



CFLOAA NEWSLETTER AUGUST 2021

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**ARE YOU READY TO GET
YOUR GAME FACE ON?
CFL 2021 SEASON IS HERE!**

RANDY AMBROSIE TALKS TO TSN ABOUT THE 2021 SEASON

Randy Ambrosie on the 2021 CFL Season, Covid protocols & the fluidity of the upcoming season

Commissioner of the CFL Randy Ambrosie joined OverDrive earlier today ahead of tomorrow's start to the 2021 CFL Season. He touched on his excitement to get the year up and running, protocols for Covid outbreaks and relating to the vaccine. Plus he gets into how fluid of a year it could be with regards to crowd capacity.

TSN Listen Live

<https://www.tsn.ca/radio/toronto-1050/andy-ambrosie-on-the-2021-cfl-season-covid-protocols-the-fluidity-of-the-upcoming-season-11677813>



TO LISTEN TO BROADCASTS NOTED PLEASE COPY AND PASTE THE LINK INTO YOUR WEB BROWSER

REDBLACKS IN GOOD HANDS WITH LAPOLICE & NICHOLS

Smith: Redblacks are in good hands with LaPolice and Nichols

TSN CFL pxp Rod Smith on being back in the broadcast booth, health of CFL cities, quality of football early on in the season, CFL teams lead by QB's and Canadians and expectations for the Redblacks.

TSN Listen Live

<https://www.tsn.ca/radio/ottawa-1200/smith-redblacks-are-in-good-hands-with-lapolicy-and-nichols-11677545>





UNION: MONTREAL ALOUETTES
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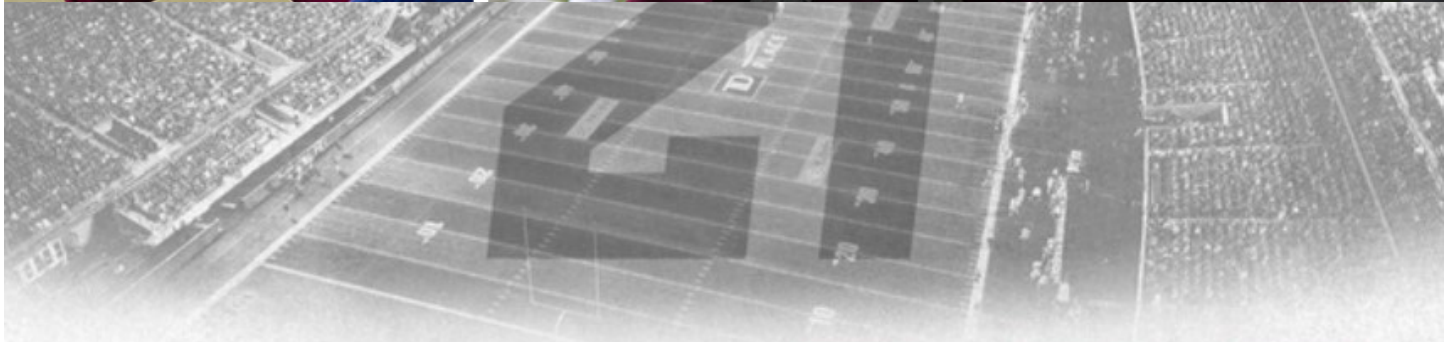
2021 FULL SCHEDULE

 SEASON OPENER SATURDAY - AUG 7 10:00 PM	 WEEK 3 SATURDAY - AUG 21 7:00 PM	VS  HOME OPENER SATURDAY - AUG 28 7:00 PM	VS  WEEK 5 FRIDAY - SEPT 3 7:30 PM
 WEEK 6 SATURDAY - SEPT 11 10:00 PM	VS  WEEK 8 WEDNESDAY - SEPT 22 7:30 PM	VS  WEEK 9 TUESDAY - SEPT 28 7:30 PM	 WEEK 10 WEDNESDAY - OCT 6 7:30 PM
 WEEK 10 MONDAY - OCT 11 1:00 PM	VS  WEEK 11 SATURDAY - OCT 16 4:00 PM	 WEEK 12 SATURDAY - OCT 23 4:00 PM	VS  WEEK 13 FRIDAY - OCT 29 7:00 PM
VS  WEEK 14 SATURDAY - NOV 6 4:00 PM	 WEEK 16 FRIDAY - NOV 19 7:30 PM		



