Official Newsletter of the Toronto Argonauts Alumni Association

Edition 16 - 1

Toronto Argonauts Alumni Association

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Toronto Argonauts Alumni Association

54 Legault Crescent

Cambridge, ON N3C 3T4

PRESIDENT'S MESSAGE

Hope everybody is making it through the last weeks of winter and looking forward to spring, golf and 2016 CFL and Argonauts seasons.

The Association is readying for another season that kicks-off with our 5th Annual Reunion scheduled for Wednesday, April 20, 2016 at Royal Woodbine Golf Course in Toronto. If you have not replied to the evite yet, please take a few moments and let us know if you are coming or not. Also, our 17th Annual Golf Fun Day Tournament is set to go; teeing-off at Eagle Ridge Golf Course, Ridge Golf Club, one of Club-Link's finest courses in the GTA. If he hasn't already, Pete Martin will be in touch with you shortly.

The reunion and golf tournament provide a terrific opportunity to mingle with other teammates, connect with team officials and have some

Last year, we launched the Toronto Argonauts Alumni Association Support Fund (TAAA) to help alumni that may not be able to help themselves by offering short-term financial assistance. Pleased that we were able to offer support in 2015, the support fund will continue to be a key initiative of the Association.

The Association is discussing the continuation of the excellent partnership it enjoys with the Argos. Hope to have more specifics to share over the coming months.

It is membership time again. Thanks to those that have paid their dues already. Once again, Bud Fowler was the first to send his dues. If you have not paid your dues yet, would you please take a few minutes and send in your dues. Further membership information is noted inside the newsletter.

On the Argos front, it has been a busy off-season.

On January 1, 2016, it became official: The club's new ownership group took over the reins of the club and moved into the Argos administrative offices in downtown Toronto. Following a wild 2015 season, this is a new chapter for Toronto Argonauts football and the club is eager to kick off its inaugural season at BMO field.

A brand new CFL season kicks off June 23rd when the Argos kick off their 2016 season against none other than their Eastern Rival Hamilton Tiger-Cats in the league's first ever game at renovated BMO Field which will also host the 104th Grey Cup presented by Shaw this November. It's the first of three matchups this season between these Southern Ontario rivals, as they'll meet again for a Labour Day home-and-home.

Recently, the Argonauts announced that Rich Stubler is back for a third stint with the Argos. Stube has been named the club's Defensive Coordinator. A veteran of 28 CFL seasons and a five-time Grey Cup winner as a coach, Stube returns to the Argonauts for his third campaign with the Double Blue (1990, 2003-08).

There has been plenty of off season movement of players and coaches and we are all looking forward to the upcoming season to see how it unfolds in the end. It was a busy opening to CFL Free Agency for the club, and the Argos were quick to acquire a solid group of quality Canadian talent, specifically on both sides of the line.

On a serious note, the Association was saddened to learn of the passing of former OL Ellison Kelly, who passed away on February 11, 2016, at the age of 80 after a courageous battle with dementia with his loving family at his side. Elly played two seasons (1971-72) for the Argos; after spending the bulk of his Hall of Fame career with Hamilton (1960-

Going forward, we will continue to ramp-up communication with former Argos, continue to focus on ways that provide alumni with opportunities to get together with each other and push membership. To assist in our efforts, as well as providing you with another way to keep in touch with us, the Association has launched argoalumni.com, its own website.

Again, special thanks to Crista Bazos for all her efforts and hard work and keeping everyone up-to-date on all things Double Blue.

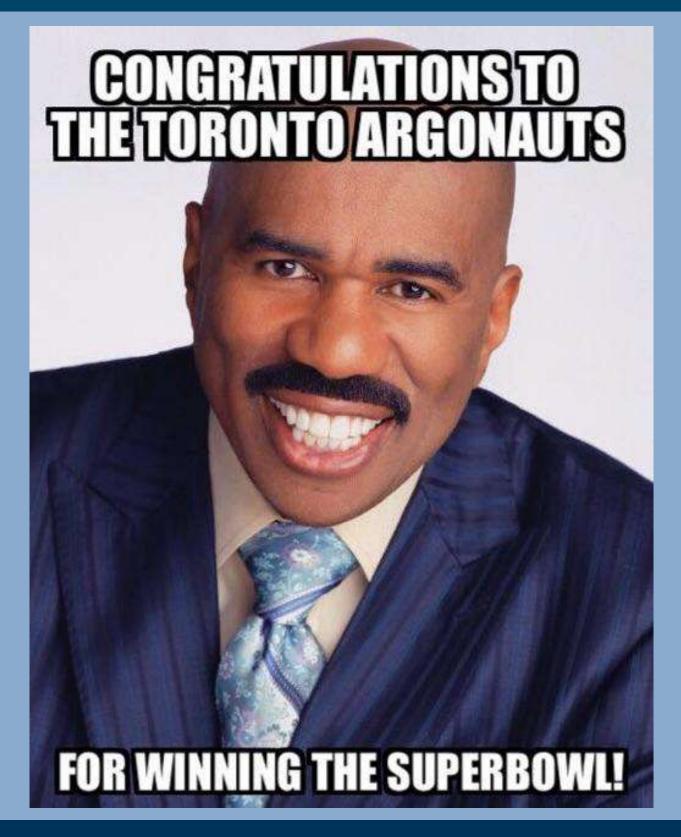
The Association is always looking for younger faces with new ideas on hand ready and waiting to fill our roles on the Board. If you are interested in getting involved in some way, please let me know e: argosalumni@rogers.com and one of us will be glad to talk more over a coffee or lunch.

