



# CFLOAA NEWSLETTER AUGUST 1, 2018

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**ALUMNI 1968-69  
REUNION  
AUGUST 10-11**

**WELCOME TO NEW ALUMNI MEMBER  
BRUCE HILLARY  
ROUGH RIDERS PRESIDENT  
1988-1990**





# REDBLACKS JULY 2018



## Redblacks Schedule 2018

Week	Date	Kickoff	Team	Score	Record
1	Thurs, June 21	7:30pm	Sask @ OTT	W 40-17	1-0
2	Thurs, June 28	7:30pm	OTT @ CGY	L 14-24	1-1
3	Fri, July 6	9:00pm	OTT @ MTL	W 28-18	2-1
4	Thu, July 12	7:30pm	CGY @ OTT	L 3-27	2-2
5	Fri, July 20	7:30pm	BC @ OTT	W 29-25	3-2
6	Sat, July 28	4:00pm	OTT @ HAM	W 21-15	4-2
7	Thurs, Aug 2	7:00pm	OTT @ TOR		
8	Sat, Aug 11	8:00pm	MTL @ OTT		
9	Fri, Aug 17	8:30pm	OTT @ WPG		
10	Fri, Aug 31	7:30pm	MTL @ OTT		
11	Fri, Sept 7	10:00pm	OTT @ BC		
12	Sat, Sept 15	9:30pm	OTT @ SASK		
13	Sat, Sept 22	4:00pm	EDM @ OTT		
14	Fri, Oct 5	7:30pm	WPG @ OTT		
15	Sat, Oct 13	5:00pm	OTT @ EDM		
16	Fri, Oct 19	7:00pm	HAM @ OTT		
17	Sat, Oct 27	4:00pm	OTT @ HAM		
18	Fri, Nov 2	7:30pm	TOR @ OTT		
19	Sun, Nov 26	6:00pm	THE GREY CUP TBD		



# WEAR IT WITH PRIDE



**All-new 2018 REDBLACKS gear is here!  
Check it out in our Team Shop or buy online!**

**OTTAWAREDBLACKS.COM**



# BELLEVILLE SPORTS

## HALL OF FAME INDUCTEES | CLASS OF 2018

Five athletes, one builder and one team will enter the Belleville Sports Hall of Fame as the Class of 2018.

The BSHOF announced Monday that Andrew Raycroft, Dennis Stark, James Hurst, Andrew Ross, Brian Price, Terry Wellesley and the 1988 Belleville Enright midget girls softball team will be ushered into The Friendly City sports shrine during 2018 induction ceremonies on Saturday, Sept. 15.

The program will be held at the BSHOF in the Dr. R.L. Vaughan Atrium at the Sports Centre starting at 1 p.m. The event is open to the public.

"We're extremely proud and very excited to announce the Class of 2018 who have proven, through their athletic accomplishments, that they belong in the Belleville Sports Hall of Fame," said BSHOF president and inducted member, Dave Mills.

### **Terry Wellesley**

A former Quinte Saints standout, Wellesley led the QSS football squad to a COSSA championship in 1966 before going on to play the U.S. college game at Colorado and Texas Tech. Turning pro in the CFL in 1970, Wellesley set a rookie rushing record with the Ottawa Rough Riders that still stands, collecting 159 yards on the ground and scoring three touchdowns. Wellesley won a Grey Cup with Ottawa in 1973 and played two seasons with the Hamilton Tiger-Cats before retiring in 1976.

He lives in King City.

### **Andrew Raycroft**

### **Dennis Stark**

### **Andrew Ross**

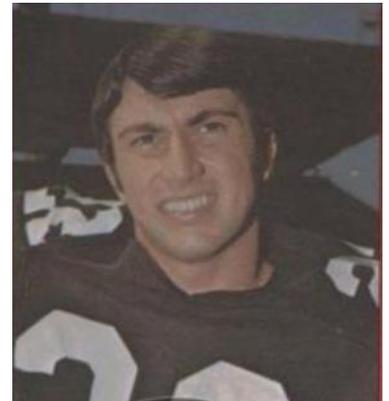
### **Brian Price**

### **James Hurst**

### **1988 Belleville Enright midget girls softball team**

Thirty years ago, the local diamond girls were the toast of the town, capturing an all-Ontario women's softball championship and earning a silver medal at the Canadian Nationals.

Coached by Dave, Kay and Barb Snedden, and managed by Barry Turpin, members of the team included: Laura Lee McCoy, Michele McCaw, Stephanie Smith, Stacy Halliday, Melanie Hurst, Tracie Fuller, Shannon May, Andrea Peters, Roni Norton, Colleen Thorburn, Julie Kay Lang, April Pickell, Jennifer Follwell, Christa Fricke and Nicole Gauthier.