REDBLACKS TRAINING CAMP 2021
PHOTO CREDITS JOHN HALPENNY
OTTAWA REDBLACKS





AT TORONTO
SEPT. 18



AT QUEEN'S
SEPT. 25



AT CARLETON
OCT. 2



VS. YORK
OCT. 9



VS. QUEEN'S
OCT. 21



VS. CARLETON
OCT. 28

HOME | AWAY

Dear fellow Gee-Gees alumni,

I am sure a lot of you have heard the tragic news by now of the passing of our great friend, teammate and dedicated 1881 Director Doug Falconer. For those of you who are unaware or who may not have had the pleasure of meeting Doug (or DJ as his closest friends called him) he suddenly passed away in Kingston while out with his girlfriend Joanne last Sunday afternoon. Doug had a hereditary heart condition that was similar to his father and brother who both passed away at a very young age as a result of this condition..

Doug was a tremendous athlete having been a member of the legendary 1975 Vanier Cup Championship team and also the 1976 Grey Cup Champion Ottawa Rough Riders. He is a member of both the University of Ottawa Football Hall of Fame and the City of Ottawa Sports Hall of Fame. Off the field Doug was a tireless contributor to the football program as a Director of our alumni association 1881. Doug established the first ever entrance scholarship to our football program named the Gilbert-Fraser-Morrison scholarship in honour of his former head coach at uOttawa Don Gilbert and Doug Fraser and Bob Morrison his basketball and football coaches at his former high school, La Salle Secondary School in Kingston, ON. Doug played a key role in our three major events, the Panda Game, TD Dinner and the Yves LeClerc Golf Tournament and personally donated and raised thousands of dollars for our program. Doug was extremely proud to be a member of the Gee-Gees football fraternity and bled Garnet and Grey.



After his football days Doug had great success in the TV and Film industry as Chairman of Falconer Pictures having produced several high profile feature films. These films included some of the biggest names in Hollywood such as Mel Gibson, Donald Sutherland, Demi Moore, Richard Dreyfuss and Jamie Foxx just to name a few. One of his films, "Forsaken" was an official selection of the Toronto International Film Festival in 2015 and was nominated for five 2016 Canadian Screen Awards. His most recent film, Dangerous, starring Scott Eastwood (son of Clint) will be launched at TIFF this year.

There will be a tribute to Doug posted on our alumni site (that he personally developed), 1881football.com, in the coming days and we will be working with the University to come up with a way to recognize Doug's contributions to the football program. Over the last couple of days there has been discussion about helping support Doug's family during this very difficult time. Neil Lumsden, Doug's former teammate and close friend has been in contact with Doug's family and has been helping deal with the grief of losing their father, brother, uncle and best friend. We will all stand together in support of the family and be there when they need us regardless of the scenario. At this time we ask that everyone give Doug's family time to grieve and deal with necessary arrangements and manage Doug's personal affairs. As soon as funeral arrangements / Celebration of Life plans are finalized we will send out a notice on the 1881 website and Facebook page. If anyone has any questions or concerns please feel free to contact me directly.

Thank you, Tom Casagrande Chairman 1881



RAVENS

2021 Football Schedule

SEP 18

W1



vs. QUE 3 PM

SEP 25

W2



at YRK 4 PM

OCT 2

W3



vs. OTT 12 PM

OCT 8

W4



vs. TOR 4 PM

OCT 16

W5



at QUE 3 PM

OCT 28

W6



at OTT 6 PM

HOME**AWAY**



'Downtown' Eddie Brown joins Ravens staff

A Canadian Football League and Grey Cup legend has joined the Carleton Ravens coaching staff.

Eddie Brown, a 13-year pro in the CFL, has joined Carleton's staff as its new receiver's coach.

