Toronto Argonauts Alumni Association

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Tailgating at Ontario Place

The meeting place for All Argos Alumni before each game!

Your Argos Alumni have been working with the Argos this off-season to help create more hype for the upcoming season.

The Argos are increasing the fan experience at games by bringing back some of our paid Alumni members to participate during pregames at the tailgate party as well as on-field during the pregame ceremony as well as a jersey presentation to a

member of the Canadian Armed Forces.

Get to the games early and look for the Argos Alumni tent at the tailgate party at Ontario Place Lot 2. Make the Alumni tent your meeting place and see some of the Boys you used to play with and against.

Bring your own BBQ. Alcohol can be purchased at the tailgate. For more information on what to expect at



Join in on the fun before every Argos game at the tailgate party

the Tailgate party visit the Argos website at https://www.argonauts.ca/ tailgating/





Argo fans in the spirit to feast on the TiCats at the Argos Home Opener June 25th, 4pm at BMO Field. Tailgate kicks off at 1pm.

HOW TO GET YOUR ARGO GAME TICKETS—PAID MEMBERS ONLY

One of the many benefits you have as a paid Argos Alumni is an Alumni discount for tickets. The Team appreciates your time playing for the Team and would like to encourage you and your friends and family to carry on the Double Blue tradition at each home game.

The Argonauts have gener-

ously offered our paid Alumni members 50% all Season Tickets as well as 33% all single game tickets.

To order your tickets, please contact Mike Kutti at mkutti@argonauts.ca

Or call him at : 416-341-0816—CUT OFF FOR ORDERING TICKETS

AT YOUR ALUMNI RATE IS 48hrs PRIOR TO KICKOFF.

Tickets can be left for you at will call or emailed to you. To become a paid member and enjoy this ticket benefit, visit our Alumni website:

http://argoalumni.com/ membership-information/



Hope everybody and their families are well, ready for the summer months ahead and looking forward to another CFL and Argonauts season.

A new GM, new coaches and coordinators, some new players and a fresh outlook: All were present when Training Camp started May 31, signaling that the Toronto Argonauts 2017 season was officially underway. Right now, the Club is tied for first place, and we hope they finish with a Grey Cup win.

With the Club, we have developed some terrific opportunities for alumni this season. For the 2017 regular season home games at BMO Field, paid members will have the opportunity to purchase two-for-one season and single game tickets, get involved in gameday in-stadium, pre- and post-game activities and access to a suite to watch a home game at BMO Field.

Thanks to those that have sent in their dues for 2017. If you have not paid your dues yet, would you please take a few minutes and send your dues. Your membership dues bolster the Toronto Argonauts Alumni Association Support Fund which continues to be a key initiative for us. Further membership information can be found http://argoalumni.com

On Wednesday, April 19, 2017, our 6th Annual Reunion held at Royal Woodbine Golf Course in Toronto kicked-off our season. Lots of fun, food and as Joe Eppelle said, "being here with all the guys is just like being in the locker game after a win." If you have not done so yet, check out the pictures in the photo gallery on our website.

Also, our 18th Annual Golf Fun Day Tournament is set to go Monday, June 5, 2017 at Eagle Ridge Golf Course, Ridge Golf Club. Once again, it is sold-out, and the guys are looking forward

to re-connecting with their old teammates, as well as other alumni.

For more information about the upcoming and past reunions and golf tournaments and information about the support fund, look under Reunion Photo Gallery, Golf Photo Gallery and Toronto Argonauts Alumni Association Support Fund on our website http://argoalumni.com

We will continue our efforts to communicate with former Argos through the Association's website. If you have not already seen it, please take a moment and check it out http://argoalumni.com

As always, special thanks to Crista Bazos for keeping us up-to-date on all things Double Blue.

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

Cheers,

Stace Coray







Contact Kristen Ferrone at kferrone@argonauts.ca

NOW!!!

1996 & 1997
Grey Cup
Reunion on
July 24th.
Don't miss out

on reconnecting with your old teammates!

ARGOS ALUMNI MEMBERS RECEIVE 2 FOR 1 TICKETS TO ALL ARGO HOME GAMES!

