



CFL Ottawa Alumni Newsletter

Volume 9 | September 1, 2017

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March 10, 1954 – August 26, 2017

IN MEMORIAM

Rick Sowieta

"Rick loved playing football but enjoyed even more his time spent with teammates, family and friends. He was an extremely caring, compassionate and generous person."

Toronto Argonauts (1977-1979)

Ottawa Rough Riders (1979-1986)

CJFL Ottawa Sooners

3 Eastern All Star Selections (1980, 83, 85)

Played in the 69th Grey Cup 1981

Coached St. Pat's | uOttawa Gee Gees

The Sooners | Ottawa Bootleggers

Director of Sports, Football Canada

IN MEMORIAM

Jerry 'Soupy' Campbell

"Soupy was a free spirit, fun loving off the field but very focused on the field. He was a perennial ALL STAR, a fan favorite and a leader on defense."

Calgary Stampeders (1966-1968 + 1976)

Ottawa Rough Riders (1968-1975)

College Career - University of Idaho

3 Grey Cup Wins

7 Time CFL ALL STAR

CDN HALL OF FAME INDUCTED 1996



July 14, 1944 – August 9, 2017

JEFF AVERY AND RUSS JACKSON RECIPIANTS OF THE CFL ALUMNI MAN OF THE YEAR AWARD



AUGUST 4, 2017

Ottawa Rough Rider Alumni members Jeff Avery and Russ Jackson have been named co-winners of the CFL 2017 Alumni Man of the Year Award, Leo Ezerins, Executive Director of the CFL Alumni Association (CFLAA), announced Friday.

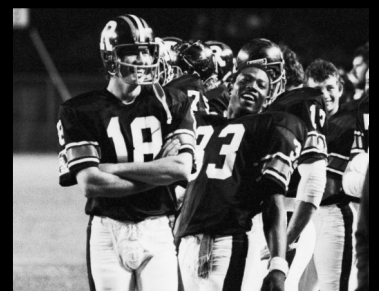
The CFLAA will present this prestigious award to these two outstanding Ottawa Rough Rider Alumni members during the 2017 Grey Cup Festival at the fan favorite CFL Legends Luncheon. "During their playing careers both Jeff and Russ were heroes on and off the field," said Ezerins, "Over the years, both have made notable contributions to the growth of the CFL and the Ottawa community."

Ottawa Rough Rider Alumni Vice President Jim Cain is looking forward to celebrating the success of his fellow Alumni members. "The Ottawa Grey Cup festival will feature many all-star events, but celebrating the careers of Jeff and Russ will definitely be the highlight of the week," said Cain. "We are thrilled to share the proud Ottawa football history with football fans from around the country at the Legends Luncheon."

For the past eight years, the CFLAA has presented the CFL Alumni Man of the Year Award. Past winners include: Wade Miller, Paul Robson, Sam Etcheverry, Bayne Norrie, Norm Fieldgate, Don Durno, George Reed, Carm Carteri, Lui Passaglia, Michael "Pinball" Clemons and Pete Martin.

JEFF AVERY **Playing Career**

- * Drafted as a territorial exemption in the 1976 CFL Draft by the Ottawa Rough Riders.
- * Member of 1976 Grey Cup championship team.
- * Played seven seasons (1976-1982) for the Rough Riders.
- * Was a CFL East All-Star in 1977 and 1978.
- * Played CIAU football for the Ottawa Gee-Gees and won the 1975 Vanier Cup.
- * In 1978 had a career best 50 catches for 767 yards.
- * In 1978 also punted 54 times for a 39.4 yard average.



JEFF AVERY

Post Career

- * Has been President of the CFL Ottawa Alumni Association (CFLOAA) for the last 15 years.
- * Founding member of the CFL Alumni Association (CFLAA) 9 years ago.
- * Key person in setting up the CFLAA Support Fund which offers financial support to fellow Alumni and families who are experiencing a financial hardship due to a medical condition or the sudden loss of income.
- * Radio Colour Commentator for CFL Ottawa football games since 1988.
- * Member of the University of Ottawa Sports Hall of Fame.



