CFLOAA NEWSLETTER

September 2018

INSIDE THIS EDITION

REDBLACKS NEWS 2-3

CFLOAA GOLF TOURNAMENT 4 -11

1968-1969 REUNION 12-21

RAVENS NEWS 22

PANDA GOLF TOURNAMENT 23

GEE GEES NEWS 24

GEE GEES PANDA PARTY 25

DON'T CHANGE MUCH MEN'S HEALTH 26-27

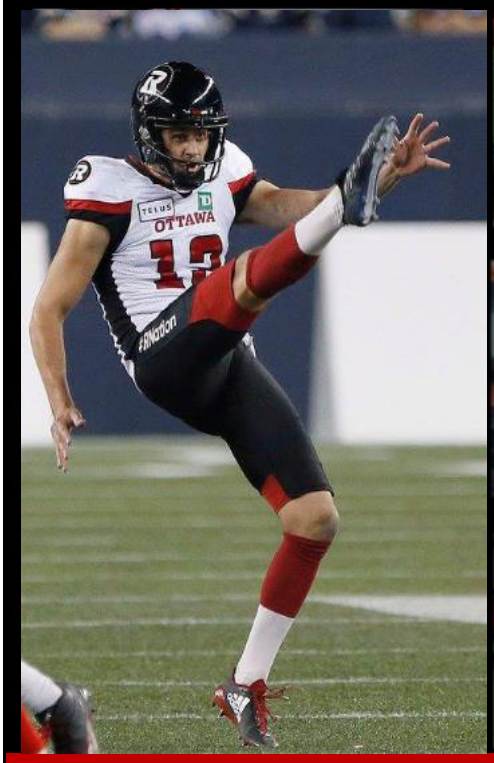
MONTHLY HUDDLE 28

IMPORTANT DATES TO REMEMBER 28 -29

CFLAA APPAREL 30

CFLOAA BUSINESS DIRECTORY 31-32

EXECUTIVE COMMITTEE 33



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:oopm	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	L 41-42	4-3
8	Sat, Aug 11	8:00pm	MTL @ OTT	W 28-18	5-3
9	Fri, Aug 17	8:30pm	OTT @ WPG	W 44-21	6-3
10	Fri, Aug 31	7:30pm	MTL @ OTT	L22-11	6-4
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

CFLOAA ANNUAL GOLF TOURNAMENT
AUGUST 3, 2018
Proceeds to Prostate Canada & Christie Lake Kids

This year's CFLOAA Annual Golf Tournament once again took place out at the Hylands Golf & Country Club, this year on Friday August 3. We had another excellent turnout of our alumni along with family and friends for our morning round of golf followed by the BBQ lunch. We are especially appreciative of those alumni who travelled from out of town to join us such as Bill Hatanaka, Brian Hedges and Terry Wellesley.

Congratulations to Pat Stoqua, Bruce Walker, Mark Magee and Greg Clarke who won the best ball tournament with a solid score of 14 under par four strokes ahead of four other foursomes who tied for second place.

The tournament would not be possible without the hard work of our CFLOAA members who volunteer their time leading up to the event as well as on tournament day to make everything run so smoothly. My personal thanks to Gary Page, Danielle Ryza, Dan Dever, Jim Cain, Dick Dinelle, Gord Bunke and Bob Pekarchuk for their tireless efforts as well as all those who donated prizes.

Jeff Avery

CFLOAA Annual Golf Tournament
CFL OTTAWA
ALUMNI

CFLOAA Golf Tournament sponsored by:
Manulife

THE
Prescott
SINCE 1934

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 COURSEWHITE 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 PARTCIPATION 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 Amstrong	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	Paul McKechnie
16	Bob Brien	Chuck Wood	Ron Artelle	Ian Edwards
16B	Geof Hamlin	John Sunstrum	Bill Hamlin	Mike Etherington
17	Joe Poirier| 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

THANK YOU TO ALL THIS YEARS GOLF TOURNAMENT SPONSORS

Manulife Financial

FEATURE EVENT SPONSOR

TRINITY

John Ruddy

Dean Vasilas (Clyde Ave)

REDBLACKS

Mark Goudie

THE Prescott SINCE 1934

Tony Disipio

BLG

Borden Ladner Gervais

Peter Thompson QC

Schindler

James Ellingson

NEWPORT RESTAURANT

Scotiabank™

Cathy Wellesley

GIANT TIGER

Lisa Dinelle

OTTAWA ATHLETIC CLUB Since 1976

Bruce Walker

Ottawa-Carleton Mortgage inc.