Thanks again for your support. Hope to see you at one of our events or BMO field this season!

Cheers,

Stace Coray

IN CASE YOU MISSED IT!



argoalumni.com

the go-to-place for all things Double Blue

One of the Association's initiatives has been to continue to ramp-up communication with former Argos, continue to focus on ways that provide alumni with opportunities to get together with each other and push member participation. To assist in our continued efforts to communicate with you, as well as providing you with another way to keep in touch with us, the Association has launched argoalumni.com, its own website.

argoalumni.com is intended to provide a place for the Association to keep alumni up-to-date *on all things Double Blue.* No matter where you live --- in Toronto and surrounding area, other parts of Ontario, other parts of Canada, United States or the world --- argoalumni.com will be always on and available to anyone, anytime, and anywhere in the world.

Content includes membership information, league and team history, all-time roster, player awards, records, Hall of Famers, All-Time Argos, Association events, photo galleries, past and current newsletters, Argos schedule, roster and news, links to other CFL alumni associations, CFLAA, CFLPA and more. There are over 200 pages of content loaded already, and lots more coming.

Also, we are looking for individual and team photos, profiles of you, updates on your career, awards you have received, etc. that we can include. If you have anything in an electronic format, please email to Crista. If it is hard copy, please connect with Crista and she can assist in getting copies to us.

Some of you have asked about marketing your businesses through our newsletter. Once we get things up and running, we hope to provide alumni with targeted marketing opportunities and a place to share information about their businesses.

Our long-term objective is to develop <u>argoalumni.com</u> into not only the place for all things Double Blue; but the authoritative source for the history of Toronto Argonauts football. If you want to find out anything, about anybody, during anytime during the history of the Argos, <u>argoalumni.com</u> will be the place to go.

We hope argoalumni.com will assist strengthen the relationship the Association has enjoyed with you. So, please take a moment and check out argoalumni.com, the go-to-place for all things Double Blue and let us know what you think.



CFL UNVEILS NEW LOGO, SLOGAN:

<u>CBC News</u> Posted: Nov 27, 2015 7:56 AM CT Last Updated: Nov 27, 2015 4:24 PM CT

New Canadian Football League commissioner Jeffrey Orridge is making his mark by introducing a new logo and slogan for the league.

"The time has come to update and transform how we present ourselves," he said, making his first state-of-the-league address during Grey Cup week in Winnipeg on Friday.

Orridge said the new look and slogan — "What we're made of" — takes advantage of momentum in the league with new stars and a handful of new stadiums.

At the same time, the league is also struggling in some ways, and it would be foolish to ignore that, he said.

CFL

RAW: Football fans give the new CFL logo a thumbs down 1:21

Despite sellouts in some cities, attendance across the league has been flat in the past several years and television ratings have fallen 15 per cent, said Orridge, who assumed his duties as Commissioner last April. It is hoped the transformation of the CFL brand will inject new buzz, attract new fans and propel things forward, he said, also reiterating the announcement in September that the league has a new apparel partner in Adidas. That will bring new gear to stores and fans and "elevate our brand," Orridge said.

"Our great fans will be the first to tell you: we need more fans. And in particular, we need to attract the next generation of fans, so this league is strong for years to come." There is a strong foundation in the league and sometimes the wind is at the CFL's back, but sometimes it faces headwinds that shake things up, he said. "Transitions and transformation are not always smooth, but a bit of turbulence is something you go through at times of gaining altitude," Orridge said.

The new brand campaign is a sign of optimism about the future, he said, adding the CFL is also launching new websites and mobile apps, for the league and individual teams, to connect with fans. "And there will be more to come. Much more to come," Orridge said.