RUSS JACKSON

Playing Career

- * Drafted by Ottawa in the first round of the 1958 CFL draft.
- * Originally signed as a defensive back, Jackson quarterbacked the Rough Riders to three Grey Cup victories (1960, 1968 and 1969 Grey Cups); Russ retired after winning those two Grey Cups in a row.
- * Spent his entire 12-year CFL career with the Ottawa Rough Riders.
- * Won the CFL's Most Outstanding Player Award in 1963, 1966, and 1969.
- * A four-time winner of the CFL's Most Outstanding Canadian Award (1959, 1963, 1966, 1969).
- * Six-time Eastern Conference All-Star quarterback (1962, 1963, 1966, 1967, 1968, 1969).
- * CFL All-Star quarterback in 1966, 1968, and 1969.
- * Ended his career with 24,592 passing yards, with 1,356 completions on 2,530 attempts (53.6%), 125 interceptions and 185 touchdowns.
- * Gained 5,045 yards on the ground on 738 rushes, with 54 touchdowns.
- * Only Canadian-born quarterback to pass for over 20,000 yards.



Post Career

- * Still a strong supporter of the CFL Ottawa Alumni Association.
- * Leader in planning a 1968 and 1969 Grey Cup Championship team reunion.
- * Russ Jackson's stamp was unveiled in 2014.
- * A member of The Order of Canada.
- * Inducted into Canadian Football Hall of Fame in 1973.
- * Inducted into Canada's Sports Hall of Fame in 1975.
- * Described as the best Canadian-born quarterback to play in the CFL.
- * In 2006, voted #8 in TSN's – CFL's Top 50 players (modern era).

<https://www.ottawaredblacks.com/2017/08/04/jeff-avery-russ-jackson->





Regular Season Weekly Results 2017 - 2018

Week 1 June 15
CGY 31 @ 31 OTT

Week 2 June 29
OTT 39 @ 43 CGY

Week 3 July 8
TOR 26 @ 25 OTT

Week 4 July 14
OTT 21 @ 23 EE

Week 5 July 19
MTL 19 @ 24 OTT

July 24
OTT 24 @ 27 TOR

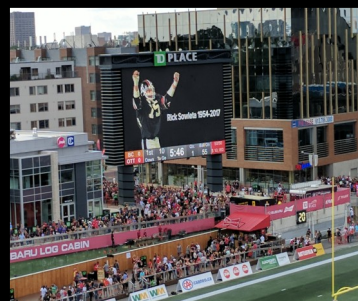
Week 7 August 4
WPG 33 @ 30 OTT

Week 8 August 10
EE 27 @ 20 OTT

Week 9 August 18
OTT 37 @ 18 HAM

Week 10 August 26
BC 24 @ 31 OTT

Week 11 August 21
OTT @ MTL



September Game Schedule 2017 - 2018

Week 12 September 9 6:00pm



@



Week 14 September 22 8:00pm



@



Week 13 September 17 1:00pm



@



Week 15 September 29 9:00pm



@



Raven's Schedule 2017-2018

August 26, 2017

Ravens 22 @ 17 Queens

September 3, 2017

McMaster @ Carleton 7:30pm

September 9, 2017

Carleton @ Wilfred Laurier 7:00pm

September 16, 2017

Waterloo @ Carleton 1:00pm

September 30, 2017

PANDA

1:00pm TD PLACE

October 6, 2017

Carleton @ Western 7:00pm

October 14, 2017

Toronto @ Carleton 1:00pm

October 21, 2017

Guelph @ Carleton 1:00pm



The Panda Game Match

One of the oldest and richest rivalries in Canadian university football. Its name is derived from the trophy presented to the winner each year; Pedro the Panda.

The game is part of the regular East division season, but is celebrated profusely due to its history, the week preceding the game sometimes referred to as "Panda Week". uOttawa is located in the downtown Sandy Hill neighbourhood of the city, while Carleton is between Old Ottawa South and Dow's Lake.

Gee Gee's Schedule 2017 -2018

August 27, 2017

uOttawa 24 @ 21 Guelph

September 4, 2017

Queens @ uOttawa 2:00pm

September 9, 2017

uOttawa @ York 1:00pm

September 16, 2017

uOttawa @ McMaster 1:00pm

September 23, 2017

Western @ uOttawa 1:00pm

SEPTEMBER 30, 2017

PANDA

1:00pm TD PLACE

October 14, 2017

uOttawa @ Waterloo 1:00pm

October 21, 2017

uOttawa @ Western 1:00pm

RAVENS
FOOTBALL

VS



uOttawa



LEGENDS LUNCHEON UPDATE ~ JEFF AVERY



R NATION WELCOMES
OUR NATION



EVENT DETAILS

DATE: Friday November 24th, 2017

TIME: 11:00am - 2:00pm

LOCATION:

The Shaw Center 55 Colonel By Drive, Ottawa Ontario, K1N 9J2

PARKING:

Underground 2 storey, entrances Daly Avenue & Nicholas Street. 4 Handicap spaces per level.