RENEW YOUR MEMBERSHIP

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

2017 MEMBERSHIP BENEFITS & ENTITLEMENTS

- 1. Copy of BOATMAN, the Association's official newsletter; published four times annually
- 2. Invitation to Association events i.e. Annual Alumni Reunion & Golf Tourney
- 3. 50% off 2 Argos season tickets (maximum of six per paid alumni)
- 4. NOW 2 for 1 tickets
- 5. Official Toronto Argonauts Alumni Association Membership Card
- 6. Argonauts Alumni Certificate sent once to new members
- 7. Automatic membership in the CFLAA and entitled to all associated benefits

Entitled to vote for All-Time Argo

Membership fee for 2017 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

SPREAD THE WORD—OTHER CFL ALUMNI CAN GET THE 2 FOR 1 TICKET OFFER TOO!



Jan Carinci at an Argos game in 2016. Jan presently resides in the Mauritius Blog that brought back memories for one Argos Alumni

Jan Carinci wanted to share a blog with y'all he came across because it brought back many memories for him. To read the full blog click on the link above O'Bies photo.

Obie Ended Our Longest Drought betweentheposts.ca

Obie Ended Our Longest Drought. TORONTO (Aug. 28) — Less than two months after his 75th birthday, Bob O'Billovich has been inducted into the Canadian Football ... http:// betweentheposts.ca/2015/08/obieended-our-longestdrought/



ADDED BENEFIT—30% off Physiotherapy & Massage Services

Former Argonauts Athletic Therapist Jason Piekarz who was with the Argos from 1995—2000, is offering 30% Physio and Massage services to Argos Alumni Members at The Centre for Sport & Recreation Medicine.

2 Convenietnt Locations:

Downtown

777 Bay Street

College Park – Market Level, Suite 210

Toronto, ON, M5G 2C8

Tel: 416-597-9755

- Indoor access to College Subway
- Located next to the Service Ontario Centre

Uptown

3080 Yonge Street, Unit 3024 Toronto, ON M4N 3N1 Tel: 647-748-7997

Steps from Lawrence Subway

Book with Jason or another therapist. When you call in let them know you are an Argos Alumni member and present your membership card at your appointment for your discount. Insurance receipts available if you have insurance.



http://www.torontosportsmedicine.ca/

SPREAD THE WORD—OTHER CFL ALUMNI CAN GET THE 2 FOR 1 TICKET OFFER TOO!

ONLY 5 MONDAYS A YEAR!



We are looking for Argos Alumni to join our Board of Directors. We meet 5 Mondays a year at 6pm for 2

- End of September
- End of October
- Early December
- February
- End of May

Location: TBD but will be near Renforth/ Eglinton

We want your ideas, your knowledge, your experience, your input on how to keep us current.

Contact:

Crista_bazos@yahoo.ca

Next meeting: September



19th ANNUAL ARGOS ALUMNI GOLF FUN DAY

Monday June 5, 2017
Eagle Ridge Golf Club

Results

Big thanks to all the participants and sponsors that attended. Congratulations to all the winners

1st Team (61)	2 nd Team (61)	3 rd Team (62)
Jim Popp	Jack Casselman	Gerry Sternberg
Mike Hook	Paul Skidmore	Zack Sternberg
Tyler Puley	Ed Casselman	Harold Sternberg
Matt Yustin	Scott McDowell	Marv Glazier

Most Honest Team (79)

Greig Scheifle Dave Hutton Bill Clausen John Lesko

Closest To The Pin

Joe Gambacort Pat Paulin Duncan Sinclair Bill Blair Zack Sternberg

Oldest Team (304 years)

Gord McTaggart Peter Warren Bill Blair Mike Kirkpatrick

Longest Drives

Jeff Benedict Reena Chawla







More info on 19th Annual Golf Fun Day http://argoalumni.com/2017-golf-fun-day/



19th ANNUAL ARGOS ALUMNI GOLF FUN DAY SPONSORS

The Toronto Argonauts Alumni Association would like to thank the following organizations for their contribution to the success of this year's tournament.