### **FAST FACTS**

**What:** Belleville Sports Hall of Fame.

**When:** Class of 2018 induction ceremonies, Saturday, Sept. 15 at 1 p.m.

**Where:** The BSHOF in the Dr. R.L. Vaughan Atrium at the Quinte Sports Centre.

By Paul Svoboda, The Intelligencer Tuesday, June 19, 2018 12:56:39 EDT PM for the complete article visit <http://www.intelligencer.ca/2018/06/19/belleville-sports-hall-of-fame-announces-class-of-2018-induction-ceremonies-sept-15>

# QUARTERBACK CLUB IN ALMONTE JULY 17, 2018 IN HONOUR OF WAYNE GIARDINO



**GREAT TIME WAS HAD BY ALL  
HONOURING WAYNE AND  
SUPPORTING THE COMMUNITY OF ALMONTE**



# PLAYER PROFILES FROM THE 1968-1969 GREY CUP CHAMPION TEAMS



## Don Sutherin

Don played college football at Ohio State and kicked the game-winning field goal in the 1958 Rose Bowl giving Ohio State its third national championship. Don played two seasons in the NFL with New York Giants and Pittsburgh Steelers and 12 years in the CFL with Hamilton, Ottawa and Toronto. A perennial CFL All-Star, he played in eight Grey Cups winning four championships. On retirement he was all-time scoring leader in the CFL and held 18 CFL records. He coached as an assistant and Head Coach from 1981-2002. He coached in 8 Grey Cups winning 4 of the championships. In 1992 he was inducted into the Canadian Football Hall of Fame. He is also in the Upper Ohio Valley, Toronto (Ohio) High School, Canton Softball, Ohio Valley High School, Ohio Softball Halls of Fame. He is on the Walk of Fame, Wall of Honor and All time Hamilton Ti-Cats Team. He resides in Hartville, Ohio with wife Nancy. They have four daughters, Julie, Gail, Becky and Jill and seven grandchildren.

## Ken Shaw

Ken was born and raised in Copper Cliff Ontario and attended Laurentian and Carleton University. He played both hockey and football at the university level and in 1967 with the Sudbury Spartans of the Northern Ontario Football Conference as a tight end and defensive end under Coach Sid Forester. Ken played in 1968 with the Ottawa Rough Riders' Grey Cup Championship team as an offensive tackle and center. After football he worked for Bell Canada as a marketing manager and in 1973 took a position with the Federal Government in Ottawa as the Department of Communications Regional Director. During this time, Ken and his family owned and operated a pure bred Charolais farm near Almonte, Ontario. In 1990, he transferred to the Ontario Provincial Government as the Director of Communications for the Ministry of Northern Development and Mines. Ken has been married to Karen Fielding for 49 years and have three daughters Lori, Jennifer and Michelle as well as six grandchildren Hayley, Emily, Jamie, Henry, Luke and Ben. Ken is an avid golfer, hunter and outdoorsman and currently enjoys his retirement at their waterfront home on Lake Panache, just west of Sudbury.