Bill Gosewitz

ClubEG

50 golf courses. Events for everyone. Member perks.

D'Arcy Jenkins

COLTON AVERY DEACON

Jeff Avery

Eagle Creek GOLF CLUB

Kanata GOLF & COUNTRY CLUB

RAVENS FOOTBALL

Patrick Stoqua

uOttawa

Steve Drover

adidas

CFLAA

Canadian GOLF & COUNTRY CLUB

Personal Sponsor Ken Vargo

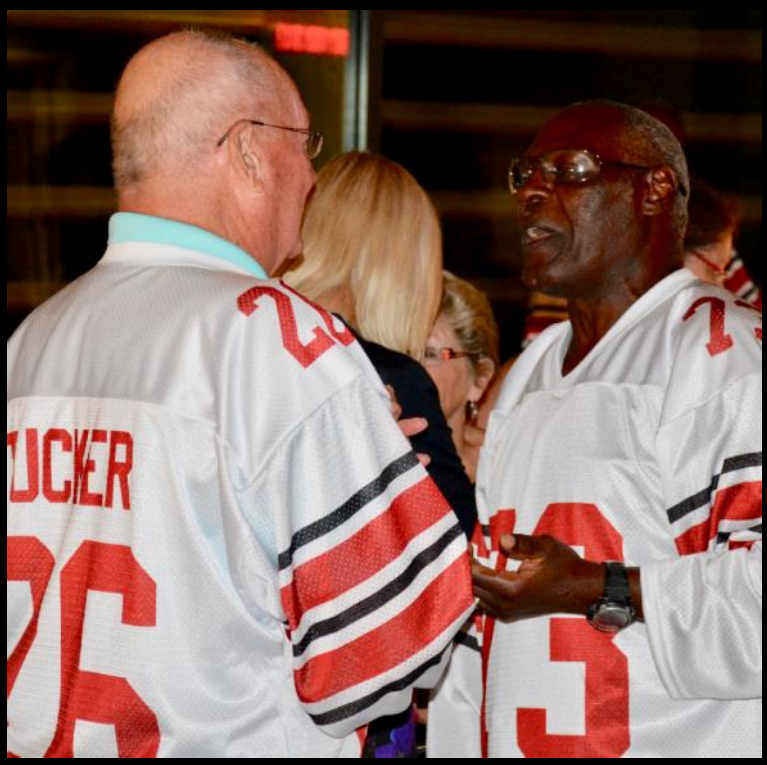
1968-69 Grey Cup Teams Reunion
August 10-11, 2018

The CFL Ottawa Alumni Association along with the Ottawa REDBLACKS organized an absolutely incredible weekend celebrating the 1968 and 1969 Grey Cup winning Ottawa Rough Rider teams. The dinner Friday night held in The Otto's Club area of the south side stands at TD Place was the perfect kickoff to what had to be a once in a lifetime experience for the 68 & 69 team members and their families. The following day a social gathering at the Prescott to raise a glass in honour of those who have passed away was a more relaxing setting for the sharing of old stories and intermingling with family members and a few fans who joined in for the celebration. A highlight at the Prescott was an edited video, provided by Bill Van Burkleo, of the 1969 Rough Rider Rookie party. Later that evening the players were introduced in TD Place Arena to a large crowd of Ottawa football fans followed by an autograph session that went well into the first quarter of the REDBLACKS Alouettes game.