SATURDAY, JUNE 11	1	HAMILTON	4:00 PM
FRIDAY, JUNE 17	1	AT MONTREAL	7:30 PM
REGULAR SEASON			
THURSDAY, JUNE 23	1	HAMILTON	7:30 PM
THURSDAY, JUNE 30	AY	AT SASKATCHEWAN	10:00 PM
THURSDAY, JULY 7	10	AT BC	10:00 PM
WEDNESDAY, JULY 13	•	OTTAWA	7:30 PM
MONDAY, JULY 25	4	MONTREAL	7:30 PM
SUNDAY, JULY 31	•	AT OTTAWA	7:30 PM
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FRIDAY, AUGUST 12	W	WINNIPEG	7:30 PM
SATURDAY, AUGUST 20	4	EDMONTON	4:00 PM
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WEDNESDAY, AUGUST 31	4	BC	7:30 PM
MONDAY, SEPTEMBER 5	1	AT HAMILTON	6:30 PM
SUNDAY, SEPTEMBER 11	1	HAMILTON	4:30 PM
SATURDAY, SEPTEMBER 17	W	AT WINNIPEG	2:00 PM
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BYE			
SATURDAY, NOVEMBER 5		AT EDMONTON	4:00 PM

FOR TICKETS VISIT ARGONAUTS.CA OR CALL 416.341.ARGO [2746]

SPONSOR A HOLE!

TORONTO ARGONAUTS ALUMNI ASSOCIATION 18TH ANNUAL GOLF FUN DAY

Monday June 6, 2016

\$200 SPONSORSHIP OPPORTUNITY

Support The Argo Alumni and Promote Your Business

HOLE SPONSORSHIP INCLUDES

- a sign at a designated hole
- recognition at the tournament dinner
- recognition on the Argo Alumni website for 1 year

Prizes and Gifts

Make a donation to the prize table or the golfer's "Goodie Bag" (units of 144)

You get recognition at the dinner and on or website for one year

Contact Pete Martin petemartin77@gmail.com 289-837-4892





International CFL Broadcast Schedule TBD

(Look for schedule in next Boatman issue)



Friendly on-field chit chat between Argos and their QEW Feline Friends kicks off in Toronto on June 23rd.

LOCAL ALUMNI WANTED TO SPEAK TO HIGH RISK YOUTH



Do you have a story you want to share about an addiction, being in a gang, growing up in a tough neighbourhood or you yourself have had run-ins with the law? If you can donate 2-3 hours of your time to speak to high risk youth on how to focus and coping strategies. Please contact Crista to let her know your availability. The location will be on the Danforth.

TRIVIA QUESTIONS

- 1. Where did the Argonauts play their home games during the 1983 CFL season?
- 2. Who was the longest serving commissioner of the CFL?



1962 Argonauts

- 3. What former Argo is known as the Flyin' Hawaiian
- 4. What was the first year the Grey Cup was broadcast on television?

*** Answers can be found on page 10 ***



What year did Hank sport this porn-stache

FOOTBALL WORD PUZZLE

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SEARCH FOR ARGO HEAD COACHES

Milanovich Clemons Elliott O'Billovich

Rita Glazebrook

Wirkowski Cahill

Jackson

Morris O'Connor

ALUMNI MAKING A DIFFERENCE



Adriano Belli giving a blow out to TV host Lucy Zilio



Our Boys not afraid to get in touch with their metrosexual side to give Argos fan Lori Bursey a stunning manicure to help raise funds to cut out cancer.



LET'S CUT OUT CANCER TOGETHER

Join us

VAFFI SALON

the Toronto Calendar Firefighters and former Argonaut Adriano Belli

cut out cancer for PMH

SUNDAY, NOV. 1st, 2015 11AM to 5PM

675 DANFORTH AVE., TORONTO, ON M4J 1L2 416-463-7921



The Princess Margaret Cancer Foundation Q UHN









Cheerleaders & **Female Fire Fighter**



Joe... why is it the bald guys know more about hair?

TRIVIA ANSWERS

1. Psych! Betcha all you '83 players were second guessing yourselves too! The Argos played at Exhibition Stadium from 1959 to 1988 before moving to SkyDome. Prior to playing at the Ex, the Argonauts played at Varsity Stadium and Rosedale Field





2. Jake G. Gaudaur was the longest serving commissioner of the CFL. He served for 16 years and 2 months (April 2, 1968 May 31, 1984)



- 3. If you guessed Adam Rita.... You are WRONG! WR Chad Owens was named the Flyin Hawaiian. Chad now plays for the Hamilton Ti-Cats
- 4. 1952 was the first year the Grey Cup was broadcast on television. The CBC paid \$7,500 for the rights and CBLT Toronto was the only station to air the game live. Toronto Argonauts defeated the Edmonton Eskimos 21-11.



