary replacement for Andy Tommy in the second quarter ... it was his bull-like rushes straight through the middle of the Montreal ranks which carried Ottawa deep into scoring position for the final touchdown ..."

#### WHERE ARE THEY NOW?

# Canada's Johnny Fripp

In 1945 at Mont Tremblant, he became the first non-European to lead the ski school at a major North American ski resort. BY LORI KNOWLES







t's January 2011 and John Fripp is seated comfortably in his home in Ottawa, Ontario. It's snowing buckets outside, but Fripp—whose name trips easily off the tongues of skiing Canadians who like to "remember when"—has no plans this season to rocket down the race courses he once dominated. At nearly 90, the man they called "Johnny" is nursing his second knee replacement and recalling Tremblant as a start-up.

In 1945, the bold and perpetually controversial owner of Quebec's Mont Tremblant, Joe Ryan, got Canada's relatively diminutive ski world—of which he was pretty much king—all atwitter with his appointment of Johnny Fripp as Tremblant's ski school director.

Fripp, a rough, fit and fast-skiing World War II vet from Ottawa, was less flashy than any other director the irascible Ryan had ever hired. Even more notably, Fripp was Canadian. No Canuck had ever led a prominent North American ski school—a job that previously had been reserved for showy Europeans, primarily Austrian disciples of the revered Hannes Schneider. Yet there was Ryan, who had opened Tremblant in 1939, causing chins to wag by appointing Fripp, fresh from the Royal Canadian Air Force, to lead his eight-man ski school—an institution known as much for celebrities and parties as for teaching and technique. Fripp himself, 65 years later, puts the blame for his much-talked-about hiring squarely on the shoulders of Blanche Rybizka.

Blanche Rybizka? "She was a real dish," Fripp explains. "She was on the front page of Life magazine."

Rybizka was indeed the very dishy wife of Benno Rybizka, the Austrian in charge of the Tremblant ski school, who was summarily fired immediately before Fripp was hired. It seems Joe Ryan's equally dishy, notoriously headstrong wife, Mary Ryan, had taken a disliking to Blanche's...um, abilities to attract. "Yep," confirms Fripp. "Guess I have to thank Blanche..."

#### QUEBEC KANDAHAR CHAMP

Fripp was born in Ottawa on February 11, 1921. As a teen he'd hop a city street car, pay five cents to ride to the end of the line, then tramp his way across farmers'

32 | March-April 2011 SKIING HERITAGE

fields for five miles to the foot of Dome Hill. There he'd climb up through the maple trees for 300 vertical feet, point his skis downward, and schuss. "We didn't turn or stop in those days," he says. "We'd just crouch and straight-line it, and hope we made it to the bottom."

By age 17, Fripp had won the 1938 Journal Trophy in the Gatineau Ski Zone Championships. Correction: Technically, Fripp didn't win the trophy. He was judged too young by racing officials; the actual cup went to a more senior skier. As is Fripp's way, he simply shrugged his shoulders and headed south of the border for the U.S. Eastern Olympic tryouts, where he slid into third place behind Dick Durrance. "I still have those trophies," says Fripp. "Sterling silver goblets—they're the only trophies I've ever kept." Fripp won the Journal Trophy as an adult the following year. With that in hand, he boarded a train bound for Tremblant and the fabled Quebec Kandahar.

In the 1939 Canadian Ski Yaar Book, H.P. Douglas describes the Quebec Kandahar race as "unquestionably the wildest, toughest, bush-whacking, pole-riding adventure ever held." The race was so treacherous in its early years, author W. Ball remarked it "was considered a good way of collecting insurance!" (Canadian Ski Year Book, 1938). What better course for a strapping young ski racer like Johnny Fripp? He remembers digging for the precious 25 cents to ride Joe Ryan's brand-new "single chair ski tow" up the Flying Mile for the bottom 1,200 feet of the course, then climbing an additional 1,200 feet up—over and over again while training—to the Tremblant fire tower at the race's start.

