



CFL Ottawa Alumni Newsletter

April 1, 2018

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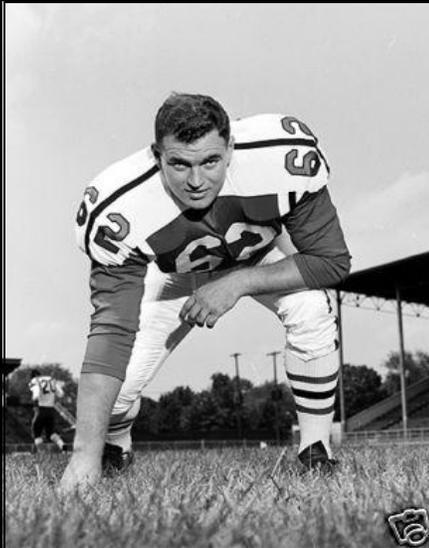
A WARM WELCOME TO WARNER MILES WHO IS JOINING OUR EXECUTIVE COMMITTEE!



Maurice (Moe the Toe) Racine
October 13, 1937 - March 4, 2018

17 yr career with the Ottawa Rough Riders
 4 Time Grey Cup Champion
 Canadian Football Hall of Fame 2014
 Ottawa Sports Hall of Fame 1984
 Beloved Team Mate, Friend, Husband ,
 Father and Fan Favorite





The Football World has Lost a Giant...

Moe "The Toe" Racine passed away on Sunday afternoon at age 80, after battling diabetes and circulatory issues for several years.

"The patriarch of our Racine family is no longer suffering in pain. RIP Grandpa," his daughter-in-law Karen Torrie-Racine announced on Facebook.

Racine was a Canadian Football League and Cornwall sports legend, his passing coming as very sad news for the people in his hometown who knew him so well, and for football fans in Ottawa and across the country.

Racine's amazing career saw him win four Grey Cup rings, playing in five title games. He was a four-time East Division all-star at the offensive right tackle position, and in his 17-year CFL career, all with Ottawa and starting in 1958, he played in 213 regular season games, missing only nine because of injury, and he was a Rough Riders co-captain from 1971-74.

Racine played more years and more games than any Rough Riders player in history.

The famous nickname, Moe the Toe? Team general manager George Terlep came up with it.

"He started calling me that after I kicked a couple of long field goals, and then it just spread," Racine told the Standard-Freeholder four years ago. "I still hear it sometimes walking down Pitt Street."

He was one of the toughest and best offensive tackles in the sport, a 6'4" 270-lb. powerhouse, but many younger football fans thought of Racine only as a kicker, partly because of that nickname.

For most of the Sixties, Racine handled kickoffs and field goals for Ottawa, and in 1966 he led the East Division with 71 points. For his career, Racine totalled 392 points, and knee surgery would lead to him concentrating on offensive line duties for the last seven seasons of his career.

Racine had a long list of honours and awards over many decades, including his number, 62, being one of only three belonging to Ottawa linemen who've had their jerseys retired. Racine was named to the Cornwall Sports Hall of Fame in 1968 and the Ottawa hall in 1984.

And finally, back in 2013, four decades after his career with the Ottawa Rough Riders ended – he stopped playing in 1974 - Racine was named to the Canadian Football Hall of Fame, the class of 2014 officially announced before the Grey Cup game played in Regina, Saskatchewan.



"I finally got in, so that's good," Racine said at home in his living room in Cornwall in the late fall of 2013. "Nobody nominated each other back then. . .it took years (of paperwork and lobbying to get into the Hall)."

It would be Racine's former teammate on the offensive line, his good friend Bob McKeown, a CBC news investigative reporter, who finally got the nomination process into high gear.

"Moe Racine is an Ottawa football legend, and I'm delighted the Canadian Football Hall of Fame is recognizing his incredible achievements," said Ottawa RedBlacks president Jeff Hunt when the nomination was announced.