We need as many Ottawa alumni as possible to support this event as it is the main alumni event of Grey Cup week hopefully attracting over 800 attendees. Alumni who wear their game jersey get in free.

* If you are interested in purchasing a black replica Rough Rider jersey with your name and number contact Jeff Avery at javery@coltonaverydeacon.com



We need to know who will be attending ASAP and there are two ways to register;

- 1) Go to the CFLAA website, click on events, click on "going"
- or
- 2) Complete the CFLAA Grey Cup ticket request form on the next page and submit it.

Paid CFLOAA members will receive free entrance for themselves only to the RNation Party.



CFLAA Grey Cup Festival Event Ticket Purchase Form

This form is for CFLAA members that are former players ONLY.

Name _____

Address _____ City _____ Province _____ Postal Code _____

Phone Number _____ Email _____

Festival Events

	Regular Price [†]	Alumni (comp) max 1 ticket	Guest (50% off) max 1 ticket	Additional Tickets (reg price and subject to availability)
CFLAA Legends Luncheon - FRIDAY	\$100			

	Regular Price [†]	Alumni (50% off) max 1 ticket	Additional Tickets (reg price and subject to availability)
Concert Series 3-Day Pass	\$115		
Concert Series Single Night Pass - THURSDAY	\$45		
Concert Series Single Night Pass - FRIDAY	\$45		
Concert Series Single Night Pass - SATURDAY	\$45		

	Regular Price [†]	Alumni and Guest (reg price)
Shaw Player Awards & Kickoff Party - THURSDAY	\$300	
RNation Party - THURSDAY	\$10	
RNation Party - FRIDAY	\$10	
RNation Party - SATURDAY	\$10	
Gridiron Gals (Women's Event) - SATURDAY	\$99	
VIP Tailgate Party (Indoors) - SUNDAY	\$150	

[†] Before applicable fees and taxes.

Please submit forms by email to aruddy@roseg.ca. All forms must be received by **OCTOBER 24, 2017** to receive complimentary tickets, purchase discounted tickets, and purchase additional regular priced tickets that have been allotted for CFL Alumni. Tickets will be available on a first come first serve basis only. If you require assistance or have any questions regarding this sheet, please call Amanda Ruddy at 613-232-6767 ext 8238.

Credit Card Number _____

Expiry Date _____

CVV
3 dgs _____

Name on the card _____

Signature _____

105TH GREY CUP CELEBRATION SAVE THE DATES!



Tuesday November 21

Arrival of the Grey Cup	Ottawa / Lansdowne	Free Event
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Wednesday November 22, 2017

Shaw Grey Cup Festival	Ottawa / Lansdowne	Free Event
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Nissan Titan Street Party	Aberdeen Square	Free Event
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#Bringitin - Youth Festival	TD Place Arena	Free Event
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Thursday November 23, 2017

Shaw Grey Cup Festival	Ottawa / Lansdowne	Free Event
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Nissan Titan Street Party	Aberdeen Square	Free Event
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Family Fun Zone	Ottawa / Lansdowne	Free Event
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Canadian Football Hall of Fame	TD Concourse	Free Event
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Radio Row	TD Concourse	Free Event
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Festival Kick Off Bash	Shaw Centre	\$300.00 (Ticketed Event)
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Capital Pride Grey Cup	Horticultural Centre	\$10.00 (Ticketed Event)
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RNation Party (Budweiser)	Aberdeen Pavilion	Free Before 7 / \$30.00 after 7:00pm Add On for 3 day Event Available
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Concert Series	TD Arena	\$115.00 (Ticketed Event)
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Friday November 24, 2017