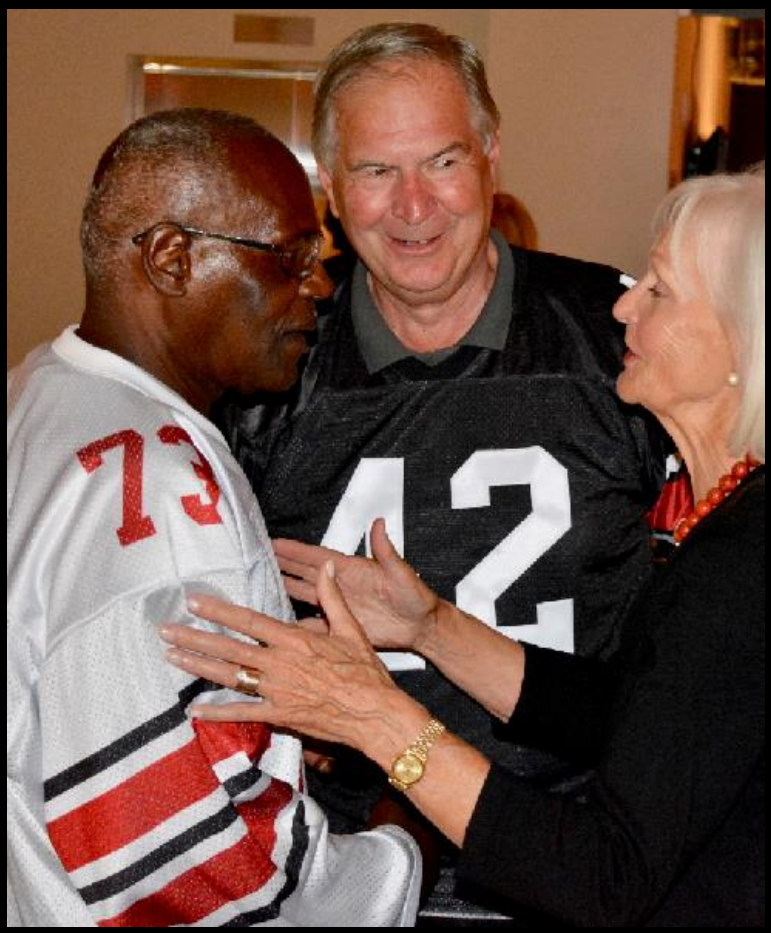
At halftime, 22 of the 24 players that are still alive and 6 family members representing those players who have passed away plus the late Frank Clair's daughter Robin and Arthur and Ken Loeb, the sons of the late Owner David Loeb, were introduced to the sold-out REDBLACKS game crowd. After the Grey Cup was escorted onto the field by the RCMP, the members of the 1969 team were presented with their 1969 Grey Cup Champion rings by Arthur and Ken. This was the perfect culmination to a wonderful weekend of new memories for the members and their families of the 1968 & 1969 Grey Cup winning Rough Rider teams. To top off the weekend the Redblacks scored very late in an exciting finish to beat the Als and Johnny Football 24-17!

A special thank you to all those on the organizing committee Jim Cain, Russ Jackson, Dan Dever, Doug Specht, Bob McKeown, Randy Burgess and OSEG...AMAZING JOB! We would also like to thank Donn Smith for all the fantastic photos of our events!