Racine, married to Donna and the couple having four children, decided to retire from football at age 36, and he'd concentrate on the insurance business he had been in for a few years, eventually leading to his own firm, Moe Racine Insurance.

Racine, still a broker, moved from Ottawa back to Cornwall 12 years ago, living in his beautiful waterfront home on Montreal Road.

He grew up in Cornwall's east end, on Belmont Street, not far from St. Lawrence High School where he dominated on the football field at what's now Ecole Secondaire La Citadelle.

The Saints a few years ago set up a Racine display at their school, a tribute to a former student who led the school football team to five straight championships in the mid-Fifties and three consecutive EOS-SAA titles.

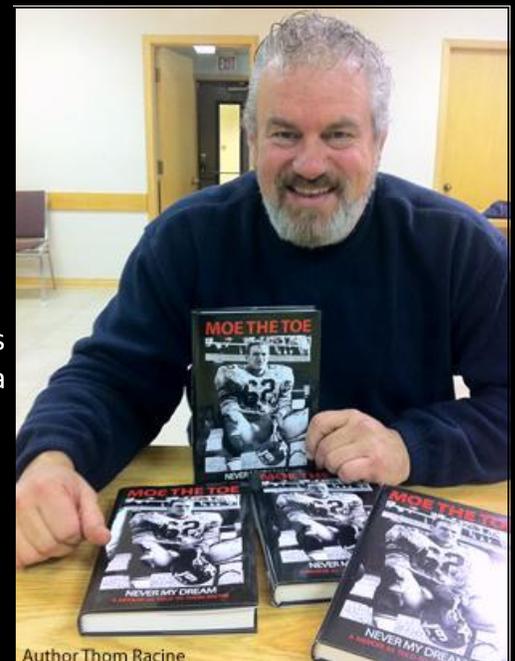
"By the time I got to the paper he was well-established in the CFL," said former long-time Standard-Freeholder sports editor Claude McIntosh. "He was a legend in high school, and that was a time when high school football was really big. . .he was a fullback (with the Saints), can you imagine that? A guy that big and talented (coming toward you).

"He never went to university, he went straight to Ottawa (after high school), one year of junior football and the right up to the (CFL) Riders. Amazing."

Many of Racine's exploits were fondly and lovingly recounted by his son, Thom Racine, in his book "Moe the Toe – Never My Dream," a memoir released three years ago.

Todd Hambleton

The Cornwall Standard - Freeholder March 5, 2018



Author Thom Racine



The Ottawa Sport Hall of Fame announced today that Jim Durrell, Jeff Avery, Jim Kyte, Betty Shields and Steve Gray will be its 2018 inductees. They will be honoured at the Ottawa Sport Hall of Fame Induction Ceremony, which will take place on June 1 at the Horticultural Building at Lansdowne Park.

“Again this year, the selection process was very challenging”, says Dave Best, chair of the Ottawa Sport Hall of Fame. “We received many strong nominations from the community, a reminder of the broad range of sporting achievement and excellence that exists in the nation’s capital. This year’s class clearly reflects that diversity, as each inductee not only has a truly remarkable sports pedigree, but an impressive record of community service.”

Jim Durrell served as Mayor of Ottawa from 1985 to 1991, and was instrumental in making the city an attractive and viable destination for professional sports. Among the many achievements attributed to him are the revival of the Ottawa Senators in 1990, landing the CFL’s Grey Cup in 1988, and championing the return of professional baseball. Most recently Durrell was the Chair of the very successful 2017 Grey Cup in Ottawa.

Jeff Avery is a Grey Cup champion with the Ottawa Rough Riders, a CFL East All-Star, and a Vanier Cup winner with the University of Ottawa Gees-Gees in 1975. Since retiring as a player, Avery has covered CFL football on radio for 30years and has been president of the CFL Ottawa Alumni Association for 16 years.

Betty Shields is a trailblazer for the sport of ringette in Canada and abroad. She began as a local volunteer and rose through the ranks to become the first president of the International Ringette Association. She was instrumental in ringette’s entry to the Canada Winter Games.