Nissan Titan Street Party	Aberdeen Square	Free Event
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Family Fun Zone	Ottawa / Lansdowne	Free Event
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Canadian Football Hall of Fame	TD Concourse	Free Event
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Radio Row	TD Concourse	Free Event
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Calgary Grey Cup Pancake Breakfast	Aberdeen Square	Free Event
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CFLAA Legends Lunch	Shaw Centre	Ticketed Event
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RNation Party (Budweiser)	Aberdeen Pavilion	Free Before 7 / \$30.00 after 7:00pm
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Team Party Riderville	Horticultural Centre	Ticketed Event
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Team Party Touchdown Manitoba	Shaw Centre	Ticketed Event
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Concert Series	TD Place Arena	\$115.00 (Ticketed Event)
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Saturday November 25, 2017

Nissan Titan Street Party	Aberdeen Square	Free Event
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Family Fun Zone	Ottawa / Lansdowne	Free Event
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Canadian Football Hall of Fame	TD Concourse	Free Event
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Radio Row	TD Concourse	Free Event
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Calgary Grey Cup Pancake Breakfast	Aberdeen Square	Free Event
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Cheer Extravaganza	TD Place Arena	Free Event
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Gridiron Gals	Shaw Centre	\$99 (Ticketed Event)
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RNation Party (Budweiser)	Aberdeen Pavilion	Free Before 7 / \$30.00 after 7:00pm
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Team Party Riderville	Horticultural Centre	Ticketed Event
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Team Party Caucus - Montreal	Flybar	Ticketed Event
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Concert Series	TD Arena	\$115 (Ticketed Event)
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Trooper		
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April Wine		
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Sunday November 26, 2017

Nissan Titan Street Party	Aberdeen Square	Free Event
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Tailgate Party	Great Lawn @ Lansdowne	Free Event
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VIP Tailgate Party	Aberdeen Pavilion	\$150 Ticketed Event
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ANNUAL CFLOAA GOLF TOURNAMENT HYLANDS G&CC AUGUST 4, 2017

PROCEEDS DONATED TO PROSTATE CANADA &
CHRISTIE LAKE KIDS

The weather forecast wasn't a good one but didn't stop our alumni & guests showing up ready for the weather and as it turned out it was a gorgeous day at the Hyland's Golf & Country Club! We had an excellent turnout and everyone seemed to have a good time. It was a pleasure, as always seeing old friends, laughing enjoying the odd pint or two extolling the virtues of our game out on the links.

Thanks to all those who ventured in from out of town to make it!

We want to thank all those behind the scenes, their hard work & dedication make this event possible;

GARY PAGE - EVENT ORGANIZER

JIM CAIN - REGISTRATION & GRAB BAG ORGANIZER

DAN DEVER - FINANCE

GORD BUNKE, DICK DINELLE, ALEX SAUNDERS - RAFFLE TICKET SALES

A special thank you to the Hyland's Golf & Country Club for hosting us and having the course in great shape.

To all our sponsors (Hole & Prizes) THANK YOU!

PRIZE DONORS

EXECUTIVE GOLF | D'Arcy Jenkins

CLUBLINK | KG&CC & EAGLE CREEK

CANADIAN GOLF & COUNTRY CLUB

THE PRESCOTT | TONY DISIPIO

LOCAL HEROES (Clyde) | DEAN VASILAS

LOCAL HEROES (Oklahoma Division)

BELLS CORNERS | MARKUS KOSMOS

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CALETON UNIVERSITY RAVENS FOOTBALL | PAT STOQUA

UNIVERSITY OF OTTAWA GEE GEES FOOTBALL

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MANULIFE FINANCIAL
(Tournament Sponsor)

RUSSEL METALS | BRIAN HEDGES

SCHINDLER ELEVATOR CORPORATION
JAMES ELLINGSON

COLTON AVERY DEACON | JEFF AVERY

The REDBLACKS

MOE RACINE

BILL HATANAKA











After our tournament some alumni turned out for the game. The Red-blacks invited our own Bill Hatanaka & Terry Wellesley down to the field to warm up the crowd!