JEFF AVERY



REUNION OF THE 1968-1969 GREY CUP TEAMS



BIENVENUE AU

56

11

CAMPBELL

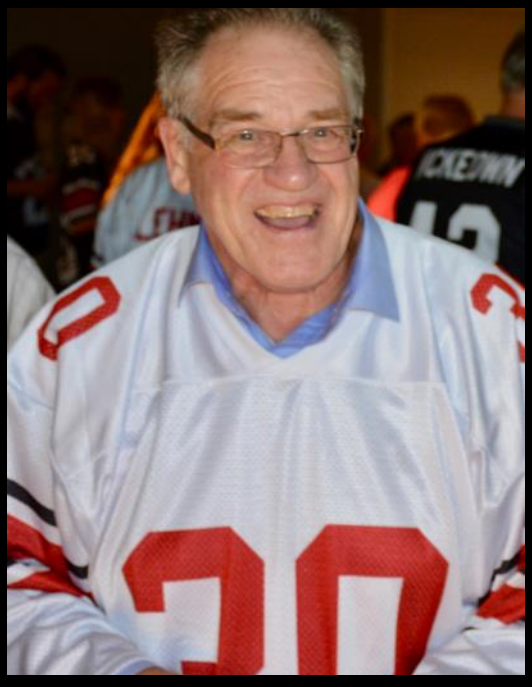
ENVENUE AU

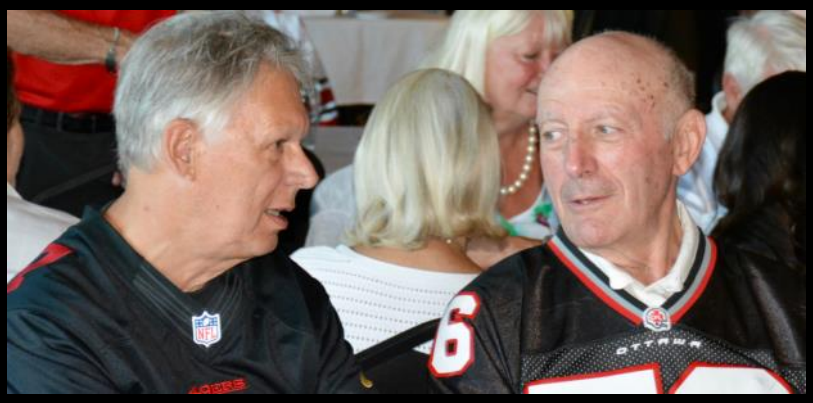
CLAIR

71
22

SPECHT

BIENVENUE AU





CHAMPIONS

CELEBRATION OF LIFE

PRESCOTT HOTEL

AUGUST 11, 2018

THOSE WE LOVE DON'T GO AWAY THEY WALK BESIDE US EVERY DAY.

RAVENS FOOTBALL 2018

Games	Date	Kickoff	Team	Score	Record
Pre Season	Sun, Aug 18	1:00pm	Carleton @ Montreal	11-24	
			REGULAR SEASON GAMES		
1	Sun, Aug 26	1:00pm	Western @ Carleton	23-26	0-1
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		
9	Fri, Aug 31	7:30pm	MTL @ OTT		

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

RAVENS FOOTBALL

You're Invited!
2018 Ravens Football Panda Golf Tournament
Friday, September 28, 2018

I hope you will join me and the rest of the Carleton football community at the 2018 Ravens Panda Golf Tournament. All participants will receive Ravens memorabilia. There are many great prizes to be won and a silent auction during dinner. Limited space is available, so make sure to register now!

When

Friday, September 28, 2018

Where

Manderley on the Green Golf Course
5920 Prince of Wales Drive

Time

1:30 – 12:30 pm BBQ Lunch
12:30 pm Shotgun Start
6:30 pm Ravens Football Dinner
Sponsored by Dining Services

Participation Levels:

***Individual registration:** $150.00

***Foursome:** $600.00

***Dinner only:** $75.00

Registration Includes:

*Green Fees at Manderley on the Green
*BBQ Lunch
*Power Cart
*Dinner
*Ravens memorabilia

Corporate sponsorship opportunities still available:

Lunch Sponsor

2,500 (includes foursome, verbal recognition at dinner and company logo in program and cart card). Logo displayed on dinner buffet tables.

Cart Sponsor

$2,500 (includes foursome, verbal recognition at dinner and company logo in program and cart card). Logo displayed on dinner buffet tables.

Hole Sponsorship

$250 (includes your company name and logo at a tee box).

Specialty Hole Sponsorship - $500 (includes company rep and signage at a hole with interactive activity).

Donations of Prizes and Auction items are greatly appreciated.

Additional sponsorship available, please contact Pat Stoqua at patrick.stoqua@carleton.ca for more details. Looking forward to seeing you as we hit the links on September 28tth

Steve Sumarah Head Coach Raven's Football

Ottawa Gee-Gees Schedule 2018

Games	Date	Kickoff	Team	Score	Record
Regular Season					
1	Sun, Aug 26	1:00pm	uOttawa @ Laurier	21-39	0-1
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

PANDA MATCH GAME

SEPTEMBER 29, 2018

Join us for the 50th Panda Game! The Gee-Gees football team, and the uOttawa Alumni Relations Office have packaged an incredible deal for our alumni to cheer on the Garnet & Grey! Don't miss the battle between the uOttawa Gee-Gees and the Carleton Ravens, as well as the exclusive uOttawa alumni pre-game party.