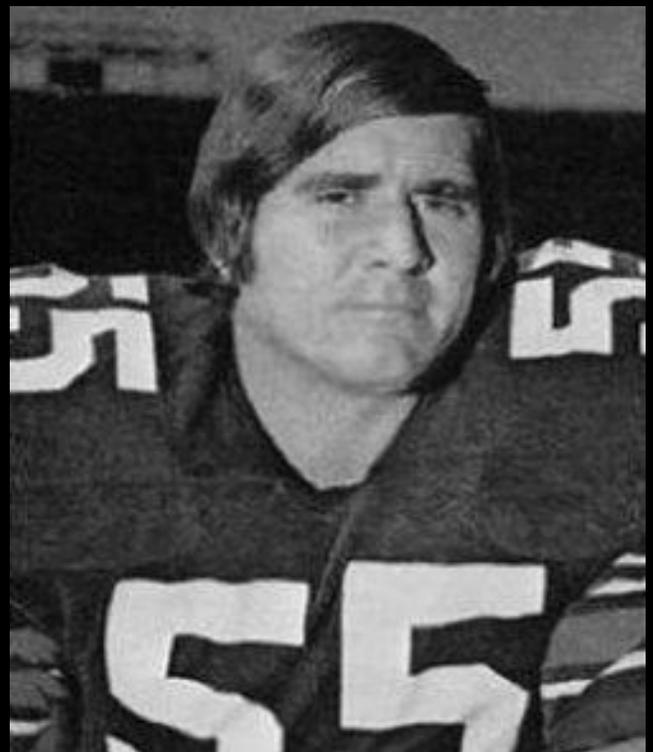
## Ed Joyner

Ed was born in Fayetteville, North Carolina and attended Lenoir Rhyne College from 1964-1968. While at LRC, he received multiple awards including: All-Conference, All-State, All-District, NAIA All-American, AP All-American, and Lineman of the Year. As a senior, he was selected to play in the Sudan Temple All-Star game and was awarded the Best Defensive Trophy. He was inducted into the Lenoir Rhyne Hall of Fame in 1979. He played for the Ottawa Rough Riders from 1968-1970 as a Right Defensive End and won the Grey Cup twice during that time. After returning to NC, he worked in the timber industry for forty years before retiring. Active in his community, Joyner has coached youth in both football and baseball and has also served as a leader in the Boy Scouts of America, helping young men grow and learn. Ed is married to Carol with one daughter and two sons. They enjoy travelling and spending time with family, including six grandchildren. Ed and Carol remember their time with the Rough Riders with fondness and consider it one of the highlights of their lives, having been blessed by the beauty of Canada and the joy of lifelong friends.



## Dave Braggins

Dave played nine years in the CFL, starting his career with the Ottawa Rough Riders in 1968. After 4 years in Ottawa Dave joined the Montreal Alouettes and played there from 1972 to 1976. Dave was a very versatile performer as he was the starting right defensive end in the 1968 Grey Cup and the right offensive tackle in the 1969 Grey Cup game after Moe Racine suffered a knee injury late in the year. After that Dave went on to be an all-star offensive guard with the Alouettes. Dave was part of a strong Florida State connection with Ottawa since fellow FSU grad Wayne Giardino was on both the Rough Rider Grey Cup teams of 1968 and 1969 and Jim Mankins joined for the 1969 Grey Cup win. Braggins was on three Grey Cup winners, Ottawa in 1968 and 1969, and Montreal in 1974. Dave was awarded the Leo Dandurand Trophy in 1975 as the Most Outstanding Offensive Lineman in the East division. He was also a CFL All-Star and a CFL Eastern Division All-Star in both 1975 and 1976. Dave passed away on July 19, 2004. Dave is survived by his wife Sue, 2 daughters-Kristin and Jessica and 3 grandchildren.



### Bill Cooper

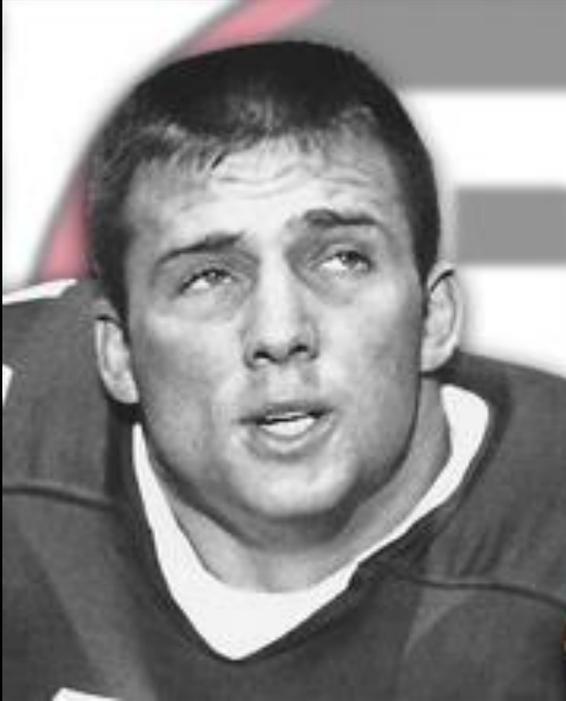
Billy played in the Canadian Football League for 11 seasons as a defensive back and a receiver. He joined the Winnipeg Blue Bombers in 1964 after playing with the Winnipeg Rods Junior team. Coop was quite an athlete growing up playing hockey as well as football. In the mid-60's he played football and then hockey (as a left winger) for many years including playing professionally in 1966-67, in the International Hockey League, with the Des Moines Oak Leafs. In 1965-66 he had finished his junior career with the Winnipeg Braves. In his first year with the Bombers Billy won the Dr. Beattie Martin Trophy for best Canadian rookie in the west on the strength of his 24 pass receptions for 409 yard and 4 touchdowns. He also returned both kicks and punts. After four seasons with the Bombers he played 6 seasons with the Ottawa Rough Riders winning 2 Grey Cups in 1968 and 1969. In those 2 years he was mostly a defensive back but in later years played as receiver. He finished the 1973 season with the Edmonton Eskimos and then ended his football career in 1974 with the Toronto Argonauts. Cooper caught 170 passes for 2,865 yards and 18 receiving touchdowns in his career. Coop died on August 28, 1995 at the young age of 50.