Fripp describes the Quebec Kandahar as a "free-forall course" that was about 30 feet wide with trees on both sides, with three to four steep pitches on which you'd pick your own line. "There was a steep pitch as soon as you came out of the gate," he remembers. "Then you'd go around this sharp turn, then over quite a jump, and then another very steep pitch at which you'd always be airborne. There was only one turn that was really treacherous, and the idea was to cut the corner. I will always remember the birch tree at the side of the turn you had to come within about a foot of it."

Competing as an amateur, Fripp won the Quebec Kandahar downhill in 1939 and placed second in the slalom. Fripp would go on to win the Quebec Kandahar as a professional in 1940, 1946 and 1951, as well as the Eastern Canadian Championship in 1940 and the Canadian Downhill Championship in 1953.

Looking back, it was likely Fripp's speed on snow that impressed Joe Ryan in 1945 when he was looking for a new director to replace Benno (and Blanche) Rybizka. Fripp directed the Tremblant school for a couple of years, and then spent two seasons playing pro football for the Ottawa Rough Riders—proof of his all-around athleticism. He was succeeded at Tremblant by Mario Gabriel of Switzerland, who led the ski school until the iconic Ernie McCulloch took over in 1954.

Today, John Fripp lives in Ottawa with his second wife, Elizabeth, with whom he has raised his daughter, Renée. When he hasn't been skiing, racing, coaching or



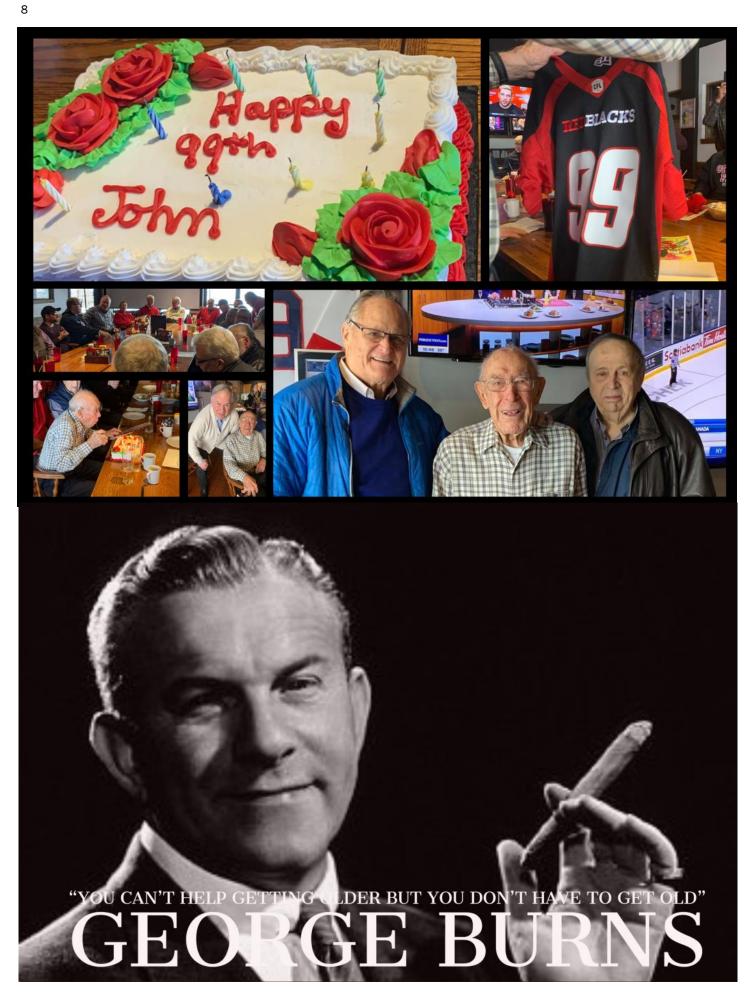
Fripp at Tremblant in 1945, the first of his two seasons at the resort. After his tenure, he continued to compete as a downhill racer, winning the Quebec Kandahar and the Canadian national championship. He also played pro football for two seasons with the Ottawa Rough Riders.

teaching skiing, John has been running his insurance and realty company, H.D. Fripp & Son. He also raised four sons with his first wife, Virginia, two of whom competed in the 1970s on the Canadian men's ski jumping team.