The stache is from 1984. As you can see Hank goes for the clean shaven look these days.



2016 MEMBERSHIP

It is time to renew your membership again

Thanks to Bud Fowler for being first to do so. We all have busy schedules with family, work, recreation, community work. Please take a moment and send in your dues.

We look forward to everyone's continued support and hope to see you at our events during the season.

2016 MEMBERSHIP BENEFITS & ENTITLEMENTS

Copy of BOATMAN, the Association's official newsletter; published four times annually

Invitation to Association events i.e. Annual Alumni Reunion & Golf Tourney

Official Toronto Argonauts Alumni Association Membership Card

Argonauts Alumni Certificate sent once to new members

Automatic membership in the CFLAA and entitled to all associated benefits

Entitled to vote for All-Time Argo

Membership fee for 2016 is \$35 CDN. Dues can be paid in one of the following three ways

- 1. PayPal http://www.argonauts.ca/page/alumni-membership
- 2. Email (for Canadian bank transfers ONLY): Electronic banking payment transfers of \$35CND can be emailed to argosalumni@rogers.com
- 3. Mail cheque for \$35 CDN payable to Toronto Argonauts Alumni Association to:
 - c/o Toronto Argonauts Alumni Association
 - 54 Legault Crescent, Cambridge, ON, N3C 3T4

PAID MEMBERS						
Steve Ackroyd	Bob Bronk	Stace Coray	Dave Cranmer			
Fred Dunbar	Kevin Eiben	Rob Malich	Dan Ferrone			
Bud Fowler	Mike Jovanovich	Alan Maclean	John Malinosky			
Pete Martin	PJ Martin	Jason Pottinger	Gerry Sternberg			
Bill Symons	Robert Thompson	Dave Watkins	Willie Gillus			

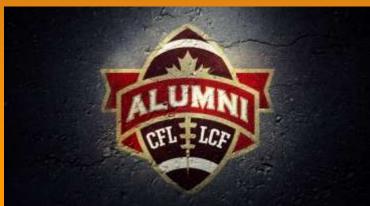
March, 2016 - Greetings Argo Alumni!

Hope all is well with you and your family and friends. A great deal of has happened since we last reported.

Brett MacNeil (Winnipeg, Ottawa, and Edmonton) was voted CFL Alumni Association President, taking over the reins from Hector Pothier, our founding President. The transition has been smooth as Hector remains on the Board as the Edmonton Eskimos Alumni Representative.

Most importantly we continue to grow our CFL Alumni Support Fund (CLFASF), a fund to help former players with medical challenges. We are pleased that we've been able to help out a few guys along the way.

Applications for the Alumni Support Fund are evaluated by a committee put together by the CFLAA. Appli-



cations and awarding of funds are, of course, confidential and are handled according to criteria approved by the Board. Funds are not given to the player directly, but rather to the health provider, pharmacist, or wherever makes the most sense. Recently the CFLASF has helped cover medications for a former player who is fighting a rare form of cancer and whose provincial plan does not cover it. A few alumni also brought to our attention a former player who has a physical disability and has been struggling to make ends meet in some areas of his life. The CFLASF was able to help out with his monthly medication bill for a period of time. The stories of these men are

heart-wrenching, and we are glad for the alumni, family, friends, and neighbours who bring them to our attention so we can help. Of course, if the Alumni Support Fund was larger we could do even more, so the CFLAA is always in "fundraiser" mode.

Last fall the CFLAA and the Hamilton Tiger-Cats Alumni Association presented **STILL MOSCA** in Hamilton. The event was a tribute to Angelo Mosca, his life, his careers in football and wrestling, his work in the community, and his family. It was also intended to bring awareness to CFLASF and Alzheimer's and to raise money for both causes. The Angelo Mosca Legacy Fund was created and donations in excess of over \$10,000 were contributed. Over 700 people attended Including notables David Braley, Kissing Bandit Adriano Belli, Dave Raimey, Brian Williams, Chris Walby, Terry Evanshen, Russ Jackson, Joe Poplawski, Ron Perowne, Matt Dunigan, Miles Gorrell, Rocky Diepetro, Peter Dalla Riva, George Chuvalo, Doug Gilmore, the "Love" Brothers, and Mike Bullard as emcee. Plus another 25+ CFL and Ticat Alumni. The next night at the home game the number 68 jersey was retired. As only Ang could describe, "It was a night I will never forget...I hope."