HOLE SPONSORS

Gerald Sternberg Caponi Financial Active Green + Ross

Dan Ferrone CBM Aggregates Freshouse Foods

Investors Group IPL Plastics Manulife

Black Bull Tavern Ed Learn Ford Lincoln Zeke O. Connor Ent.

Whiteoak Ford Lincoln Tim Hortons The Naz and Wally Show AM 740

Graham Bros Construction Hydropool Hot Tubs Randy Ambrosie

PRIZES AND GIFTS

ClubLink Hershey Canada Metro Supplies

Mandarin Restaurants SportChek HP

Toronto Argonauts Robert Thompson Dufferin Aggregates

Whiteoak Ford Lincoln Labatt Breweries Active Green + Ross

Golf Town Adidas CFLAA

Superstore Flamborough Hills Golf Club Granite Ridge Golf Club



Photo Gallery 19th Annual Golf Fun Day http://argoalumni.com/2017-golf-fun-day-gallery/



19th ANNUAL ARGOS ALUMNI GOLF FUN DAY

Monday June 5, 2017
Eagle Ridge Golf Club





























Photo Gallery 19th Annual Golf Fun Day http://argoalumni.com/2017-golf-fun-day-gallery/

SPECIAL THANK YOU



On behalf of the entire Toronto Argonauts Alumni Association, we would like to give a very special thank you to the man that makes the Golf Tournament happen every year. Pete Martin. Pete organizes the entire tournament SOLO. The tournament is always sold out and a great time had by all. If you would like to play next year be sure to book early and let Pete know you would like to play. petemartin77@gmail.com

SAVE THE DATE!!!! Argos Fan Annual Corn Roast is scheduled for Sunday, August 13th



Do you need assistance or know of a former Argos Alumni that does?

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 subcommittee of the Argonauts Alumni Association, appointed by the Argonauts Alumni Board of Directors.

HOW TO APPLY FOR FINAN-CIAL ASSISTANCE

For more information and to obtain a confidential application form, contact: Pete Martin:

petemartin77@gmail.com or 289-837-4892

"Quality of life
expenses may
include:
prescription
drugs, medical
equipment and
supplies, food,
clothing and
other comfort
items"







DOUBLE BLUE BUSINESS DIRECTORY

The Toronto Argonauts Alumni Association Double Blue Business Directory is a free service offered to paid members of the Association.

This convenient directory provides access to Argos Alumni-owned businesses and organizations.

What do you get?

- · Listing of business, organization or association name, address and contact information
- Listing provided on an annual basis with payment of membership dues

Please contact:

David Watkins

LOUD SPORTS & ENTERTAINMENT

dwatkins@loudse.com Twitter: @LoudSports Mobile: (905) 807-3407



Email us with any change of contact info—Crista_bazos@yahoo.ca



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





Head Games:
Understand
what is going on
in your head



HEALTH NEWS - CONCUSSIONS

Concussions, identity crises and depression in Athletes

By Clare Hennig, CBC News Posted: May 25, 2017 7:40 PM PT Last Updated: May 26, 2017 4:59 AM PT

When retired athletes suffer mental health problems, medical professionals are often quick to blame past head injuries and concussions.

Heavy hits to the head and concussions are known to increase risks of depression and even suicide, but new research suggests that may not be the only reason.

Michael Gaetz, a kinesiology professor at the University of the Fraser Valley, said concussion research tends to be "one-sided" when there are, in fact, many different issues at play.

"We're focusing exclusively on the history of brain injuries and not thinking about other factors as well," Gaetz told CBC <u>On The Coast</u> host Stephen Quinn.

Gaetz has researched concussions for nearly two decades and just <u>published a paper</u> in *Medical Hypotheses* about the causes of chronic traumatic encephalopathy, a progressive degenerative disease of the brain found in people with a history of repetitive brain trauma.

Gaetz argued that there are many reasons why a former athlete could experience depression that are not just due to a past head injury. He mentioned chronic pain from other injuries, medication use and identity crises as factors that do not get enough attention.

"Chronic pain, in and of itself, will account for a lot of the symptoms that athletes experience post-career," he said.