### Wayne Giardino

Wayne was born in Peterborough, Ontario, but grew up in West Palm Beach, Florida. He played university football for the Florida State Seminoles. Wayne played nine seasons in the CFL with the Ottawa Rough Riders from 1967 to 1975. Although primarily a linebacker he also played fullback. Wayne was selected as the Canadian Football League's Eastern Rookie of the Year award in 1967. Giardino won three Grey Cup rings in 1968, 1969, and 1973. Wayne was part of a strong Florida State connection with the Riders since fellow FSU grad Dave Braggins was on both the Rough Rider Grey Cup teams of 1968 and 1969, and Jim Mankins joined for the 1969 Grey Cup win. Giardino went on to serve as Defensive Line Coach and director of Player Personnel for the Rough Riders in the 80s and for three years with the Hamilton Tiger-Cats in the 90s. In 2014 Wayne was inducted into the Ottawa Sport Hall of Fame. Wayne and his wife Nancy have lived in Almonte since 1968. They have two children, Nicole and David, and four grandchildren Ben, Dawson, Owen and Jessica.





### Jim Mankins

Jim started his collegiate career at Oklahoma before transferring to Florida State where he joined future CFL Ottawa Rough Rider teammates Wayne Giardino and Dave Braggins. After graduating from Florida State, Jim played in the NFL with the Atlanta Falcons in 1967. Late in the 1968 season he joined his FSU teammates with the Ottawa Rough Riders as a practice squad player. In 1969 he replaced Bo Scott, who had moved to the NFL with the Cleveland Browns, as the Rough Rider fullback and was part of the 1969 Grey Cup championship team. In that game in Montreal, in the 3<sup>rd</sup> quarter, Jim caught a 27 yard touchdown pass from Russ Jackson. He finished the 1970 season with the Edmonton Eskimos. Mankins ran for 1,180 yards in his career on 227 attempts, scoring 2 rushing touchdowns. He also caught 37 passes for 384 yards and 3 receiving touchdowns.

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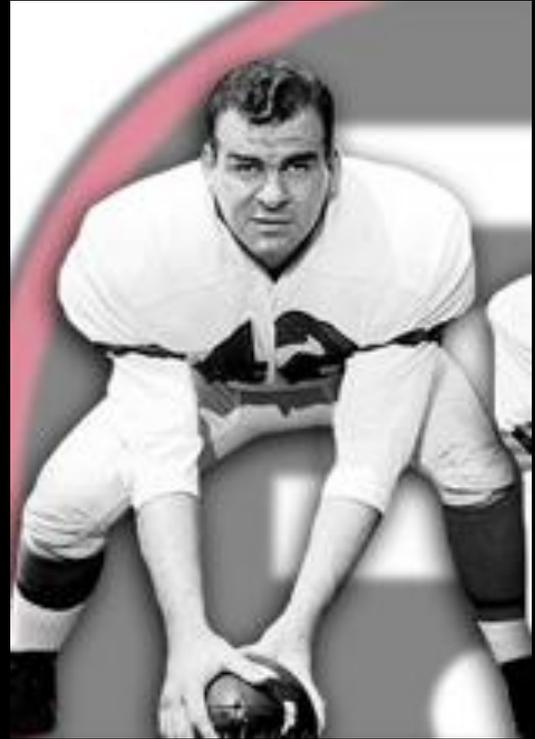
### Terry Black

Terry started his football career at Rideau High School playing for both the junior and senior teams and went on to play for 3 years with the Ottawa Sooners football club while attending Algonquin College. He played fullback and tailback as well as linebacker and in 1968 the Sooners, having won the Eastern Canada Junior Football title, played in the Little Grey Cup in Edmonton. Terry was selected as the MVP for the conference and tied for the scoring title. In 1969 he was invited to a tryout with the Ottawa Rough Riders and was successful in making the team. Using the money earned from playing with the Riders, Terry returned to school at Ottawa University in Electrical Engineering. Traded in 1970 he left football after having played for one year to concentrate on school and graduated with a Masters degree in 1974. He went on to be a founder of two high tech companies in Ottawa including Dy4 System. Terry's two brothers both played football with Rick playing for the Ottawa Rough Riders for 5 years and Chris with the Ottawa Sooners. Terry and his wife Beth live on Vancouver Island with extended family in both Ottawa and B.C.