Alumni participants included Michael "Pinball" Clemons, Matt Dunigan, Chris Walby, James Murphy, Hector Pothier, Paul Osbaldiston, Tony Gabriel, Henry "Gizmo" Williams, Brett MacNeil, etc. During the CFL Alumni Association Legends Luncheon at Grey Cup in Winnipeg the CFLAA was presented with a cheque for \$20,000.

Winnipeg hosted an incredible Grey Cup Weekend! A big shout out to the Winnipeg organizing committee and to the man behind the curtain, former Bomber Wade Miller, especially for the unprecedented package of free and discounted tickets to both the events and Grey Cup game for CFL Alumni Association members. Over 100 Alumni were in town to join in the festivities and relive (and add to) memories. Alumni were also hosted in the Alumni Lounge at the Winnipeg Convention Center. I know Toronto Argos executive Mike Copeland and Sara Moore were in attendance so hopefully we alumni will be appropriately treated this year in Toronto.

The CFL Alumni Legends Luncheon was once again the first Festival event to be SOLD OUT! We had over 763 attendees. The CFL Alumni Men of the Year, as voted by the Bomber Alumni, were Paul Robson and Wade Miller. Also announced this year at the Luncheon were the 2016 Canadian Football Hall of Fame Inductees: Doug Brown, Rodney Harding, Derrell Mitchell, and James West in the Player category. In the Builder category, long time administrator of minor football in Saskatchewan and the Saskatoon Hilltops Don McDonald.

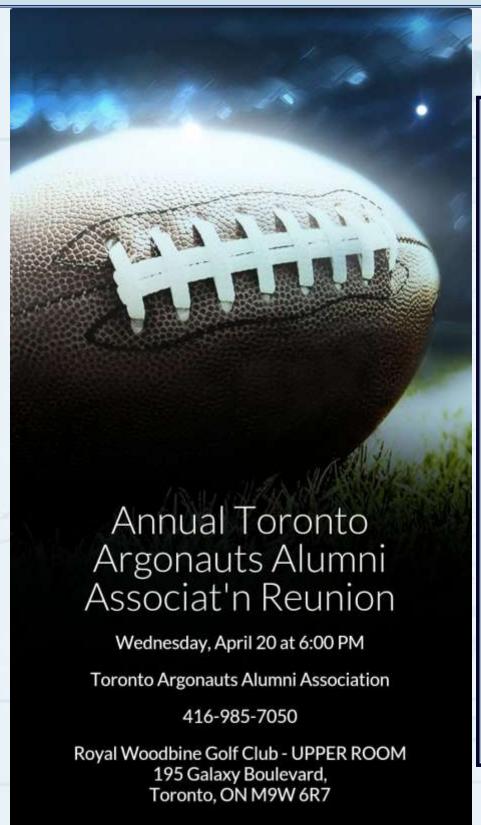
Last but not least, Peter Martin continues to represent the Argos Alumni on the CFL Alumni Association Board of Directors. We thank Pete for his work and support on the CFLAA Board. We also thank the Argo Alumni Association for your continued support of our efforts on a national level!

Check out our website for more info. www.cflaa.ca

Cheers, Leo Ezerins
Executive Director, CFLAA



ANNUAL ALUMNI REUNION



Please join us for our annual get together for all Argonauts Alumni and Present Players with special guest President & CEO Michael Copeland of your Argos Football Club.

- A BBQ dinner will be served compliments of the Toronto Argonauts Alumni Association
- Cash Bar
- Free Parking
- Ales & Tales

Please RSVP by Wednesday April 1st. If you have any questions email Crista at crista_bazos@yahoo.ca

Feel free to pass on this information to other Alumni and Argos Players to ensure we have not missed anyone!

2016 Alumni membership dues can be paid that night by cheque or cash.

There is no ATM on site.

We look forward to seeing you!



BOOK NOW - ARGOS ALUMNI GOLF-JUNE 6TH!!

Toronto Argonauts Alumni Association 18th Annual Golf Fun Day



For further information, contact:

Peter Martin Tel: 289-837-4892 Email: petemartin77@gmail.com





Toronto Argonanta Alamai Azzoniation

18th Annual Golf Fun Day

Monday, June 6th, 2016 At Engle Ridge Golf Club Mayfield Road North (10th Line) Georgetown, Outario Tal: 905.877.8468

Green Feer

\$165 (individual golfers) \$660 (Team of 4) \$40 Dinner Only

Included in Green Feer:

- , 18 Holes of Golf and Cart
- , BBQ Lunch
- , Roost Beef Dinner Buffet
- , Hole Events
- , Goodie Bogs

Hole Spousorship:

\$200 per Hole

Itimerary.