Fripp never left skiing. While working in real estate and insurance, he has kept up his on-snow accomplishments. He has been a director of the Canadian Amateur Ski Association, a member of the International Competition Committee, a coach of the Canadian FIS men's ski team, a constant source for the Canadian Ski Museum, a tireless volunteer and supporter of the Ottawa Ski Club, and a Canadian Ski Hall of Fame inductee. All that, and a great storyteller, too.

Editor's Note: Blanche and Bermo Rybizka eventually divorced.

Blanche, who was featured as an advertising model for Camel cigarettes, later married Dick Hauserman, an original founder of Vail. She's now in her gos and still living at the base of Vail Mountain.





## Paul LaPolice Redblacks Head Coach

Paul LaPolice - Head Coach LaPolice, who signed a three-year deal with the REDBLACKS in December 2019, comes to Ottawa from the Winnipeg Blue Bombers, where he most recently helped lead the club to the 2019 Grey Cup championship as offensive coordinator. The New Hampshire native has coached in various roles with the Toronto Argonauts, Hamilton Tiger-Cats and Saskatchewan Roughriders, in addition to the Blue Bombers, where he also served as Head Coach from 2010-2012. Between 2013 and 2015, his love of football and his tactical knowledge of the game even brought him to become a full-time analyst for the CFL on TSN, hosting a segment called the "Coach's Playbook" and appearing occasionally on the TSN panel.

Photo Credits Top Ottawa Redblacks, The Telegram & The National Post







#### Mike Benevides

Mike Benevides – Defensive Coordinator
Benevides started his CFL coaching career as
a defensive assistant with the Calgary Stampeders
in 2000. He was promoted to special teams
coordinator and linebackers coach in 2001, a
season that was capped by a victory in the
8gth Grey Cup. Benevides moved-on to the
BC Lions as the team's special teams coordinator
and linebackers coach between 2003 and 2007
and earned his second Grey Cup ring in 2006
He then began a four-season stint as the Lions'
defensive coordinator and linebackers coach
in 2008 and after winning his 3rd Grey Cup in
2011, he was promoted to Head Coach



#### Bob Dyce

Bob Dyce – Special Teams
Coordinator Bob Dyce joined the
REDBLACKS as special teams
coordinator in 2016 and returns
to Ottawa for a fifth season in 2020.
Dyce won the 101st Grey Cup while
with Saskatchewan and became
a champion once again with the
REDBLACKS in 2016.



#### Bob Wylie

Bob Wylie – Offensive Line Coach Wylie has worked for six Division I schools, two CFL teams and eight NFL organizations. Most recently, the Rhode Island native 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

Steve Walsh – Quarterbacks Coach Walsh signed with REDBLACKS in January 2020 after spending the last two seasons as the Roughriders' quarterbacks coach. He also spent the 2017 campaign as a senior assistant with the Toronto Argonauts. Prior to his CFL journey, Walsh spent two years as the director of football at the prestigious IMG Academy



#### Alex Suber

Alex Suber – Receivers Coach Before joining the REDBLACKS, Suber most recently coached receivers at Murray State University. Prior to that, he served as Lyon College's Defensive Coordinator. He was also invited to the Saskatchewan Roughriders training camp in 2017 as a guest coach.



#### Charlie Eger

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. Eger has also been involved with professional teams during his career. He was a guest coach with the Winnipeg Blue Bombers and has helped out at OTAs with the St. Louis Rams and Pittsburgh Steelers.



#### Greg Knox

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. Prior to that, Knox served as the Defensive Coordinator for the McMaster Marauders and helped them reach three Vanier Cups, including a national championship in 2011. He also spent one season as the Winnipeg Blue Bombers defensive backs coach in 2015.



#### Carey Bailey

Carey Bailey - Defensive Line Coach Bailey made his Canadian football 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 dealing with linebackers with both the Atlanta Falcons and the New York Giants. The former Head Coach at Howard University, Bailey has coached the defensive line at Richmond. Tennessee-Chattanooga, Lamar, Minnesota, Oklahoma State. Middle Tennessee State. Louisville-Lafayette and VMI.