A SPECIAL THANKS TO OUR HOLE SPONSORS

MANULIFE FINANCIAL (Tournament Sponsor)

RUSSEL METALS | BRIAN HEDGES

SCHINDLER ELEVATOR CORPORATION
JAMES ELLINGSION

COLTON AVERY DEACON | JEFF AVERY

The REDBLACKS

MOE RACINE

BILL HATANAKA

CFLOAA MEMBERS & GUESTS

OLE

1-A	Dave Thelen	Doug Specht	Ted Smale	Katherine Shayanpour
1-B	Jeff Millbury	Guest	Gary Page	Dave Schreiber
2-A	Jeff Avery	Danielle Ryza	Martin Wells	Don Dixon
2-B	Bill Gosewitz	Chris Schreiber	Glen Clarke	Jason Hawes
3	Frank Reid	Ross Reid	Mitch Miculia	Yvon Brunette
4	James Ellingson	Dean Goudreau	Kevin Reid	Lee Versage
5-A	Bill Hatanaka	Phil Charron	Wayne Giardino	Ernie Jacobs
5-B	Rod Scharf	Rick Goodfellow	Mike Shaw	Ron Armstrong
6	Tom Deacon	Joe Colvey	Brian Hedges	Marty Owen
7	Larry Dumelie	Roger Dumelie	Richard Munro	Gerry Arbour
8-A	Ken Vargo	Tom MacDonald	Bryan Lemoine	Russ Lemoine
8-B	Demitris Scouras	Adrian Dizon	Tarick Karkache	Joseph Arrage
9	Moe Racine	Thom Racine	Tom Pullen	Frank Lambros
10-A	Terry Wellesley	Steve Forchon	Jim Gibson	Mike Redick
10-B	Ron Menchini	Mario Toini	Cliff Pantalone	Jason Nobert
11-A	Warner Miles	Matt Payne	Bob Pekarchuk	Ian McBain
11-B	Roger Cattelan	Rock Labelle	Jeff Steck	John Wong
12	Bob McKeown	Paul McLaughlin	Tom Schultz	Mike Etherington
13	Peter Thompson	Mike Sharp	Barry Hobin	Gene Rheume
14	Gerry Organ	Curt Porteous	Wayne Tosh	Tim Tosh
15	Mark Magee	Pat Stoqua	Bruce Walker	Tim Robinson
16-A	Bob Brien	Chuck Wood	Ron Artelle	Ian Edwards
16-B	Wayne Hutchings	Wayne Lyttle	Dave Tucker	Gary McCoy
17	Gord Lundy	Devon Fermoye	Tammy Laverty	Ann Holtz
18-A	Howard Hamlin	André Gagnon	Geof Hamlin	Bill Hamlin
18-B	Sam Lavoie-Poirier	Yves Noel	Todd Sorfleet	Tyler Lamoureux

(Joe Poirier in a separate cart)



MONTHLY HUDDLE MEETING

Date: Tuesday September 5 2017

Time: 11:30am - 1:00pm

Business 12:00pm sharp

1400 Clyde Avenue (Bleeker Mall),

Clyde & Merivale Rd.

Nepean Ontario K2G 3J2 | 613.224.3873



"LOSING DOESN'T MAKE ME WANT TO QUIT.
IT MAKES ME WANT TO
FIGHT THAT MUCH HARDER."
- BEAR BRYANT



**DON'T
CHANGE
MUCH.CA**

Remember those carefree days when you could slam four beers, a plate of dry ribs, and a bunch of fries in one go and not feel like Homer Simpson? A lot of us guys experience waist inflation in our 30s and beyond, but even past 30 your body is still on your side; you just have to know how to shake it from hibernation.

Here are 3 ways to boost your metabolism and burn fat without even trying:

Start your day with water – Metabolism is what happens when your body breaks down food into energy to strengthen and repair itself. Like a screaming steam engine, sometimes all it needs is some H₂O to get rolling. Grab for a large glass of water when you first wake up – even before coffee – and aim to drink four glasses daily.

Change your breakfast – Nix the sugary cereals and opt for **protein-rich foods for men** like eggs at breakfast. A good breakfast gives your body the kick in the pants it needs to burn fat all day, and stops you from wolfing down a mid-morning doughnut.

Eat more like Popeye – Eat more vegetables like spinach, broccoli, and red cabbage (all rich with minerals and vitamins) will help nourish your muscles like none other. Your body burns energy to feed your muscles, so the more muscle you have the faster your metabolism will run. If you really want to go for it, check out some guy-friendly kale recipes [here](#).

For more information about Men's Health, Life style and Fitness visit.

CFLOAA BUSINESS DIRECTORY IN SUPPORT OF YOUR ALUMNI



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