11:30 cm - Registration & BBQ Lunch 12:45 pm - To Designated Holat

1:00 pm - Shotgun Start 6:30 pm - Cockteals (Coah Ber)

7:00 pm - Dinner





BOOK NOW - ARGOS ALUMNI GOLF - JUNE 6TH!!

registration form
I would like to register Teams @\$660 each I would like to register Golfers @ \$165 each I would like to book Hole Sponsorships @ \$200 each
I would like to register Dinners @ \$40 each team/individual
Company name/Contact name
Address
City/Province/Postal Code
Telephone
team members
Player 1
Player 2
Player 3
Player 4 Please make cheque payable to: Toronto Argonauts Alumni Association
Mail to: Toronto Argonauts Alumni Association Golf c/o 2282 Parkqlen Ave. Oakville Ont. L6M 4R3
In order to avoid disappointment please confirm your registration with early payment. <u>Post-dated cheques are accepted.</u>
PAYMENT REQUESTED PRIOR TO MAY 18th, 2016

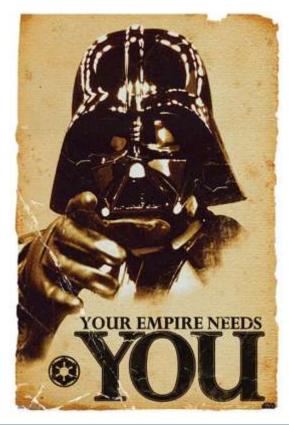




The Association is continuing its partnership with *Turning Point Youth Services*, a Torontobased, ac-credited children's mental health centre that provides a wide range of programs and services to youth aged 12 - 24 and their families.

For decades, the Toronto Argonauts Football Club and its players have impacted the community through the club's long-standing programs to promote youth wellness. As former players who have transitioned into retirement from the game, we are continuing our commitment to the local Toronto community through a partnership between the Association and Turning Point Youth.

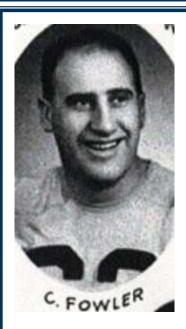
We are looking for alumni that are interested in attending the event to share stories with the youth, have some fun and help-out a bit. If you are interested and want to know more now, please contact Crista email: crista_bazos@yahoo.ca



STAY CONNECTED!

Alumni from all over can get involved with the Alumni Association.

A few hours every month or a few hours a year. We can personalize your involvement to your schedule. For further details contact Crista



Former Argonaut, Charles "Bud" Fowler just celebrated his 90th birthday this past December surrounded by many family and friends. He likes to express what a very lucky man he is. He has 2 sons, a daughter and a loving wife he has been married to for 70 years.

Bud was born in Windsor in 1927 and grew up in Mimico. A close neighbour of his in Mimico that dabbled in air planes and possibly worked with planes influenced Bud to want to join the Royal Canadian Air Force. One day in 1943 during WWII, Bud and about 6-7 of his friends hopped on the street car and headed into Toronto and joined the Air Force. They trained guite vigorously in Winnipeg, Calgary and Saskatchewan. Bud trained as an air gunner and to this day he remembers the Morse code.

He had a lot of training and was ready to serve his country abroad but the war ended and he never did go. He was called upon when the war continued in Japan but that war too ended fairly quickly.

Bud fondly recalls the day he met his wife 70 years ago in 1947 down at an outdoor dance club called the Seabreeze. He had come in from Mt. Hope where he was stationed. It was love from the beginning.

After the Air Force, Bud was fortunate enough to join Bell, where he worked for 37 years until he retired. Bell had a great program for young employees with little experience. You would start off as a lineman, move up to cable splicing, then installation, followed by repair, etc...One felt very loyal to such a company and once you were in, it was a lifetime career. Bud moved up the ranks and eventually ran the Eatons communications system for approximately 11 years and he also worked on University just before he retired. It was a good career for him. Stable and loyal.

Back in the day all football players had full time jobs and men played and practiced on their own personal time. Bud had started off playing for the Toronto Indians part of the Ontario Rugby Union making \$25 in his first year and in the second year he made \$35/game. Coach Shanti McKenzie who was a coach at the Beaches encouraged Bud to try out for the Argos and in 1950 he did and made the Team. He played for 2 Grey Cup games and retired in 1953.