#### Chris Tormey

Chris Tormey - Linebackers Coach
Tormey spent the last 4 seasons in
the CFL and worked with the Montreal
Alouettes, the BC Lions and most
recently with the Saskatchewan
Roughriders. In 1980 Tormey moved
to the collegiate ranks, spending two
seasons at Washington as an assistant
coach. He went on to coach the
defensive line at Idaho for the 1982-83
seasons before returning to Washington
where he remained for eleven seasons.



#### Patrick Bourgon

Patrick Bourgon – Special Team / DB Assistant
Bourgon returns to the REDBLACKS coaching staff
after previously serving as Defensive Assistant
and Offensive Assistant for the club. In January of
2016. Bourgon was coaching overseas for the
Villepinte Diables Rouges near Paris. France where
he served as the team's defensive coordinator and
DB coach. Prior to coaching in France, he was a
member of the REDBLACKS' football operations
staff from 2013 to 2015

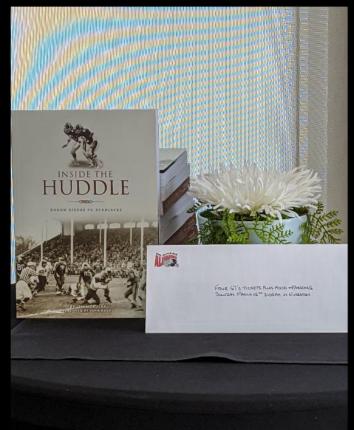






















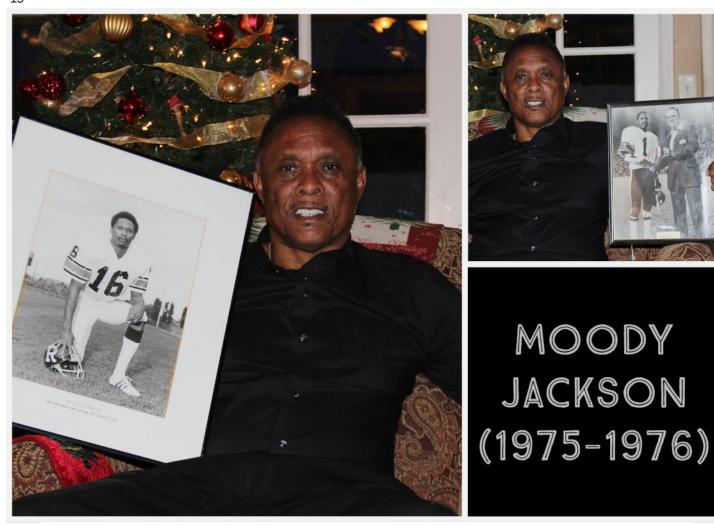












# CFLOAA Sends Photos Where They Belong

Many years ago when the Ottawa Rough Riders closed their doors for the last time there were many pieces of Rough Rider memorabilia. With the help of Jack Jordan and then Rick Sowieta many of these pieces were saved and then stored until your CFLOAA finally started to place pieces where we thought they best should be.

A few pieces have been donated to the Ottawa Sport Hall of Fame and several framed photos of Rough Rider players celebrating their accomplishments have been reunited with the individuals in the photos.

One such photo was sent down to Moody Jackson who now lives in Peoria, Arizona. The photo celebrates Moody's one game record setting performance of 208 punt return yards in one game which was against Toronto on August 11, 1976. The photo hung in the Ottawa Rough Rider front offices for many years and now proudly hangs at Moody's house for his family to share in one of his many accomplishments.

Jeff Avery

Dear CFL Fans,

We hope this note finds you and your family well. This is tough. But if we work as a team, we can stop the spread of this virus and we'll get through this new abnormal.

In this fight, we are the offensive linemen, and our great nurses and doctors are the quarterbacks. If we do our job, and stop this thing from spreading, we give them time and a fighting chance to do their jobs and treat this illness.

Thank you to all the health care workers doing such selfless and heroic work.

And thank you to everyone striving to do the right things.

I know we've all heard it a thousand times. But please, wash your hands, stay home, practice social distancing and disinfect surfaces and handles in your home.

Let's support each other. We can use social media to stay connected. Showing we care about one another can make us all feel less alone or anxious.

At the CFL, we're listening to public health officials, consulting medical experts and trying, as best as we can, to think through what the future may look like on the other side of this crisis.