Official uOttawa Pre-Game Party **Time:** 11 a.m. – 12:30 p.m.

Location: Aberdeen Pavilion Lansdowne Park, 1000 Exhibition Way, Ottawa

2018 Panda Game Kick-Off **Time:** 1 p.m. **Location:** TD Place Stadium — 1015 Bank Street, Ottawa

$60 – Gee-Gees Football alumni, families and friends section
$60 – Faculty of Medicine Homecoming section
$60 – uOttawa alumni, staff, fans and friends section
$35 – Student section
$20 – Pre-game event only (For those who have already purchased a ticket to the Panda Game)

Please note: If you would like to sit with a group of people or specific individuals, you must purchase all tickets in one transaction. Parents wanting to sit with their children must purchase a package for them as well.

Ticket Package Includes

1 Panda Game ticket for TD Place Stadium (alumni and friends section)

Entry into uOttawa Pre Game Party.

Includes pre-game meal & beer or soft drink.

Pre-game drink specials, entertainment, photos with the Gee-Gees mascot, and much more…

Pre-game party only tickets - uOttawa alumni and friends who have already purchased a ticket to the Panda Game may purchase a ticket for the pre-game party for $20, which includes a pre-game meal but no drink.

Don't forget to wear garnet and grey! Let's unite forces to bring Pedro the Panda back to uOttawa!
https://www.uottawa.ca/alumni/content/panda-game-and-pre-game-party-2018

DON'T CHANGE MUCH
Where guys go to get healthy

Football, pizza and weight loss together at last!

Think satisfying your cravings derails healthy eating? Think again!

It's the kind of question Captain Obvious would ask: Why are there so many commercials for pizza during CFL broadcasts?

The obvious answer: Because pizza goes so well with watching the big game on TV!

Now, here's something that isn't quite as obvious: A few cheesy slices can help you lose weight.

Go ahead: Treat yourself

Believe it or not, research suggests that treating yourself once in a while — say, when the big game is on — helps you stick to a healthy eating plan. Controlling cravings isn't easy, after all, and if you never satisfy those cravings it can be tempting to bail out completely. You're only human, right?

But if game day also happens to be pizza day, you'll know a well-earned reward is just around the corner — and that will make rest of the week that much easier.

So when those pizza commercials follow a touchdown or timeout, there's no need to change the channel or cover your eyes like you're watching Friday the 13th. Simply smile, reach for a slice, and reward yourself for staying strong!

More pizza pointers

Reaching for a homemade slice is a win-win-win: It tastes better than cardboard frozen pizza, is usually healthier than ordering in, and will save you money to boot. Here's something else — let's call it a fourth win — that will make weight loss even easier: A tasty, easy and healthy recipe for grilled barbecue chicken pizza you can prepare before the big game or at halftime. Football, pizza, barbecues…who could ask for anything more?

By Adam Bisby on August 1, 2018

How Family Fun Leads to Healthier Kids!

Support International Youth Day by getting in on playtime with the brood

The question comes up every Father's Day: "Dad, when is Kid Day?"

The reply? That's easy: "Every day is Kid Day!"

Technically, however, that response isn't accurate. There really IS a Kid Day! Since 1999, the United Nations has designated Aug. 12 as International Youth Day. But that's not the point, is it? The point is that children play all day while the grown-ups work hard to pay the bills!

Case closed? Not quite. Active play time, it turns out, is vitally important to the health and wellbeing of our children. According to the Canadian Paediatric Society, physical inactivity and obesity are growing problems in Canada, with as many as 26 per cent of children and youth being overweight and obese. These kids face a higher risk of chronic disease, and may not grow up to be as healthy as they could be.

International Youth Day is also sounding the alarm, with this year's theme being "Safe Spaces for Youth." Leisure activities, the UN points out, are "essential to the psychological, cognitive (this is stuff like: construction of thought processes, problem solving and decision making) and physical development of young people."