### Jerry Selinger

Jerry played 13 years with the Ottawa Rough Riders as a centre from 1957 to 1969 winning Grey Cups in 1960, 1968 and 1969. Jerry achieved All Star status at Cathedral High in Hamilton (where he played against future Ottawa teammate Russ Jackson), attracting the attention of Frank Clair, who at that time was coach of the Toronto Argos. Through him, he got a football scholarship to St. Joseph's College in Indiana, where he continued his All Star status. Jerry began his CFL career with Frank Clair in Ottawa in 1957. He also had a great interest in his acrobatic roller pigeons, some of which traveled with him to Ottawa in a custom made loft which he towed behind his DKW, thus becoming known as the "Birdman of Ottawa". He also raised Chihuahuas. His teammate Milt Graham, who went on to play in the American Football League said that, "Jerry was one of the hardest hitters that he had played with and, if he had been a little bigger, could have played in the NFL". Jerry was also a skilled carpenter and one of the entrepreneurial leaders of the family business, Oasis Pools until his retirement in 2011. Jerry died on June 16, 2017 from complications of diabetes. He left behind his wife Pat, 4 children and 11 grandchildren.

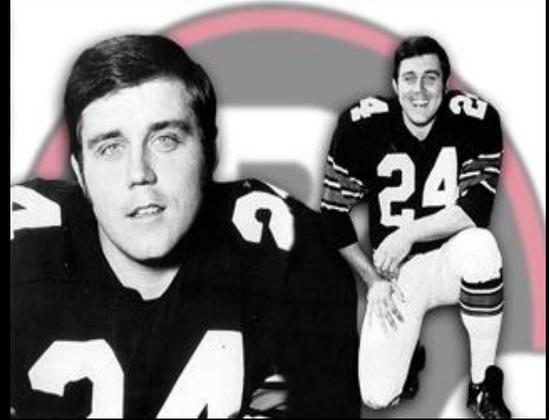


### Marshall Shirk

Marshall was drafted by the Minnesota Vikings after graduating from UCLA. He later played with the Ottawa Rough Riders, in the Canadian Football League (CFL), from 1965 to 1971. He was on both the 1968 and 1969 Grey Cup winning teams. He was voted an Eastern Division All Star as a Defensive tackle in 1968, 1969 and 1970. He also was the winner of the Bill Smyth Memorial Award as the Most Valuable Ottawa Rough Rider Lineman in 1970 and 1971. For 6 years (1965-1970) Marshall and his friend Billy Joe Booth were dominant on the left side of the Rough Rider front four. While at UCLA and between football seasons Marshall worked as an extra in many Elvis Presley movies. Marshall loved to cook and along with teammate Jim Conroy they introduced their teammates to Mexican food California style. After football, he spent eight years teaching at Algonquin College in Ottawa. He then returned to California where he restored antique cars and motorcycles and had an orange grove and grew avocados. He later moved to Apple Valley in Utah where his home overlooked the grandeur of Zion National Park. While there Marshall continued to restore vehicles in his workshop. Marshall died on August 5, 2017 from complications of throat cancer. He is survived by his partner Susie.

### Greg Thompson

Greg, born in Ottawa, played four years with the Ottawa Sooners before making the jump to the Ottawa Rough Riders, where he was part of the 1969 Grey Cup championship team. Greg was traded to Edmonton in 1971 and ended his playing career at the end of that season. Greg averaged 5 yards per carry, 11 yards per reception and punted for a 44 average with the Eskimos. He has worked for the Canadian Bank Note Company for 43 years, and is still working. Greg and his wife Sue have made Osgoode Ontario their home. Daughter Leigha and Brett Holmes also live in the Osgoode area. Son Derek, his wife Kim and grand daughters Gemma and Karlie, live in Summerside, P.E.I.



### Wayne Smith

Wayne played 12 seasons in the Canadian Football League from 1969 to 1980 with the Ottawa Rough Riders, BC Lions, Toronto Argonauts, Saskatchewan Roughriders and Hamilton Tiger-Cats. He played his first seven years in Ottawa where he enjoyed his greatest success, being selected as both an East and CFL All-Star at defensive end in 1972 and 1974. He was also a runner-up for the Schenley Award for the CFL's top defensive player in 1974. Smith went to two Grey Cups with the Rough Riders in those years, winning in his rookie season in 1969 and again in 1973. In 1984 he was inducted into the Nova Scotia Sport Hall of Fame. Wayne passed way in 2016