Jim Kyte is widely regarded as one of the toughest hockey players of his time, enjoying a 13-year, 598 game career as an NHL defenceman. He was twice nominated for the prestigious Bill Masterton trophy, and founded the Canadian Hockey Association for the Hearing Impaired.

Steve Gray was a fixture on the national rugby team, notching 47 international caps as a centre, and representing Canada in three Rugby World Cups and the inaugural Rugby 7’s World Cup.

Comprehensive biographical information for each of the inductees along with photos can be found at: ottawasporthalloffame.ca

Ticket Information

Tickets for the 2018 Ottawa Sport Hall of Fame Induction Ceremony, to be held June 1, can be purchased online [here](#). Early bird tickets are \$100.

About the Ottawa Sport Hall of Fame

The Ottawa Sport Hall of Fame is a non-profit organization, which documents, curates and celebrates outstanding achievement in local sport heritage. The Sport Hall of Fame is overseen by a volunteer Board of Directors which works in close partnership with the City of Ottawa to maintain and preserve our rich sporting legacies. Each year, the Hall of Fame Board receives nominations from the public, and selects new inductees to be represented in the Hall. The Ottawa Sport Hall of Fame is located at City Hall. It contains artifacts, photographs and memorabilia honouring our sporting heritage, as well as commemorative plaques honouring its more than 270 inductees.



1976 Grey Cup hero Tom Clements returning to Ottawa for Gee-Gees Touchdown Dinner Article by Tim Baines

One of Ottawa's football heroes is coming back, finally.

Former Rough Riders quarterback Tom Clements, who threw the game-winning touchdown pass in the 1976 Grey Cup, will be the keynote speaker at the University of Ottawa Gee-Gees Touchdown Dinner at the NAC's Canada Room on April 28.

His last trip to Ottawa would have been as a member of the Winnipeg Blue Bombers on Sept. 26, 1987, when the Rough Riders got crushed 36-13. Later that year, Clements was named the Canadian Football League's Most Outstanding Player.

Talking Clements into being at the Touchdown Dinner is a big get, and he's excited about returning to the nation's capital.

"It's been a while," said Clements, who stepped away from his assistant coaching job with the National Football League's Green Bay Packers a year ago and now works for a California real-estate firm. "I think it'll be fun. I'll get to see a lot of guys I haven't seen in a long time. I always enjoyed Ottawa.

"I haven't been able to make any reunions because of my involvement with coaching. There hasn't been a lot of communication, it's unfortunate. That's why I'm looking forward to getting back in April and seeing some people. It didn't take much convincing. It's a long flight, but, once I considered it ... I'm looking forward to it."

Clements will join Jeopardy host Alex Trebek, a University of Ottawa alumnus, as honorary governors of the uOttawa 1881 Football Alumni Association.

Date: Saturday April 28, 2018

Time: 5:30 p.m. – Cocktail and silent auction

6:30 p.m. – Dinner

**Location: National Arts Centre (NAC),
Canada Room, 1 Elgin St., Ottawa**

\$50 - Member of 2017 football team

\$150 per individual

\$1,500 per table (10 seats per table)*

IF YOU ARE INTERESTED IN TICKETS PLEASE CONTACT JEFF AVERY javery@coltonaverydeacon.com



RAVEN'S FOOTBALL DINNER 2018 PRESENTED BY DINING SERVICES HOSTED BY THE OLD CROW SOCIETY

You are invited to attend the 2018 Ravens Football Dinner on Friday, April 6 Presented by Dining Services.

This special event is a chance to connect with Carleton alumni, fellow football supporters and current players, and hear about the accomplishments and future of your Ravens. We will induct graduating athletes into the Old Crows Society of prestigious Carleton football alumni, and awards will be presented to the team for their achievements throughout the 2017 season. The evening will also include special recognition of the 1970-1975 teams, and a live auction and raffle.