Every dad wants the best for his children, and there's plenty dads can do to promote active play.

Structured vs. unstructured play

In general there are two types of play: Structured, which helps kids learn fundamental movement skills through adult instruction; and unstructured, which is spontaneously directed by children themselves. Balancing both types is important, so what's a dad to do?

Get in on the structured-play action!

Signing the kids up for soccer camps, gymnastics classes and other types of structured play will do the trick, but the costs can add up in a hurry. So why not take the lead yourself? From pick-up road hockey and lake swimming to family hikes and bike rides, there are plenty of free ways to get active with the brood. It'll do them — and you — some good!

Pick your spots for unstructured play

Many of the best places for structured play — parks, sandy beaches and nature trails — are also ideal for letting the kids do their thing without you. So sit back and relax as they clamber over rocks, climb trees and wear themselves out playing tag.

Great job dad, you've earned a break, after all, by helping to make yet another "Kid Day" active and healthy!

By Adam Bisby on August 9, 2018

CFLOAA EVENTS
IMPORTANT DATES TO REMEMBER

MONTHLY HUDDLE MEETING

Date: Tuesday Sept 4 2018

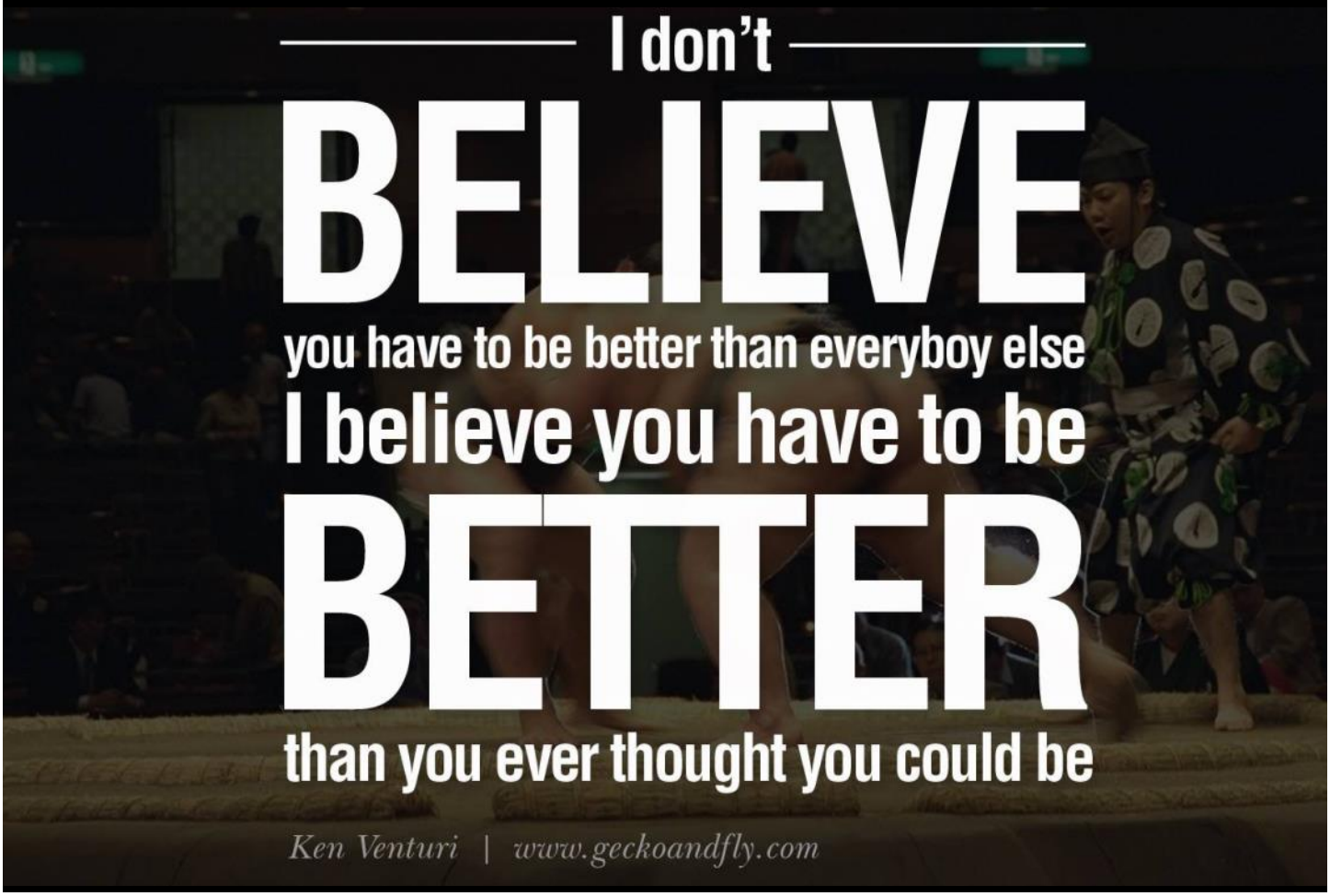
Time: 11:30am - 1:00pm

Business 12:00pm sharp

LOCAL HEROES 1400 Clyde Ave

Bleeker Mall Clyde & Merivale Rd.)

Nepean Ontario K2G 3J2 | 613.224.3873



RAVENS
FOOTBALL
You're Invited!
2018 Ravens Football Panda
Golf Tournament
Friday, September 28, 2018
PANDA
MATCH GAME
SEPTEMBER 29, 2018
WE
RUN
THIS

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.

PROCEEDS FROM EACH SALE GO DIRECTLY TO THE CFLAA SUPPORT FUND.
Go to http://cflaa.deco-apparel.com/ to order today!

COLTON AVERY DEACON

Jeff Avery C.F.P EPC