Versatility was very key in the good old days if you wanted to play the game. Many guys played both offence and defence. Bud was a fast back (HB) when the Team played the single wing system and later Coach Ted Reeve changed him to a DE. When the American League folded in 1950, there was an influx of great American players that came up to play on the 32 man roster.

In today's standards, coaches, nutritionists, trainers and other fellow trainers would cringe at the thought of what the guys would eat before a game and during the week. After practice at night, the Team would go out to their favourite spot the Diet Kitchen, a Chinese restaurant that was on Bloor near Varsity stadium. Everyone but Royal Copeland would eat the fried, fast foods at this diner. Royal was ahead of the game with a special diet. The servers would bring him non fried items and a salad. It was odd back then.

Poor diet choices didn't keep the Boys from going to 2 Grey Cup games in four years. Bud owes the success of the Team to having the best Canadians and Americans on the roster in the entire League. The Toronto area produced more football players in the good 'ol days because players could work their full-time jobs and play ball.





https://www.youtube.com/watch?v=4dXG4EkBkaw

(Click on link for a 2min look at the mud bowl experience—Grey Cup game 1950)

Bud also recalls the rivalry between Hamilton and Toronto. The Labour Day game would be played at home and before the end of the following weekend another game was played. After that game the team would go to a Burlington restaurant and eat lunch. They would raffle off the signed winning game ball and one year Bud won the winning game ball and his wife still has the game ball which he holds dear.

Bud is very humble with his memories, talking mostly about others on the Team. At the present time, there are only 3 players that are still alive from the 1950 team and 7 are still alive from the 1952 team. He pauses and goes on to say how fortunate he was to have played with such upstanding individuals that worked hard during the day and played just as hard during the games. They were all close and had a special bond.

We all talk about the salaries of pro athletes today. Bud had a very clear recollection of what he was paid which doesn't come close to what CFL players make today, let alone what an NBA or MLB player makes. At the Argos in his first year Bud was paid \$125/game and he received \$150 for the Grey Cup game.

Some other interesting facts were Frank Clare got rid of Coke at the facility and brought in 7-up. He didn't feel Coke was good for you. And no one could drink water during the game because if you drank too much you would throw up. How times have changed!

Bud's family was very supportive of him playing football even though there was not a lot of money in the game. His dad was a soccer loving Englishman and served in the navy for 12 - 13 years. His dad's love of physical activity carried over to Bud who played hockey for 50 years in an old timers league until he was 75 years old. He participated in so many tournaments over the years. He is a bit fanatical about exercise and still keeps quite active even though his joints are not what they used to be. He hits his punching bag in his garage a couple of times during the day. He really believes fitness is a must. You need it more as you get older and exercising doesn't have to be over the top and you certainly don't need to go to a gym.

He believes he beat statistics because of exercise. Bud is diabetic and he would get infections. He knows exercise saved him along with great doctors and medication.

His closing words were to encourage y'all to stay active no matter what the physical activity is. It benefits your mind and your body which you take with you everywhere you go.

See you at the reunion Bud!

Depression prevalent in ex-football players

ESPN article by Jim Trotter

http://espn.go.com/nfl/story/_/page/hotread150225/depression-suicide-raise-issue-mental-health-former-nfl-players



Boo Williams, who played four years with the Saints, is one of many former players who have battled post-career depression. *Chris Graythen/Getty Images*

TORONTO ARGONAUTS ALUMNI ASSOCIATION SUPPORT FUND

We are pleased to announce the introduction of the Toronto Argonauts Alumni Association Support Fund

PURPOSE OF THE SUPPORT FUND

The Support Fund is dedicated to improving the quality of life of Argonauts Alumni and their families by providing short term financial assistance to those who are experiencing difficulty meeting expenses resulting from a medical hardship and/or the need for assisted living. Quality of life expenses may include: prescription drugs, medical equipment and supplies, food, clothing and other comfort items. The fund is not intended to provide relief from financial difficulties associated with rent and mortgage payments, business ventures and addictions.

WHO CAN APPLY FOR FINANCIAL ASSISTANCE

The following are eligible to apply for assistance:

- Former players with the Toronto Argonauts Football Club who have been on a regular League game roster and retired for at least 5 years
- Former coaches of the Toronto Argonauts Football Club
- Former head trainers and equipment mangers of the Toronto Argonauts Football Club

ADMINISTRATION

The Support Fund will be administered by a 5 member sub-committee of the Argonauts Alumni Association, appointed by the Argonauts Alumni Board of Directors .

HOW TO APPLY FOR FINANCIAL ASSISTANCE

For more information and to obtain a confidential application form, contact: Pete Martin: petemartin77@gmail.com or 289-837-4892

INVESTIGATION UNDER WAY



Need a brain check-up?