The Keynote Speaker of the evening will be Redblacks Head Coach Rick Campbell. Campbell joined the nascent Redblacks in 2013 when the team had only five players under contract. In two short years, he built the team and led it to the Grey Cup in 2015.

****REGISTER EARLY**** (prior to March 1st) and be entered to win some awesome Ravens swag!!

Contact Kim McWaters kim.mcwaters@carleton.ca

Tickets \$150.00 per person

You can also sponsor a player for \$75 and your name will be placed in a draw for Ravens swag.

Date - April 6, 2018

Location - EY Centre

Time - 5:30 p.m. Cocktails

7 p.m. Dinner



You are also welcome to attend an open practice on Saturday April 7th at 1:00pm at MNP Park. Come watch the players and coaches in action!



MONTHLY HUDDLE MEETING

Date: Tuesday April 3, 2018

Time: 11:30am - 1:00pm

Business 12:00pm sharp

LOCAL HEROES 1400 Clyde Avenue

(Bleeker Mall Clyde & Merivale Rd.)

Nepean Ontario K2G 3J2 | 613.224.3873



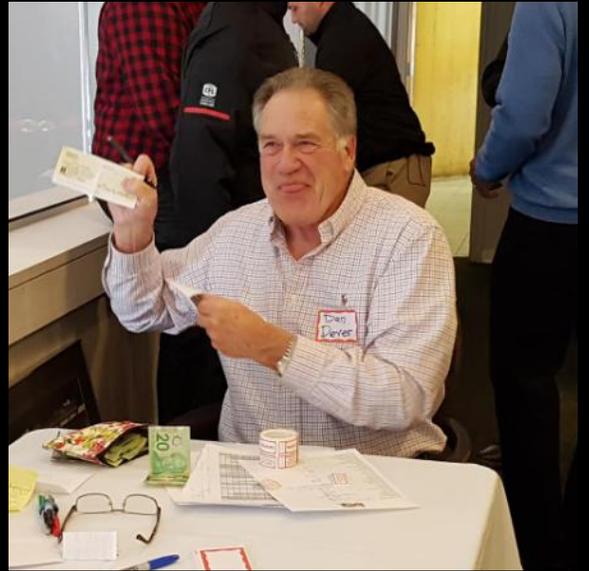
CFLOAA REDBLACKS COACHES LUNCHEON KANATA GOLF & COUNTRY CLUB MARCH 10, 2018



Another great opportunity to catch up with friends! With great appreciation to our guests providing an insightful panel discussion...Coach Campbell, Marcel DeJardins and Mark Goudie. Thank you to everyone for participating in our Annual Coaches Luncheon we hope you enjoyed it!







FRIDAY AUGUST 3, 2018
CFLOAA ANNUAL
GOLF TOURNAMENT & BBQ



Hylands Golf & Country Club

2101 Alert Rd, Gloucester, ON K1V 1J9

Registration Open 7:00am

Shotgun Start 7:45am

Lunch 12:30pm

*REGISTRATION OPEN TO CFLOAA ALUMNI & GUESTS ONLY



“The only time my prayers are never answered is on the golf course. “

Billy Graham



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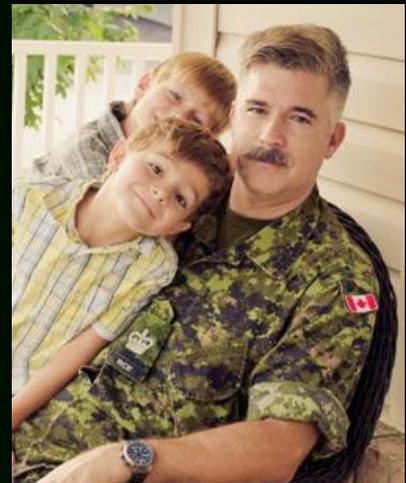
2018 Canadian Forces Chief Warrant Officer Charity Golf Tournament Friday May 25, 2018

The 2018 Canadian Forces Chief Warrant Officer Charity Golf Tournament for the Military Family Resource Centre of the National Capital Region will be held this year on Friday 25 May 2018 at Hylands Golf Club in Ottawa.