"It was an opportunity I couldn't pass up," said Brown, who stayed in the Ottawa area after finishing his pro career with the Ottawa Renegades. "There are some really talented receivers here – some great athletes – and I am excited to work with them."

Brown has been coaching elite prospects and at various levels for the past several years. He is a stickler for fundamentals and footwork, and says that they provide a baseline for athletes to improve. Working on fundamentals and footwork not only got Brown into professional football, but it kept him there. As they say, just because Mozart was a really good pianist doesn't mean he stopped practising scales.

"We're going to work hard on that stuff," Brown said. "They're probably going to hate me by the end of the season, but they will all be better receivers."

Brown grew up in Sacramento and attended Iowa State University. He was originally a quarterback, and before he got to Iowa State, he was planning on playing college basketball.

"I didn't play football until a lot later into high school," he said. "I was a basketball player, and I was hoping to play college basketball. My friends were all on the football team, so eventually, I joined them."

Brown was watching a practice one day and the coach noticed him throwing the ball. Before long, he was getting a crash course on how to be a quarterback, and his team was winning championships.

"When I went to Iowa State, it was to play football and basketball," Brown said. "But I focused on being a football player."

Brown was a passing quarterback, but late in his collegiate career, a coaching change meant a new offense. The Cyclones put in a veer option offense, and the quarterback became more of a runner than a passer. In a game against Oklahoma, Brown took the hardest hit of his life, courtesy of linebacker Brian Bosworth. Becoming a wide receiver seemed like an appealing option at the time. He averaged more than 20 yards per catch in his NCAA career, scoring five touchdowns.

Although his numbers were not spectacular, they were good enough to get him an invite into the San Diego Chargers camp the following year. When the Chargers released him, he had an opportunity to come to Canada to play in the CFL.

“One of my coaches in college was teammates with Wally Buono in the CFL, so he reached out to him,” Brown said. “I didn’t know anything about the CFL, and I didn’t know anything about Canada. All I knew was that the CFL was like a last chance league for some of the guys who didn’t make the NFL but still wanted to play.”

Brown arrived in Calgary and laughs about his first venture into Canada.

“They sent me some tapes of Canadian football games to watch, and all of the games they sent me were played in the snow,” he said. “So when I went to Calgary, I had a parka and boots, because I was expecting snow. The problem was that it was June, and it was really hot. I looked ridiculous when I landed there.”

It was Buono that gave Brown the nickname “Downtown” that stuck with him throughout his pro football career.

“Wally started calling me ‘Downtown Eddie Brown’ one day at practice,” he said. “I didn’t really like it at first, but then Wally told me that you had to be good to earn a nickname, and I was given one. After that, I just embraced it.”

Brown played for three different teams in three years, starting with Calgary in 1990, then going to the Ottawa Rough Riders in 1991.

“For an American receiver to come up and really get comfortable with the Canadian game, it takes two or three years,” Brown said.

In 1992, Brown signed with the Sacramento Surge of the World League of American Football. It was there, he said, that an opportunity led him to see first hand what it takes to be a great receiver.

“There were three or four of us that got the opportunity to train and practice with the San Francisco 49ers,” he said. “I got the chance to work with Jerry Rice. I saw first hand how hard he worked and how much he put into it. I learned why he became the best ever.”

After playing in Sacramento, Brown came back to Canada and signed with the Toronto Argonauts. In 10 games, he caught 31 passes and scored five touchdowns.

Before the 1993 season, Brown was traded to the Edmonton Eskimos. That year, everything fell into place for him. He had a career high 67 receptions for 1,378 yards and 15 touchdowns. He also helped the Eskimos win the Grey Cup.

The next year, Brown continued to excel. He had 79 receptions for 1,126 yards and scored 12 TDs. He split the 1995 season between the Memphis Mad Dogs and Edmonton, and then had another big year with Edmonton in 1996 with his third CFL season with more than 1,000 yards receiving. While he had 70 catches for 1,325 yards and seven touchdowns.

