



CFLOAA NEWSLETTER | JUNE 2019 EDITION

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CFLOAA ANNUAL GOLF TOURNAMENT
HYLANDS GOLF & COUNTRY CLUB

AUGUST 2, 2019
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FORM ENCLOSED IN THIS NEWSLETTER

PRE-SEASON GAME
JUNE 1, 2019 7:00PM

OTTAWA SPORT
HALL OF FAME INDUCTION
MAY 31, 2019
1968-69 ROUGH RIDERS
GREY CUP WINNING TEAMS

OTTAWA SPORT HALL OF FAME INDUCTION
MAY 31, 2019
1968-69 ROUGH RIDERS
GREY CUP WINNING TEAMS



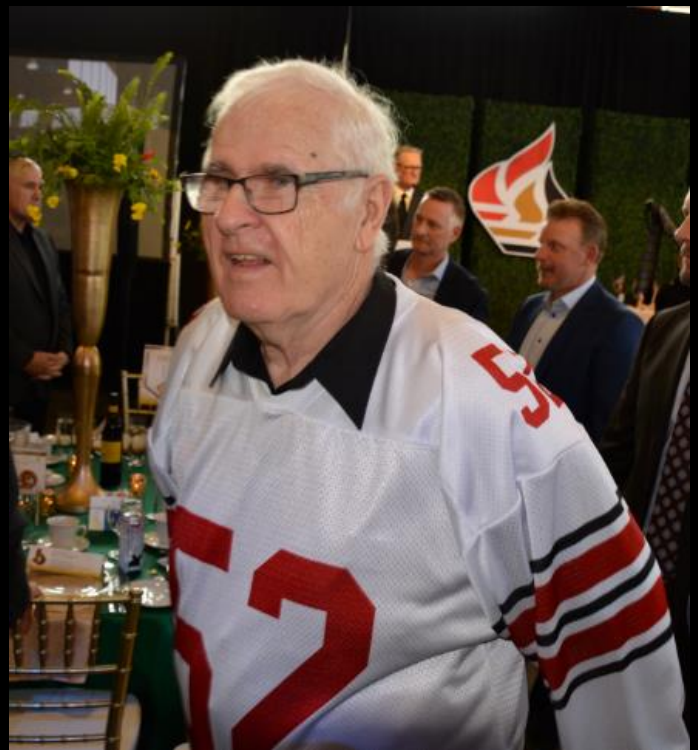


PHOTO CREDITS DONN SMITH
THANK YOU DONN!











Ottawa Redblacks look to be stepping up 'eh' game on offensive line

While Ottawa Redblacks coach Rick Campbell insists nothing has been finalized, once again on Sunday during an open scrimmage the team's offensive line unit consisted of five Canadians – Mark Korte, Evan Johnson, Alex Mateas, Nolan MacMillan and Jason Lauzon-Seguin.

The idea of five Canadians on the offensive line is interesting – the team certainly has enough depth – but the Redblacks also seemed to be at their best last season when two Americans – Sir Vincent Rogers (who signed as a free agent with the Edmonton Eskimos) and Josue Matias (retired) were at the tackle spots.

Also worth considering, though, is that Jonathon Jennings or Dominique Davis – battling for the starting quarterback job – are both much more mobile than last year's No. 1 – Trevor Harris. A quarterback who's a threat to bounce outside also changes the dynamic and responsibilities of the offensive line.

"We're going to look at all options, we're going to put the best five together," said Redblacks coach Rick Campbell Sunday. "To be fair to the Americans that are here, they're new. Chris Martin had been here, but the others are new to playing in the CFL and new to our offence. We wanted to have some continuity so it's not an assumption that it's going to happen (that five Canadians will start on the line). But it's definitely a possibility."

Taking over so far for Rogers at the important left tackle position, watching the quarterback's blind side, is Korte, drafted fourth overall by the Redblacks a year ago.

Asked about Korte, Campbell said: "He's such an athletic guy, he moves his feet well. Sometimes you see a tackle whiff and the D-end gets just gets a clean rush, that's not likely to happen (with Korte) because he's such an athletic guy."