Certified Financial Planner
#202-666 Kirkwood Avenue,
Ottawa, Ontario K1Z 5X8
T. 613.792.3352 ext 104 | C. 613.797.4767
javery@coltonaverydeacon.com
www.coltonaverydeacon.com

STERLING MUTUALS INC.

#200-38 Aruiga Drive Nepean, Ontario
K2E 8A5
T. 613.226.8227
F. 866.529.3073
C. 613.852.7165
E. rpekarchuk@sterlingmutuals.com

ROBERT W. (Bob) PEKARCHUK
MPF C.F.P
Certified Financial Planner

ONEWAY MINISTRIES

Gerry Organ
One Way Ministries | The Code Ottawa
89 Auriga Drive Ottawa, ON K2E 7Z2
gerry@onewayministries.ca
info@thecode.ca | http://www.thecodeottawa.ca

OTTAWA ATHLETIC CLUB

Bruce Walker
2525 Lancaster Rd,
Ottawa, Ontario K1B 4L5
T. 613.523.1540
E. info@ottawaathleticclub.com

RAVENS FOOTBALL

Patrick Stoqua
Senior Development Officer, Football
Department of University Advancement Carleton University
1125 Colonel By Drive, Ottawa ONK1S 5B6
T. 613. 520.2600 x 8527
C. 613. 355.4490 | F. 613. 520.3587
patrick.stoqua@carleton.ca

Connect with your
CFLOAA
Business Partners

If you would like to be included in the monthly newsletter with your business contact information please provide an electronic copy to Danielle

cfloaa@gmail.com

There is no fee associated with the

Rick Cassata

3264 Niagara Falls Boulevard on the corner of Nash Road in North Tonawanda, NY.
(716) 694-2168

info@lavertydesigns.com | lavertydesigns.com

CFLOAA EXECUTIVE COMMITTEE BOARD MEMBERS 2018

Jeff Avery
CFLOAA President

javery@coltonaverydeacon.com

Jim Cain
CFLOAA | CFLAA Vice President

jimcain@rogers.com

Dan Dever
CFLOAA Treasurer

danwdever@msn.com

Bob Pekarchuk
CFLOAA Communications

rwpekar@gmail.com

Gary Page
CFLOAA Golf Tournament Co-ordinator

gpmail@sympatico.ca

Bob McKeown
CFLOAA Research

bob.mckeown@cbc.ca

Gord Bunke
CFLOAA Special Events

gebcob@hotmail.com

Warner Miles
Executive Board Member

w51miles@gmail.com

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!