Edmonton reached the 1996 Grey Cup that year, as they faced the Toronto Argonauts in the snow at Ivor Wynne Stadium in Hamilton. In that game, Brown caught a touchdown pass that, 25 years later, remains one of the most iconic plays in CFL history. Brown ran a deep pass route, and the ball was deflected and ended up near his feet. At full speed, Brown hacky-sacked the ball back into his arms and ran for a touchdown. The play still gets shown on TSN every time they have a top 10 list of great CFL catches or Grey Cup plays.

“When I meet people, that catch is usually the first thing they ask me about,” he said. “Everyone had these theories about that catch, but I will set the record straight. I am no good at hacky sack, we didn’t kick a soccer ball around before the game, it was nothing like that. In fact,

I was so frustrated that the defender got a hand on the ball that I was trying to kick it out of bounds. I just mis-kicked and it ended up back in my hands, so I thought, 'Oh well, I guess I'm going to score.' It's great that they show the play all the time, but I absolutely was not trying to kick the ball back to myself."

Before Brown's CFL journey ended, he had landed with the BC Lions, Montreal Alouettes, Toronto Argonauts and Ottawa Renegades.

In addition into being a CFL all-star receiver, he was also an accomplished punt and kick returner.

"When I was in Edmonton, Gizmo Williams was there," he said. "He was the best, and I learned a lot about returning from him. When he got hurt, I got the chance to run back punts. It was exciting, and it was something I loved doing."

Brown says he hopes to get the opportunity to work with the returners during his time at Carleton.

"That's obviously up to Coach (Steve) Sumarah, but I would like to help out wherever I can, and working with the returners is something I would like to do."

A decade after his retirement, Brown played semi-pro football with the Ottawa Invaders of the Northern Football Conference. For all of the great plays, great games and the Grey Cup, it was a touchdown scored on a simple out pattern from the five yard line in front of about 500 people at Beckwith Field that remains the most memorable touchdown of his career.

"I had kids later in life, so they never got to see me play," he said. "I remember that play. The DB was way off of me, and I thought, 'What is he doing? This is going to be the easiest touchdown I have ever scored.' When the ball came to me, I was wide open in the end zone."

Brown slid to the ground as he took in the pass for the easy score. Right after that catch, Brown had his magical football moment.

"When I caught the ball, I was right near the sideline," he said. "I looked up, and standing on the sideline about three feet away from me was my son, cheering. I just got up, smiled, and I flipped him the ball. My son had seen me score a touchdown. It was the greatest feeling. After that moment, I knew that I was done with playing football. That was the moment I was looking for."

Brown, like everyone else, is eagerly awaiting the start of the OUA football season. He is looking forward to putting on Ravens gear and being on the sideline.

"I'm really going to enjoy it," he said. "I want to make a difference with this team."





Funny is a moving target. As we grow older, our sense of humour changes. By the time we're in our 40s and 50s, the jokes we loved in our 20s just don't hit like they used to. Like, the one about the guy going to the doctor for some test results. The doctor comes in, sits down, and says, "I have some good news and some bad news; which would you like first?" The fella looks up and says, "Good news, I guess?" "Well," she says, "from the looks of these results, they'll probably name a disease after you."

Not quite as funny now, hey? A little too close to home? Ya, I hear ya...

Can we agree that when you hear someone say laughter is the best medicine, they should only be suggesting it as a preventative measure? Hey, look, if you wanna feel better overall, set yourself up the best way you can for a chuckle. If you're staring down the barrel of a real health issue, set yourself up with a doctor. Either way, a sense of humour will help. The power of laughter will help you feel better while you deal with whatever life throws at you.

I had a wake-up call in January when I got some test results myself. Turns out I have something called triglycerides. What in the world is a triglyceride?! Perhaps a triglyceride is just an underachieving glyceride that really puts in the effort... I'll show myself out. (Writing about humour is harder than it looks.)

Triglycerides are actually good for you . . . For the most part. Apparently, though you have as many as I do, it's not such a great thing. The pandemic has taken a toll, and it's been harder to find humour in the world. We've lost the funny and found the cholesterol.