Mark Korte of the Ottawa Redblacks during practice at TD Place in Ottawa, October 01, 2018. JEAN LEVAC / POSTMEDIA NEWS

It's not like the 6-foot-2, 293-lb., Korte hasn't played the position before, it's where he lined up for four seasons at the University of Alberta.

"(Before training camp), it had been tossed around a bit that we would play different positions," said Korte.

"It's definitely a change to play tackle. The timing is a bit different on the edge. It's a different animal with the technique. It's something I didn't do last year, it's something I have to adjust to. I think it's still up in the air who's going to play there when the season starts."

Korte has put plenty of time into watching some of the league's elite tackles to fine tune his own technique.

"A guy like SirV definitely played a role as a mentor and is a guy to look up to. He's one of the best in the business so he's a guy to watch, for sure. It's been a great way for me to learn – pick up some of the nuances, watching guys like SirV, Chris Van Zeyl and Stanley Bryant, who are the premier left tackles in this league – they're great to watch and try to emulate."

Korte, who turns 23 in a week, says he's ready to take on new responsibilities in his second CFL season.

“My expectation, and I think it’s the same expectation from the team, is for me to challenge for a starting job,” said Korte. “Being given an opportunity to do that is exciting. Having a year to get into the system, learn our offence, develop under the coaching and work with our veterans to grow as a player has been huge for me.”

DEFENCE vs. OFFENCE

OK, first things first. The score of Sunday’s scrimmage with the offence vs. defence was 30-27 for the offence.

In his first drive, QB Jonathan Jennings led the offence downfield for a touchdown, with John Crockett scoring on a short run. Danny Collins engineered a long drive, with Tyrone Pierre, who’s from Ottawa, making the touchdown catch.



Ottawa Redblacks QB Jonathan Jennings during training camp at TD Place on May 21, 2019. *ERROL MCGIHON / POSTMEDIA*

One of the other highlights on the day was an interception by DeAndre Farris.

Asked about the scrimmage, Campbell said: “I think we have the makings of a team, there’s a lot of talent. The scrimmage is actually one of the most important things you do in all of training camp. It gives us a good look at what work we need to do in order to play good football against Hamilton (in

a pre-season game Saturday at TD Place)."

Asked if Sunday's drill was important for the coaches as well, Campbell said: "It's great for all the coaches, including me, for getting back into this – we haven't played in a few months. It's a good live audition of how we operate on the headsets, all those things."



Ottawa Redblacks WR Caleb Holley during training camp at TD Place on Monday. *ERROL MCGIHON / POSTMEDIA*

HIGH ON HOLLEY

Campbell likes what he sees from receiver Caleb Holley, who had 1,476 yards in catches in three seasons with the Saskatchewan Roughriders before signing with the Redblacks as a free agent.

Said the coach: "He's good, I really like him. He's a good guy to have around and a good football player. He's a motivated guy who wants to make the most of this opportunity. You could tell when he came in here that he's played in this league. There's a comfort level with him. He understands the game, it's not too big for him because he's done it. He's going to get a great look in the pre-season, he's going to be right there in the mix. He's had a great camp so far."

Full article <https://ottawacitizen.com/sports/football/cfl/ottawa-redblacks/ottawa-redblacks-look-to-be-stepping-up-eh-game-on-offensive-line/wcm/cfdec370-a842-4d45-9c0c-fba2d36f0a2e>



From Cameroon to a football field ... it's been a winding road for Redblacks' Stephane Nembot

With \$700 in his pocket – every cent his parents had – young Stephane Nembot, who didn't speak a word of English at the time, left Cameroon on an airplane bound for Boston.

Eleven years later, in Ottawa Redblacks training camp and hoping to earn a spot on the roster as an offensive lineman, the 6-foot-7, 300-plus pounder is trying to add another chapter to an incredible journey – one that has taken him from sleeping on the floor while at a Maine prep school to an introduction to football while in Los Angeles to a college scholarship in Colorado to time with the Baltimore Ravens and through a devastating knee injury that derailed his NFL hopes. It's already been quite the ride, yet for the 28-year-old there is still so much ahead.

To tell Nembot's story, we need to backtrack.