### David Loeb

David was owner of the Ottawa Rough Riders from 1969 to 1977. He also served as President of the Canadian Football League during what is considered one of the CFL's Golden Eras in the 1970s. Born into a prominent Ottawa business family, David was Senior VP and Director of M. Loeb Limited, the grocery conglomerate founded by his father. He also served as a director of the Ottawa Football Club before assuming sole ownership in 1969. During Loeb's 8 years of stewardship, the Rough Riders were one of the juggernauts of the CFL, capturing 3 Grey Cups in 69, 73 and 76. By comparison, after he sold the Rough Riders, Ottawa CFL teams would have just 2 winning seasons in the next 4 decades and had not captured another Grey Cup until the Ottawa Redblacks did it in 2016. 'I think some people took our success for granted back then' says former Rider Bob McKeown. 'Now it's clear just how important that strong local leadership and winning attitude were to us. David Loeb was a great owner.' David died on November 29, 2016. David is survived by his wife Adele and 3 sons-Kenneth, Mitchell and Arthur and 9 grandchildren and 3 great grandchildren.



### Bill Van Burkleo

Bill graduated from Tulsa University in 1964, and was the last cut of the Dallas Cowboys in 1965. Bill then started his seven year CFL career (1966 to 1972) with the Toronto Argonauts. Van Burkleo played mainly as a defensive back but was also a quarterback and a punter, collecting 17 interceptions in his career. In 1967 Bill moved onto Winnipeg where he got his longest shot at quarterback, spelling off the great Ken Ploen when he was injured. Van Burkleo then played three years (1968-70) for the Ottawa Rough Riders where Russ Jackson was the quarterback. Van Burkleo played defensive back and did the punting when the Rough Riders won the Grey Cup in 1968 and 1969. Van Burkleo finished his career with one year each in Calgary in 1971 and Hamilton in 1972 (winning 2 additional Grey Cups). While playing football Bill obtained his commercial pilot license and worked with Rider teammate Rick Black looking after all CFL programs and published a magazine called Sports Canada. After football Bill graduated from Oklahoma State University's College of Osteopathic Medicine in 1981 and specialized in Emergency Medicine for over 30 years in Texas. Bill's children include a son (an attorney), twin daughters (both pharmaceutical Reps) all born in Canada plus a daughter, born in China, who is a Petroleum Engineer.



### Vic Washington

Vic was born in Plainfield, New Jersey and attended the University of Wyoming before joining the Ottawa Rough Riders in the CFL in 1968. Vic started out as a defensive back and kick returner before moving full-time to running back. In his two years in Ottawa the team won the Grey Cup in both years and Vic was twice an All-Canadian Running back. In the 1968 Grey Cup game Vic received the Most Valuable Player Award as he ran for 128 yards on 13 carries and caught 3 passes for 25 yards. One of his plays was an 80 yard touchdown run, establishing a Grey Cup record that still stands. This is a famous Grey Cup play, as after taking the pitch-out from Jackson around the left side, Vic fumbled the ball but it fortunately bounced right back into his hands and the rest is history. He played one more season in the CFL with the 1970 BC Lions before leaving for the San Francisco 49ers in 1971. In his 1<sup>st</sup> year Vic was named to the NFL Pro Bowl. He finished his career with the Houston Oilers and the Buffalo Bills. Overall both in the CFL and NFL Vic accounted for over 12,000 yards when his rushing, receiving, kick-off and punt returns are combined. Vic passed away in 2008.



# Carleton Ravens Schedule 2018

Games	Date	Kickoff	Team	Score	Record
Pre Season	Sun, Aug 18	1:00pm	Carleton @ Montreal		
<b>REGULAR SEASON GAMES</b>					
1	Sun, Aug 26	1:00pm	Western @ Carleton		
2	Mon, Sept 3	3:00pm	Carleton @ Windsor		
3	Sat, Sept 8	1:00pm	Carleton @ Waterloo		
4	Sat, Sept 15	1:00pm	Queens @ Carleton		
5	Sat, Sept 22	1:00pm	Carleton @ Toronto		
6	Sat, Sept 29	1:00pm	Ottawa @ Carleton (Panda)		
7	Fri, Oct 5	1:00pm	Wilfred Laurier @ Carleton		
8	Fri, Oct 12	1:00pm	Carleton @ York		