So I'm gonna suggest that we don't try to find the funny in OUR world. Instead, focus on finding the funny in YOUR world. At this point, I think we can all agree things can seem a little bleak. How is it that suddenly everyone seems to be proving Darwin was wrong!?! Like, when did that happen? And don't get me started on the drivers out there. Can I just say that if you do the speed limit or less in the left-hand lane of a two-lane highway, you should have your licence taken away? Please, don't take that the wrong way. I mean it sincerely . . . I digress.



There are lots of routes we can take for some comedic distraction. YouTube has plenty of funny folks doing funny things. There are all the different streaming services with loads of comedy. Maybe memes are your bag for a quick chuckle or guffaw. I tell ya, as smart as I might like to think I have the potential to be, when it comes right down to it, watching a video of a guy taking one to the nuts, or any video with a well-placed fart and I am brought to my happy place. (Google “farting preacher,” you’re welcome.)

But I believe there’s an even better way overall. Here it is, ready? Just go do something, anything. Get out there. Try different experiences. If you can make it something new, all the better.

Have you been to the Capilano suspension bridge? There’s nothing funnier than watching a group of tourists realize how high the rope bridges swing and how low their threshold for heights has just become.

We all have our funny stories. The ones you crank out at the summer BBQ. The ones you tell in the kitchen at a house party. The ones that make your partner roll their eyes all the way back to the top of their ass and make an audible groan as they leave the room before you even get to the good part. Those ones. Those are our epic adventures that we’ve spun into tales that far exceed the original event.

We’ve moulded and perfected them. We’ve added jokes and embellishments, and for that one moment, we’re the centre of attention. The man. People want to hear more, and they want to take part and say, “That reminds me of myself.” Freud referred to humour as a recognition of the familiar. Isn’t it crazy that we all seem to find similar things “familiar”?

I’ve always thought it’s not our differences in this world that separate us. It’s our silence—the silence that happens instead of saying “I understand” or “I feel the same way.” We remain quiet, feeling alone.

When it comes right down to it, don’t we all follow the same rules in life? You never hit your best friend. You clean up your toys when you’re done. You don’t sit in a public washroom, take some peanut butter, smear it on toilet paper, throw it over your shoulder into the next occupied stall and shout, “Wooah, that one got away!” . . . I digress.

The point is, if we can, from time to time, fill our silence with even an idle chit chat or small talk, it could lead to a new adventure filled with laughter and elevated heart rates.

So, where does that leave us? Maybe you’re the storyteller above, or you’re the one being reminded of that super funny thing that happened to you while they tell it. The point is that you already have these JOCKular (see what I did there?) stories, and the more you can partake of the adventures in life, the more pearls of funny will come your way.

I can even tell you where you’ll find these pearls when they come up. You’ll be doing something new, or you’ll be doing something you’ve always done, and something new will happen to you while you’re doing it.

That’s it! That’s the secret. You just gotta do something. Nothing funny happens when the same old, same old keeps happening. So my recommendation moving forward? Do something. I’ve got four easy ideas for getting out and creating experiences you can laugh about later on:

Call a Friend or Go For a Walk

I have a friend Charlie, and we always seem to head out for a stroll together at the oddest times. Like 11pm, kinda odd time. But it’s wonderful to catch up, reminisce, and talk about our plans for the future. So many fun stories and memories come from those walks. One of our favourites involves \$10 slammed on a closed restaurant window and a very near code brown. Perhaps that story is best expounded on another time. All the while, we’re getting our heart rates up, getting some easy exercise, and enjoying a quiet Vancouver night.

Find a favourite street joke

Now that we get to see people again, you never know when a well-timed gag can come in handy. Being funny is so much harder than recognizing funny, so learn a few great street jokes to get you started if need be. Now, just wait for the right moment to unleash this pearl and prepare for the adulations to roll in. Feel free to use the joke above as a starter.

See something new

Maybe go check out a local comedy show. Laughter is a great way to get all that stress out of your system. Science fact, if your stress doesn't come out as a laugh, it will exit as a fart which in and of itself may cause laughter. We've come full circle on this one.