It's important to know a bit about his mom Esther and dad Richard. Esther's dad was a king with the Bafoussam tribe ("technically, I'm a prince, but I'm way removed," said Nembot). Richard was from another tribe, Bangoua. The couple moved from the villages to a big-city life in Douala. Esther was a seamstress, Richard worked for the government. They were far from rich, but wanted to make sure their son could find his way to a better life. Stephane had started playing basketball at age 15 and with the benefit of his size, had been noticed by a U.S. college coach. That set the wheels in motion.

"My mom and dad put in every piece of money they had to send me to the U.S.," said Nembot. "There would be better education and better opportunities for me. (My parents) were told all they would have to do was pay for my plane ticket. All I had was \$700. My dad said, 'Don't spent it, it's all we have. It's for emergencies only."

While able to speak French, he knew no English. From Boston, he got on a bus and began his journey in a foreign country. First, it was Maine Central Institute, then it was Brehm Prep School in Illinois, then it was Montclair Prep in California.

For a month he slept on a floor with a blanket in Maine. Then he was in Illinois for another two weeks, remembering: “I thought I was leaving the bad weather in Maine, it was even worse.”

It was incredibly difficult, but the kid sucked it up and learned.

“My dad bought me a dictionary,” said Nembot. “I used to get my homework, I didn’t know what it said so I had to translate it in French so I could do it, then I would translate it back to English.”

At Montclair, an assistant football coach took notice of him walking the halls of the school. He signed up for the team and played defensive end in his senior year. He got noticed and decided to accept an offer from the University of Colorado because they were the only school to call home to speak to his parents.

Article by Tim Baines | Photo Credits Julie Oliver

There’s something special about Redblacks draft pick Samson Abbott



As the CFL draft was in its final stages well into the seventh of eight rounds earlier this month, Samson Abbott took a break to grab a glass of water while his dad Burton and mom Joanne continued to watch the names go by. He heard Burton let out a big yell ... “Samson Jack James Abbott.”

“The roof in my house kind of blew off,” said Abbott. “I heard my dad starting to go off. He was using my full name – that usually means I’m in a lot of trouble or something crazy has happened.”

Something crazy, indeed. The Ottawa Redblacks grabbed Abbott, a defensive lineman/special teams ace out of the University of Manitoba, with the 63rd overall choice in the draft.

And, now, Abbott is in training camp with the Redblacks.

“There’s a tendency in football players to not bring a lot of detail to special teams,” said Abbott. “I like to take care of the little stuff – hand placement, all the stuff people do for defence, I also do for special teams. I pride myself on working really, really hard. I don’t take plays off, whether it’s on defence or special teams. If you want to put me in, I’m going to give you 100%.”

Article by Tim Baines | Photo Credits Julie Oliver



NEWS MAY 14, 2019

YOU VOTED AND NOW RPUPPIES HAVE NAMES

We asked and you answered, RNation! After close to a thousand votes, RPuppies from the Canadian Guide Dogs for the Blind finally have names. The voting was close, but six names stood out as the clear winners for these lil' pups. Hank, Jackson, Tucker, and Rider will be the boys, while the girls will be called Polly and Clementine.

Each name has significance in Ottawa football history:



Jackson – Named for arguably the greatest QB in Ottawa football history Russ Jackson.



Tucker – Number 26 in the rafters. (Whit) Tucker was a wide receiver and two-time Grey Cup Champion in Ottawa.



Rider – A homage to the entire Rough Riders history



Hank – After Grey Cup MVP quarterback Henry Burris. Hank is the only yellow male in the litter.



Clementine – Two-time CFL All-Star and Grey Cup Champ, Tom Clements was another outstanding QB for the Rough Riders in the late 70's.



Polly – As the first female GM in North American sports history, Jo-Anne Polak had an immense impact on the Ottawa football community.