FOR TICKETS TO RAVENS GAMES VISIT CARLETON UNIVERSITY WEBSITE  
OR CALL 613.520.2600 ext. 5511



## Ottawa Gee-Gees Schedule 2018

Games	Date	Kickoff	Team	Score	Record
<b>Regular Season</b>					
1	Sun, Aug 26	1:00pm	uOttawa @ Laurier		
2	Sun, Sept 2	1:00pm	McMaster @ uOttawa		
3	Sat, Sept 8	1:00pm	Guelph @ uOttawa		
4	Sat, Sept 22	1:00pm	York @ uOttawa		
5	Sat, Sept 22	1:00pm	Carleton @ Toronto		
6	Sat, Sept 29	1:00pm	uOttawa @ Carleton (Panda)		
7	Thurs, Oct 4	7:00pm	uOttawa @ Toronto		
8	Sat, Oct 13	1:00pm	Western @ uOttawa		
9	Sat, Oct 20	1:00pm	uOttawa @ Queens		



For Tickets to Gee-Gees games visit uOttawa Gee-Gees website

<https://www.geegees.ca/en/sports/ticket-pricesprices>

# WELCOME CFLOAA ALUMNI & GUESTS TO OUR ANNUAL GOLF TOURNAMENT PRESENTED BY MANULIFE

## SCRAMBLE FORMAT

Each golfer plays his / her own ball and each ball is played from the spot where the ball of the team's previous best shot, or other chosen shot came to rest until in the hole.

**SOUTH COURSE WHITE TEES MEN | RED TEES LADIES**

**FOUR PRIZE HOLES #3 & #7 CLOSEST TO THE PINS**

**#12 LONGEST SUCCESSFUL PUTT**

**#14 LONGEST DRIVE**

**TEAM CAPTAINS - TURN IN YOUR SCORE CARD AT THE FRONT TABLE WHEN YOU ENTER THE DINING HALL**

**FOR YOUR PARTICIPATION PRIZE BAG!**

\* IF YOU HAVE CELL PHONES PLEASE TAKE PICTURES OF YOUR GROUP FOR THE NEWSLETTER & SOCIAL MEDIA SITES. PICTURES CAN BE EMAILED TO CFLOAA@GMAIL.COM

HOLE	CFLOAA MEMBERS & GUESTS			
1	Ted Smale	Dave Thelen	John Lisowski	Gary Page
2	Pat Stoqua	Bruce Walker	Greg Clarke	Mark Magee
3-A	Jeff Avery	Danielle Ryza	Richard Hanoski	Jeff Leighten
3-B	Bill Gosewitz	Steve Whitley	Glen Clarke	Jason Hawes
4	Wayne Tosh	Curt Porteous	Gerry Organ	Tim Tosh
5	Larry Dumelie	Gerry Arbour	Roger Dumelie	Blake Dumelie
6	James Ellingson	Kevin Reid	Dean Goudreau	Joe Plouffe
7-A	Jim Foley	Rick Goodfellow	Jim Piaskoski	Adam Stewart
7-B	Ron Armstrong	Mike Shaw	Rod Scharf	Tor Veltheim
8	Ron Menchini	Jason Robert	Mario Troini	Joe Richichi
9	Frank Reid	Ross Reid	Mitch Miculia	Yvon Brunette
10	Bill Hatanaka	Randy Burgess	Bill Houldsworth	Jonathan Houldsworth
11	Warner Miles	Andy Miles	Steven Glenn	Robbie Emery
12-A	Ken Vargo	Tom MacDonald	Bryan Lemoine	Russ Lemoine
12-B	Paul Sheldon	John Ambridge	Richard Christie	Bill Goldstein
13	Thom Racine	Chad Deneault	Tom Pullen	Frank Lambros
14	Tom Deacon	Brian Hedges	Joe Colvey	Marty Owens
15	Peter Thompson	Barry Hobin	Mike Sharp	
16	Bob Brien	Chuck Wood	Ron Artelle	Ian Edwards
16B	Geof Hamlin	John Sunstrum	Bill Hamlin	Mike Etherington
17	Sam Poirier	Todd Sorfleet	Tyler Lamoureaux	Yves Noel
18	Jeff Steck	Antony Constantini	John Wong	Tony Genereaux
18B	Terry Wellesley	Steve Forchon	Jim Gibson	Mike Redick

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FEATURE EVENT SPONSOR



John Ruddy



**REDBLACKS**

Mark Goudie



Borden Ladner Gervais

Peter Thompson QC



**Schindler**

James Ellingson



Dean Vasilas (Clyde Ave)



SINCE 1934

Tony Disipio





Cathy Wellesley

**GIANT  
TIGER**



Lisa Dinelle



Bruce Walker



Bill Gosewitz



50 golf courses. Events for everyone. Member perks.