Go to a place you've never been to before

You don't even have to leave your city to do it. Jump on a bus you've never taken and don't know where it goes, or take a class in something you've always wanted. When you can, do it with a buddy or at least share the story when you get back. I'm not saying it should be a race up the Grouse Grind, but perhaps that walk with a friend, that visit to a botanical garden, or maybe just a night on the town will lead to more than you imagined. It's bound to be worth a laugh.

It's kinda weird having a comedian talk about what to do to harness the power of laughter because we can be some of the most damaged people out there. Mental hurdles run rampant in my profession. We just finished Move for Your Mental Health in June, and let me tell you, there are days when I feel like I'd have to win the Boston marathon to move enough to help my mental health.

But every day I get up, I do something, and then I go on stage and tell you all about it. To find the funny in YOUR world, look for the pearls, and by George, share it with a friend because any type of laughter is good, but laughter shared with others is even better. Trust me, I've based my career on it.

Like to see Toby live or interested in what he's been working on? Here are some of his upcoming events and appearances:

- Coming soon to a film festival near you: [Hunter's Cabin](#).
- Co-starring on CTV show's current season: [Legends of Tomorrow's Episode 8 "Stressed Western."](#)
- Follow Toby on [Facebook](#) and [Instagram](#) for upcoming shows and the coming CD release of "A Hargrave's Night."
- Send your salutations to Toby at www.seetoby.live.com as he celebrates his 15th wedding anniversary on Aug 5, 2021.



DONTCHANGEMUCH.ca

It's been a long offseason for our CFLOAA

We are starting to come out the end of this long and dark tunnel caused by the Covid 19 world pandemic. We've had long breaks from having CFL football here in Ottawa before but those instances were because we had no CFL franchise. This time the whole league has been shut down, until now. CFL training camps have now been finished up for a few days and the first week of the 2021 CFL season is about to kick off. The REDBLACKS will close out week 1 with a visit to Commonwealth Stadium to face the Edmonton Elks on Saturday night. How many times will we accidentally revert to that previous nickname, oops ! !

Our CFLOAA has also been negatively impacted by this pandemic as our ability to gather, share a few laughs, tell a few stories over a bite to eat has not been possible. No games to attend at TD Place, no monthly Huddles at Local Heroes, cancellation of two CFLOAA Golf Tournaments and the cancellation of the 2021 Coaches Luncheon.

Your executive has kept busy continuing the work on our new website www.cfloaa.com that contains awards won, the history of CFL football in Ottawa, information on events, CFLOAA newsletters, membership information and a still growing library of team photos. We have 32 team photos on the site with another 18 waiting to be scanned/photographed with the oldest team being from 1886. We have a long and storied history to be celebrated.

We would also like to say a special thank you to Executive Board Member Warner Miles. Warner has taken on many additional responsibilities with the local and national alumni associations. For the CFLOAA he has assumed responsibility for the role of social media co-ordinator; from the organization and collection of our team photos, to posting on Facebook and Twitter along with the communication to our alumnus. On the national level he is now our alternate representative to the CFLAA. Thank you Warner for all your hard work!

Thanks to the continued support of our paid members we have maintained our financial support of both the Ottawa Gee Gee and Carleton Raven football programs. Both will be up and running for the 2021 CIS football season and their schedules are listed here in our CFLOAA newsletter for your convenience.

Finally, I would like to take this opportunity to welcome Dick Dinelle to our CFLOAA Executive Board. I'm sure you are all aware of Dick's long standing love of the CFL and he has always been there on a local level helping us out at all of our alumni events. Our local alumni association membership is a very diverse one. 20% of our CFLOAA membership is made up of individuals who were not ex CFL players (front office staffers, equipment people, cheerleaders, etc . .) and we believe it's important that this 20% has representation on our CFLOAA Executive. I know Dick will be a tremendous addition to the executive as we work towards having all of our events up and running once again.

GO REDBLACKS ! !

Jeff Avery
CFLOAA President

CFLOAA EXECUTIVE COMMITTEE



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Join our team today!
Interested in
volunteering please
contact Jeffrey Avery.