2019 SCHEDULE



PRE-SEASON
SATURDAY JUNE 1
7:00 PM



PRE-SEASON
THURSDAY JUNE 6
7:30 PM



SEASON OPENER
SATURDAY JUNE 15
7:00 PM



HOME OPENER
THURSDAY JUNE 20
7:30 PM



FRIDAY JULY 5
7:30 PM



SATURDAY JULY 13
4:00 PM



FRIDAY JULY 19
8:30 PM



THURSDAY JULY 25
7:00 PM



FRIDAY AUGUST 2
7:00 PM



FRIDAY AUGUST 9
10:00 PM



SATURDAY AUGUST 17
4:00 PM



SATURDAY AUGUST 24
7:00 PM



SATURDAY SEPTEMBER 7
1:00 PM



FRIDAY SEPTEMBER 13
10:00 PM



SATURDAY SEPTEMBER 21
7:00 PM



SATURDAY SEPTEMBER 28
4:00 PM



FRIDAY OCTOBER 11
7:00 PM



SATURDAY OCTOBER 19
4:00 PM



SATURDAY OCTOBER 26
4:00 PM



FRIDAY NOVEMBER 1
7:00 PM

OTTAWAREDBLACKS.COM



HOME GAMES



AWAY GAMES



Throughout the week of practice at Carleton, it was apparent Team West had all the ingredients required to make big plays in all three phases of the game.

The only question was would they put it on tape Saturday?

No more questions. The answer was a resounding yes after the West racked up 464 passing yards on their way to a 35-17 victory.

It was the fourth straight victory for the West and improved their record to 11-6 in the annual Canadian Football League top prospects game since the event began in 2003.

The catalyst on offence for the West all week was QB Adam Sinagra, who began the game with a 45-yard completion to Guelph's Kian Schaffer-Baker. It was a sign of things to come. Schaffer-Baker would finish the day with 126 yards receiving to lead all pass catchers.

Sinagra was clearly the best passer on the field through the week of practice and it showed Saturday with the stands full, as the Dinos lead man and reigning Hec Crighton Trophy winner used his snappy release and strong arm to punch holes in the Team East secondary over and over again.

"It's great to get to know the guys one on one that you see you usually go up against and see on highlights and have the chance to play with them," said Sinagra.

One of the most underrated parts of a showcase game like the East-West Bowl is the protection each quarterback gets, allowing them to progress through reads and allow receivers to make plays in the open field. While Team East had a tough time slowing Manitoba defensive end Brock Gowanlock down - he would finish with two sacks - Team West had the distinct advantage that comes with having a handful of legitimate Top 20 CFL Draft prospect offensive lineman.

Sinagra and fellow West passer, Manitoba's Des Catellier, had all the time they'd need and plenty of receiving talent to waste.

"Picking one is tough," said Sinagra of which he'd love to have as a Dinos teammate. "(Waterloo's) Tyler Ternowski is great, he's just so shifty, he knows how to get open and his speed - he's pretty elusive. (Saskatchewan's Colton) Klassen gets open, Macho (Bockru of Manitoba) is great - I would take them all."

Sinagra and Catellier found all of them including Schaffer-Baker during the game, hooking up for three touch-down passes and 322 receiving yards.

The result was a West squad that fell just two points short of the all-time East-West Bowl point total record by a single team of 37 set by Team West in 2017.

Mustang head coach Greg Marshall was at the helm of the victorious Western squad six months after leading Western to their second Vanier Cup appearance in as many years.

For the East, it was a tough day moving the ball through the air at times but they did get an efficient performance from Clay Sequeira, who finished 6-for-8 for 57 yards before being replaced by Acadia's Hunter Guenard for the majority of the game.

Guenard battled through the afternoon to get the East back into the 17th edition of the national showcase. Despite trailing the entire game, he was able to lead drives and control the clock while completing 13 of 23 passes for 146 yards, one touchdown and an interception.

The real stars for Team East came in the backfield and defensive secondary. Acadia running back Dale Wright had 88 yards on just seven carries for a 12.6 yards per carry average, including an explosive burst in front of the Team West bench that went for 63 yards. Meanwhile, Montreal defensive back Marc-Antoine Dequoy bothered West receivers all day with his length and athleticism. THE RSEQ Defensive Player of the Year was eventually rewarded for his efforts with an interception, one of four total thrown on the day by East and West passers.

This group is chalk full of skilled U SPORTS talent capable of dominating this fall and having their name called this time next year in the CFL Draft. From lineman to receivers, running backs and maybe even a certain Calgary quarterback, the 2019 East-West Bowl might have been dominated by the West, but it's the entire country that will benefit from the group's talent.

"This game provides an opportunity for the CFL scouts, GMs and coaches to work hands-on with the next generation of CFL players," said Carleton head coach Steve Sumarah. "They get to work with them on a one-on-one basis and get to know them as people. To me, this is what's made a huge difference in the CFL Draft. More and more U SPORTS guys are getting drafted because of the relationship built in the East-West Bowl."