D'Arcy Jenkins



Jeff Avery



**RAVENS**  
FOOTBALL

Patrick Stoqua



uOttawa

Steve Drover



Personal Sponsor Ken Vargo

## DON'T CHANGE MUCH

Where guys go to get healthy



## How to giv'r like a champ this summer

### **You can't rock the beach, barbecue or dock if you overdo it**

In Canada, summer is the season of giving.

Not gift-giving, of course, but giving it. You know: Playing hard on the beach, at the park, around the barbecue, on the dock, you know the drill. In summer, Canadians just like to giv'r!

#### **Overdoing it spoils the fun**

Going all out in the hot sun can easily lead to overexertion and, in turn, a range of health issues such as fatigue, low blood sugar, and dehydration. That's why it's so important to recognize and respect your body's limits. After all, you can't giv'r like a champ if you don't take regular breaks, get enough sleep at night, eat enough food throughout the day, and drink plenty of water and other fluids.

These precautions go beyond the ability to party hearty. Studies show that injuries are the leading killer of Canadians aged 1 to 44. In B.C. alone, more than 400,000 residents are injured each year, but 90% of injuries are both predictable and preventable. You can't giv'r at all if you're down for the count.

#### **Play hard, work hard, be smart**

Playing hard goes hand-in-hand with working hard — as the old saying goes — and here again guys should listen to what their bodies tell them. Overexertion or strenuous movement and falls, it turns out, account for nearly half of occupational injuries reported to the Canadian Community Health Survey.

So go ahead and go for it this summer, but be smart about how you do it. After all, come fall, you may want to giv'r then, too...

## DON'T CHANGE MUCH

Where guys go to get healthy



## The Big 3 Benefits of Losing Weight

### Dropping just a few pounds improves everything from sleep to sex

What springs to mind when you hear the words “Big 3?” NBA fans might think of Larry Bird, Kevin McHale and Robert Parish. Car buffs could point to Ford, GMC and Chrysler, while millions of Canadian cellphone subscribers might shudder and say Bell, Rogers, and Telus.

But there’s another Big 3 that, unlike your wireless provider, may actually *reduce* your monthly bills. Which awesome Big 3 is this? It’s the Big 3 Benefits of Losing Weight:

1. **You’ll feel better:** Is any benefit better than this? Dropping just a few pounds can reduce joint pain, improve the quality of your sleep, and chase away fatigue and grogginess. Oh, and speaking of feeling better...
2. **Your sex life will improve:** Your sex drive is affected by high blood pressure and other conditions that you’re likely to have if you’re overweight. Additionally, erectile dysfunction can be a problem for obese and overweight men. Plus, the people you have sex *with* will be all over a fitter, firmer partner. Need we say more?
3. **You’ll live longer:** You’re feeling great, you’re getting some, so why not stick around to enjoy it? Dropping pounds lowers the risk of life-shortening conditions such as heart attacks and sleep apnea, a sleeping condition in which your breathing starts and stops but seems to you like heavy snoring.

# CFLOAA EVENTS

IMPORTANT DATES TO REMEMBER



## MONTHLY HUDDLE MEETING

Date: Tuesday August 7, 2018

Time: 11:30am - 1:00pm

Business 12:00pm sharp

LOCAL HEROES 1400 Clyde Ave

Bleeker Mall Clyde & Merivale Rd.)



# CFLOAA ALUMNI GOLF TOURNAMENT

# FRIDAY AUGUST 3, 2018



**ALUMNI 1968-69**  
**REUNION**  
**AUGUST 10-11**

TD PLACE  
OTTO'S LOUNGE  
(CLUB LEVEL FOYER)

EVENT DETAILS  
AUGUST 10  
Start Time 6:00PM  
Dinner 7:00PM

AUGUST 11  
5:30 PM PRE-GAME EVENT  
8:00PM  
Redblacks vs the Allouettes

1015 Bank Street  
Ottawa, Ontario  
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# CFL ALUMNI APPAREL ~ PROCEEDS FROM EACH SALE GO TO THE CFLAA SUPPORT FUND

The Canadian Football League Alumni Association has teamed up with KB2 Clothing for its online apparel! KB2 Clothing is a family business started in Winnipeg with the concept of innovative, no minimum, high-quality apparel.

KB2 Clothing is designed to be worn, whenever, wherever and with a lot of comfort. 'We wear what we sell and feel it's important to put our money where our mouth is.' Each garment is a stand-alone order; we order, print and produce as it's ordered. We take our time, ensure we get it right and then we get it to you.

We are excited to offer both male and female clothing items in a variety of sizes and styles. There are various logo options to choose from for each style.

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Should you have any questions please feel free to communicate with the appropriate board member...  
we're always happy to answer any questions you may have!