But all that really matters now is that you are safe and healthy and we are all doing what we can to protect ourselves and one another.

We're thinking of you. We love our fans and look forward to when we can all come together again to watch our great game.

I believe in football because it harnesses the power of teamwork. I believe in our ability to get through this because I know we will work together, even when physically apart.

Thank you.

Randy Ambrosie Commissioner Canadian Football League



## A MESSAGE FROM CEO, MARK GOUDIE

Hi everyone.

As you have no doubt heard, the Ontario Hockey League has followed the lead of the NBA, MLS and NHL and suspended play. And in the music industry, many artists have postponed shows and even major festivals have been rescheduled. This is all being done to help contain the spread of the COVID-19 virus and keep people as healthy as possible.

It has been recommended by public health officials that all large-scale events and even smaller ones scheduled for the near future be postponed. As a result, TD Place has now postponed all events scheduled for the next several weeks. The timeframe will be reassessed daily as the situation evolves.

We know this is a disappointment for many, but we are also optimistic that putting the right measures in place now, will enable us to get back to entertaining you as soon as possible.

We look forward to again cheering-on the 67's, REDBLACKS, the BlackJacks basketball team and Atlético Ottawa and hosting concerts and other events. In the meantime, we'll continue researching and developing new ideas for making Lansdowne a "must visit" destination for the community, the Ottawa/Gatineau region and tourists.

History tells us that sports and entertainment plays a huge role in helping people return to normalcy after tragedies and stressful situations. We know that we will have an important role to play post-COVID and we won't let you down.

We hope you remain as safe as possible, look after your families and each other, and we look forward to seeing you at Lansdowne and TD Place again ... hopefully soon.

Sincerely,

Mark Goudie, CEO Ottawa Sports and Entertainment Group

# PREPARE! DON'T PANIC over COVID-19



Wash your hands with soap and water for at least 20 seconds, especially before eating. Hand sanitizers with a minimum of 60% alcohol are easy to carry.



Keep your hands away from your face. Germs can enter our bodies through our eyes, nose, and mouth.



Always be prepared with extra food and medication in case you can not leave your home due to illness or disaster.



Clean surfaces with disinfectants. Viruses can live up to 48 hours on surfaces. Follow directions to see how long the disinfectant needs to sit before wiping.



Please keep your germs to yourself. Stay home when ill. Make arrangements for child or eldercare if you work. Talk to your employer.



Stay informed through reputable sources such as the Centers for Disease Control and Prevention (CDC), Connecticut Department of Public Health or Ledge Light Health District.





www.cdc.gov www.llhd.org www.uncashd.org

# **REDUCE THE SPREAD OF COVID-19.**

### WASH YOUR HANDS.



Wet hands with warm water



Apply soap



For at least 20 seconds, make sure to wash:



Rinse well



Dry hands well with paper towel



Turn off tap using paper towel









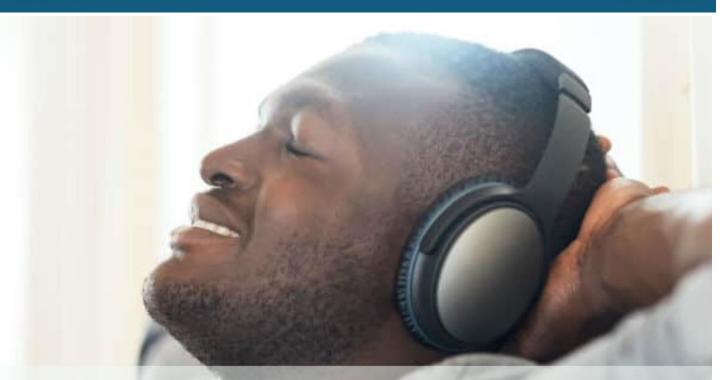






Public Health Agency of Canada Agence de la santé publique du Canada





Activities to do during the COVID-19 Pandemic By Sarah Shaffer Wenatchee Outdoors Mar 26, 2020 We know we are in unprecedented times with the COVID-19 pandemic taking place. Health and safety rules and regulations are changing daily. As of today, we have been ordered from our Governor to "stay home, stay healthy." We can still enjoy bike rides, gardening and dog walking but need to keep six-feet away from others that are not in our household as noted here.