The Canadian Sports Concussion Project, in association with the CFLAA, is seeking CFL alumni, with or without a history of concussion, to participate in a study investigating the effects of concussions on the brain

What's involved?

- MRI brain scan
- Testing of your thinking skills
- Testing of your motor skills

What do you get out of it?

- Assessments by experts in the field
- Feedback on your performance
- Access to programs aimed at managing symptoms and improving thinking abilities

Travel costs to and from Toronto, as well as accommodations (if required), will be provided.

For more information, our clinical contact is: Dr. Sabrina Lombardi, 416-597-3422 x7788, sabrina.lombardi@uhn.ca

For more information on the Canadian Sports Concussion Project: www.solveconcussions.ca

Testimonial

"As I read about the effects of concussions that occur in the sports world, I am growing increasingly concerned about what, if any damage my brain may have sustained and what measures are available that may reverse or slow down any ill-effects. Participating in this study has given me new insights and tools to strengthen and improve how my brain functions. I highly recommend investing in this worthwhile activity."

- Alumnus, Toronto Argonauts



RAISING THE ROOF AT BMO

We're one big step closer to the kickoff of the Argos inaugural season at BMO Field!

One Sunday, the south end canopy was raised and put into place as renovations continue to take place ahead of the Argos and TFC 2016 seasons.

Assembled on site as one massive structure weighing over 490 metric tonnes (980,000 pounds), the south canopy was lifted in tandem by two lattice boom crawler cranes. With a combined lifting capacity of 1,000 metric tonnes, the two massive cranes simultaneously lifted and then crawled the 377 by 68 foot canopy from the foot of the south concourse.

It was then incorporated into the roof structure that will cover the east, west and south stands. Transported from Holland, the CC2400 crane was so large that it necessitated over 100 tractor trailers to transport it to site.



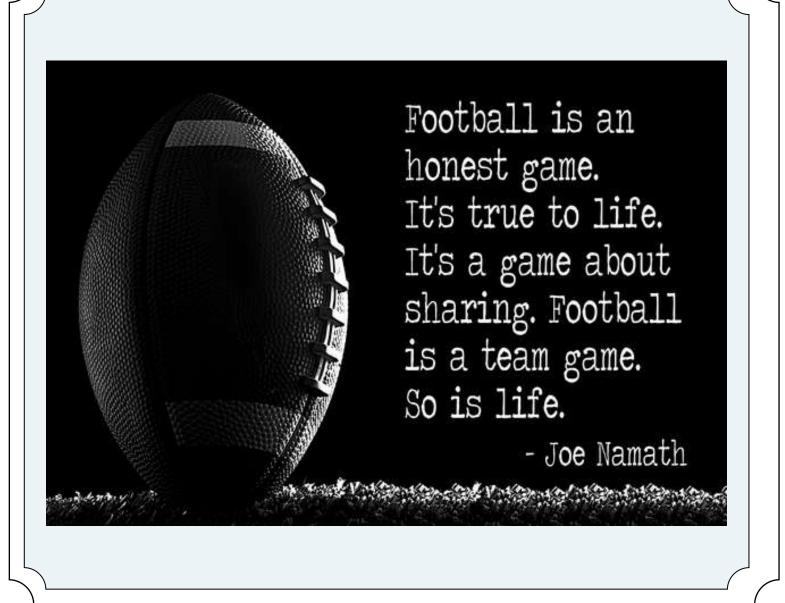
Watch the time lapse video:

http://www.argonauts.ca/2016/02/22/raising-the-roof-at-bmo/

THE BROTHERHOOD REMAINING STRONG

There have been several tragedies in the football and sports communities over the years, from murder, suicide, substance abuse and gambling to name a few. Most recently the TiCats announced former QB Cody Ledbetter took his own life after suffering through many of his own legal and personal challenges.

We are asking for Alumni to get in touch with us that have battled / continue to battle with depression or another mental illness, have been in prison, or had run-in with the law, battle or continue to battle with substance abuse, gone through a divorce, faced bankruptcy or any other challenge and be willing to encourage a fellow Argonaut brother through his tough time. You are all spread out all over North America but you share a bond. As an organization we hear of your struggles as well as your victories and we want to be able to connect you to the right team member because you are not alone. We will not share your information with anyone and prior to connecting you with someone we will always ask you first if you are able to speak with another Alumni as it may not be the right time for you. Please email Crista privately and let her know how you can help or be of help to another. We thank you for your consideration on such a sensitive topic.



NEXT ISSUE IN JUNE!

