Although registration has not started yet, Chief Warrant Officer/Adjutant-chef, Eric Bouffard, CD is hoping that we can put a team in from the Red Black/Rough Riders Alumni.

Cost for this year will be \$99/participants which include power carts and lunch.

The VIP guests this year include Olympian Cody Sorensen (Bobsleigh) and 5 athletes from the 2017 Invictus Games held last summer in Toronto (Jean-Claude Migneault, Nic Meunier, "Tony" Moreau, Dan Graham and Tom Martineau). All five of them were on the Golf team!



It's a wonderful cause, an opportunity to give to those who have given so much on a fantastic golf course. If you are interested please contact Danielle Ryza at danielletryza@gmail.com

Thank you!





9th Annual
**CFCWO Charity Golf
Tournament**

25 MAY 2018

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Somebody Explain Blood Pressure to Me

By Daniel Palmer

You've probably seen those cop shows where a paramedic bursts into the emergency room with a patient on a stretcher shouting, "Blood pressure 90-over-60 and dropping fast!"

Unless you're a real-life paramedic, chances are you don't actually know what blood pressure means. Thankfully, the team at Don't Change Much has got your back! Below you'll find a breakdown that finally answers the question: Just what the heck is blood pressure, and why should I care?

What is blood pressure?

Think of blood pressure like this: when you feel your pulse beat, that's the high number. It's just a measure of the force of blood against the walls of your arteries. Your blood pressure can vary throughout the day, and change from day to day. It can also change according to your activity, posture, and emotions. These changes are normal if your blood pressure is within the healthy range.

The two types of blood pressure:

Systolic blood pressure (the top number) measures the force of the blood against your artery walls when it's at its greatest.

Diastolic blood pressure (the bottom number) measures the pressure of the blood when the heart relaxes and the force of the blood is at its lowest. **High blood pressure**

High blood pressure can be harmful. High blood pressure can cause strokes, heart attacks, and heart and kidney failure. It can also be related to dementia and sexual problems. These issues can be prevented if high blood pressure is controlled.

Low blood pressure

Low blood pressure is when the pressure in your arteries drops and your heart is pumping your blood at a slower rate than normal through your blood vessels. Blood pressure levels below 120 / 80 may be considered normal unless you feel light-headed or dizzy.

How to maintain a low blood pressure

What you can do to keep your blood pressure healthy is exercise, limit your alcohol intake, and cut back on smoking. Make sure to have your blood pressure measured at least once every two years, or more often if your doctor recommends it. Many pharmacies have blood pressure machines you can use on your own at no charge – try it out! Stay pressurized, gents!




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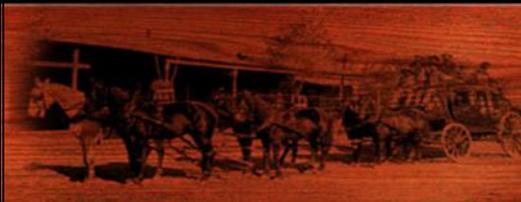
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IMPORTANT DATES TO REMEMBER

Monthly Huddle Meeting	Tuesday April 3, 2018
Carleton Raven's Football Dinner	Friday April 6, 2018
Gee-Gee's Touchdown Dinner	Saturday April 28, 2018
CFCWO Charity Golf Tournament	Friday May 25, 2018
Ottawa Sport Hall of Fame Induction Dinner	Friday June 1, 2018
CFLOAA Annual Golf Tournament & BBQ	Friday August 3, 2018
The Ottawa Rough Riders 1968 1969 Grey Cup Reunion	Saturday August 11, 2018



***I MAKE THIS
COMMITMENT TODAY
TO BE BETTER
THAN I WAS YESTERDAY***

CFLOAA EXECUTIVE COMMITTEE BOARD MEMBERS 2018



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gebcob@hotmail.com



Welcome to our newest
member to the Executive
Warner Miles

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!