Because of this, we are asking our community to please avoid using some of the foothills trails and the apple capital loop trail during peak hours (8 a.m. - 5 p.m.). If you show up and the trail is too crowded plan to try that spot another day.

Right now nationwide, many outdoor meccas are being overrun with people from out of the area wanting to recreate there. This is not the time for that. Believe me, it is hard for all of us, but we really do need to be smart about what activities we are partaking in right now. Some State Parks and National Parks are closed to camping. It is time to stay local and be a homebody. Below are some ideas to keep you active.

**BIKE:** Go on a bike ride. You can find 37 different longer rides to do in our road ride section of our guidebooks. Please consider that for a longer ride this may take you out of the town you live in. This could be an issue if you get a flat tire etc. So to play it safe, you may want to consider a shorter ride or bringing the necessary supplies with you if something were to break.

**WALK/RUN:** Go on a walk or run around your neighborhood or beyond. Team member Charlie Hickenbottom made a great variety of walking/running routes for Wenatchee which you can find here. This is also a great time to push yourself to do more walking or running than you are used to especially if you suddenly have more free time on your hands. Try to walk or run five miles around Wenatchee or 10, just remember to keep your six foot space-bubble from other walkers and runners.

**WEIGHTS:** Do some free weights, bands, stretches etc. from the comfort of your home. Plenty of local gyms are offering online workouts either printable materials or live videos. Our household has been enjoying a morning weight routine from the cozy spot of our driveway.

Time to dust off the shovel, get out the gardening gloves and hit the yard. You can purchase seeds online or plants online from the comfort of your couch and prepare the garden for the rest of the year.

**HOUSE PROJECTS:** Our household has been busy doing home remodel projects. You can order supplies from online retailers but may have to wait a few weeks to get the supplies, so make sure to prepare now and expect to wait a bit.

**BUY FROM LOCAL BUSINESSES**: Our local economy is taking a big hit during this pandemic. Please consider purchasing local goods from our local businesses. Together Wenatchee is a grassroots organization that started in response to the Covid19 outbreak. They offer goods and services from local businesses that you can purchase on their website. Think of it as the amazon shopping store for the Wenatchee area! We are grateful for all of our community members. We hope you stay safe and take care of yourselves during this difficult time for our world. Please be responsible on what you choose to do outside of your home. We are looking at the collective impact during this time and less of a personal one. We can do this together.

CFL OTTAWA ALUMNI ASSOCIATION F 💆 HISTORY

JOIN US

**OUR AWARDS** 

**EVENTS** 

**NEWSLETTERS** 

**CONTACT US** 



HISTORY LIVES

2020

THE 2020 STICKERS HAVE ARRIVED AND WE WILL DISTRIBUTE THEM CLOSER TO THE ANNOUNCEMENT OF THE START OF THE UPCOMING SEASON.

APRIL HUDDLE CANCELLED.
As circumstances are fluid we will keep all alumni up to date for the next meeting.



WALL OF HONOUR ADDITIONS JERRY "SOUPY" CAMPBELL AND KEN LEHMANN WILL BE MADE AT THE REDBLACKS GAME SATURDAY JULY 18, 2020. THE CFLOAA IS HOSTING A SOCIAL GATHERING AT THE PRESCOTT RUNNING FROM 11:00 AM TO 1:30 PM THAT SATURDAY.



# CFLOAA EXECUTIVE COMMITTEE



Jeff Avery
CFLOAA President
javery@coltonaverydeacon.com



Jim Cain
CFLOAA & CFLAA Vice President
jimcain@rogers.com



Dan Dever CFLOAA Treasurer danwdever@msn.com



Bob McKeown
CFLOAA Research
bob.mckeown@cbc.ca



Bob Pekarchuk
CFLOAA Communications
rwpekar@gmail.com



Gary Page
CFLOAA Tournament Coordinator
gpmail@sympatico.ca



Gord Bunke
CFLOAA Special Events
gordbunke1@gmail.com



Warner Miles
CFLOAA Board Member
w51miles@gmail.com

JOIN OUR TEAM TODAY! If interested in volunteering with the CFLOAA please contact Jeff Avery

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.