For complete recap of events visit

<https://usports.ca/en/sports/football/m/news/2019/05/2520801602/2019-u-sports-east-west-bowl-sinagra-s-pair-of-tds-leads-west-to-fourth-consecutive-win>

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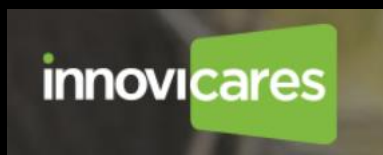
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Not all drugs are created equal, in recent years there has been numerous studies regarding the difference between generic and brand drugs. As a matter of course pharmacies are encouraged by the government of Canada to provide you with the generic version of your prescribed medication. Most patients are completely unaware that they are not receiving the brand version. Please visit innoviCares website today to find out all the details. There is no cost to alumni for this service.

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Who needs the “Force” when you have circadian rhythm on your side?

It may sound like a form of music played by aliens in Star Wars™, but [circadian rhythm](#) is 100-percent human.

Also known as your sleep/wake cycle, circadian rhythm is a 24-hour internal clock running in the background of your brain. The rhythm switches between drowsiness and alertness at regular intervals, which is why people tend to feel energized or sleepy at around the same times every day. Raring to go at 10am? Ready to doze off just after lunchtime? You get the idea...

Why is circadian rhythm important?

By helping you fall asleep and stay that way until you're ready to rise, a steady circadian rhythm benefits your health big-time. On the other hand, if your rhythm gets disrupted — say, by daylight savings time, jet lag, shift work, or a late night — it can make it more difficult to get the amount of sleep you need to stay healthy.

What's the best way to stabilize circadian rhythm?

Your circadian rhythm works best when you follow a regular sleep schedule. By going to bed at about same time every night and getting up at about the same time every morning — that's right, even on weekends — you're more likely to get the shuteye you need. So if you're watching Star Wars Episode 4 for the 58th time, make sure you leave enough time for the whole thing before bedtime.

How much sleep is enough?

Somewhere between 7 and 9 hours is the ideal sleep window for guys between the ages of 26 and 65, according to the National Sleep Foundation's [“Recommended Sleep” chart](#).

The Big 3 Benefits of Sleep

Healthy mind: During sleep your brain strengthens memories and skills learned while you were awake in a process called consolidation. Solid shut-eye has also been linked to self-control, focus and avoiding depression. So whether you're filing paperwork or duelling with Darth Vader, sleep helps you get the job done and feel good doing it.

Healthy body: Research has shown that well-rested guys have less body fat than those who are sleep deprived. Plus, getting enough sleep keeps your appetite in check. As a big-time bonus, a slimmer, fitter you is bound to get more attention from your significant other, who may also be charmed by your sleep-strengthened intuition. Sleep, it turns out, plays an important role when it comes to reading emotions, [a recent study suggests](#). You don't need The Force when you've got sleep on your side!

Longer life: A lack of sleep can cause tissue inflammation, which has in turn been linked to heart disease, stroke, type 2 diabetes, arthritis, and premature aging. Sleep has also been shown to reduce stress, which can help lower your blood pressure.

Improved light-sabre skills: Just kidding! Although it's fair to say that cutting down on duels with Darth Vader is another way to reduce stress and live longer...

How to make D.I.E.T stand for 'Delicious Ingredients Every Time'



What do the four letters in the word “diet” stand for? One popular joke answer — “Do I Eat That?” — is funny because it’s TRUE!

With some diets, not knowing a food’s calorie count can turn mealtimes into minefields. Eat the wrong thing, and your weight-loss plan gets blown out of the water! Plus, many of the calorie-heavy foods guys love — we’re looking at you, bacon, burgers, and maple syrup — are off limits.

That’s where a macronutrient diet comes in. Instead of counting calories, it promotes weight-loss by determining the quantity of four macronutrients you need to eat each day.

What’s a macronutrient?

Every bite of food you eat is made up of four macronutrients (or macros): protein, carbohydrates, fibre, and fat. Different foods tend to contain more of one type. Meat, for instance, is packed with protein, bread is carb-heavy, fruits and veggies are full of fibre, and olive oil is mostly fat.

Your body needs all four macros to function properly, so as long as your meals and snacks satisfy your daily macro count you can eat anything you want!

What’s the catch?

Calculating your daily macro count may sound complicated, but there’s actually a really easy way to do it. Answer a few questions about your age, weight, height, weight-loss goals and lifestyle, and a free online macro calculator will email you how many grams of protein, carbohydrates, fibre, and fat you can eat per day.

Once you know your macro targets, the trick is knowing which foods to eat to hit them. Here, Canada’s new Food Guide comes in handy. Its long list of tasty “protein foods” is exactly what the macro diet calls for, while its “whole-grain foods” represent the carbs and the fruits and vegetables represent...you get the idea.

For the fat, you can use this handy Google calculator to find out how much fat is in various types of meat. A quarter-pound (77-gram) hamburger patty, for example, contains 12 grams of fat.

Time to unveil your scale!

Now that you know how the macro diet works and how to figure out what your daily food intake should be, you need to get your hands on an inexpensive food scale to put your plan into action. Your macro targets are based on food weight, after all. Thankfully, these scales cost as little as \$15 online and at housewares and kitchen-supply stores.

An awesome success story

If you’re looking for an example of a guy who used the macro diet to lose weight, look no further than Mathieu Bédard. By weighing everything he eats, the Montrealer lost an amazing 110 pounds in just eight months!

Bédard’s advice to other Canadian guys: “You can eat almost all the same foods you’re having now, just in smaller quantities. By controlling portions you can really make a big difference. It’s far simpler than most people might think.”

To sum up, thanks to the macro diet, the four letters in “diet” can easily stand for “Delicious Ingredients Every Time.”

FOR MORE GREAT RECIPES & INFORMATION ON MEN'S HEALTH VISIT
WWW.DONTCHANGEMUCH.CA



**The CFLOAA would like to
wish all our Fathers out
there a Happy Father's Day!**

Monthly Huddle Meeting

Tuesday June 4, 2019

11:30am-1:30pm

Business 12:00pm SHARP

Local Heros 1400 Clyde Ave Bleeker Mall
(Clyde & Merivale)

Nepean Ontario K2G 3J2 613.224.3873



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one way to
**SUCCEED IN
ANYTHING...**
and that is to
**GIVE IT
EVERYTHING.**
Vince Lombardi

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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Go to <http://cflaa.deco-apparel.com/> to order today!



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2019 CFL OTTAWA ALUMNI GOLF TOURNAMENT

Friday, August 2nd, 2019 @ 7:30 am
 Hylands Golf Club, 2101 Alert Road, Ottawa
 Shotgun start at 7:45 am / 4 person
 scramble

ENTRY FEES: \$90.00 per paid up alumnus / \$100 per non-paid up alumnus or guest. INCLUDES: Green fees, electric cart, BBQ lunch and prizes.

APPLICATIONS & ENTRY FEES MUST BE RECEIVED NO LATER THAN July 19th.

To register complete this form & make your cheque payable to "CFL Ottawa Alumni".
 Please forward your cheque and completed form to:

Dan Dever
 43 McLaughlin Crescent
 Kanata, ON, K2L 2P9
 Interact payments gladly
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danwdever@msn.com

E-transfers are also welcome direct to
danwdever@msn.com

NAMES OF ALUMNI & GUESTS

*Individuals or pairs of golfers are welcome and we'll put you in a foursome.

First Cart: Team Captain: _____
 Golfer 2: _____

Second Cart: Golfer 3: _____
 Golfer 4: _____

INDIVIDUAL HOLE SPONSORSHIP FOR CHARITIES:

Write a cheque for \$200 to one of our designated charities (they will provide you with your tax receipt) and we'll put a sign on one of the holes with your name or your business' name on it. Please indicate your interest below and we'll contact you with the particulars.

Your Name _____	<input type="checkbox"/> Christie Lake
<u>Contact info</u> _____	<input type="checkbox"/> Prostate Canada

Should you have any questions please contact our Tournament Coordinator, Gary Page at
gpmail@sympatico.ca or at 613-836-7999

We are aware of the turf challenges Hyland's is currently having, we have an alternate course and will advise all alumni mid June if there is a change in location.

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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!