"Other things, like the use of substances to manage pain, substances to manage sleep and even substances like steroids that are used during their career, are linked to some of these symptoms."

Shifting identities

Athletic identity is a newer area of research, Gaetz said, but very relevant when it comes to athletes' retirement.

"People who have a very strong identity that is linked with their career—once their career is over, it can lead to depression and can even lead to thoughts of suicide and suicidal behaviour," he said.

Focusing just on concussions as the cause of depression means other areas are ignored, to the detriment of the athletes.

"If we're ignoring the effects of a strong athletic identity, that's problematic in how we develop young athletes," he said.

"Their identity is locked into that role but they really, in some cases, are lost when they are no longer in that role."

'We haven't been very good at this'

There has not been enough varied research into concussions, Gaetz said, and that needs to change. In particular, he wants to see a more theoretical look into the problem.

"We haven't been very good at this in concussion science," he said. "We've been doing study after study after study without much direction."

This means developing different theoretical models, testing them and moving forward with a more systematic approach, he explained.

"What we need to do as scientists is approach this in a more balanced way."

To hear the full interview, click on the audio link below

http://www.cbc.ca/news/ canada/british-columbia/ concussions-and-depression -in-athletes-1.4132297

(scroll to the bottom of the article to listen to the audio)

JUNE is Men's Health Month

The CFLAA has partnered with Canadian Mens Health Foundation https://menshealthfoundation.ca/ in their campaign www.dontchangemuch.ca



Check out these links from the same article:

NFL acknowledges

link between football, brain

disease

And

Mother of Ty

Pozzobon says

concussion-related

depression a factor

in his death





NEWS FROM THE CFL ALUMNI ASSOCIATION

CFL Alumni Association Update - May 2017

Our world seems to have changed more dramatically over the last few years than the last few decades combined. As Alumni, our main challenge continues to be to stay relevant to our members, current players, football clubs and to the CFL.

We thank the CFL for its financial support but also feel we provide great "value" as a National Association and through our local Alumni Associations as we continue to support the CFL and its efforts to build on the tradition of our history as a League.

Our support is provided primarily on a volunteer basis through our different boards and individuals. We thank all of you for all you do!

Grey Cup Update An agreement has been reached with the Grey Cup Festival/Ottawa Sports & Entertainment Group (OSEG) for the rights to produce the CFL Alumni Legends Luncheon. Our Luncheon has been a main event at Grey Cup since 2009 in Calgary. In 2013 the host Grey Cup Festival committee secured the rights to produce the event and to include it as a major Festival event. The host committee at every Grey Cup has done the same since. Stay tuned for all the Alumni related activities which will once again include a hosted Alumni Lounge.

CFLAA Support Fund A few changes have been made to our fund. There are now two plans, PLAN A (medical expenses up to a lifetime of max. \$10,000) and PLAN B (compassionate fund up to lifetime max. \$2,500)

The Funds sits at @ \$170,000. We have helped former out former players, and in one case a former coach, to the tune of \$30,000. Since inception we have raised over \$200,000.

The primary contributors have CFLAA Legends Luncheon (Auctions) and Never Alone and Foundation Rose Project.

Summary of who we have helped. Rick Sowieta, (former Ottawa Rough Rider, Canadian Football Hall of Fame Selection Committee and VP Operations at Football Canada), was diagnosed with a life threatening pancreatic cancer. A last resort procedure was only available in Germany and no funding was available through the Ontario Health Insurance Program (OHIP). NOTE: Since OHIP has agreed to cover the procedure on a going forward basis.

To raise money he started a crowdfunding (www.voucaring.ca.) campaign with a goal to raise \$65,000. The fund eventually raised \$85,000. The CFLAA Support Fund developed a matching fund program. The Fund would match Association and/or member donations to a maximum of \$1000. Six (6) Alumni Associations donated, 2 where we matched individual donations. We raised \$8,000, which meant full participation.

Continued next page



NEWS FROM THE CFL ALUMNI ASSOCIATION

Others we have helped? PLAN A Darrhan Diedrick (Cancer), PLAN B Baron Miles, Gregg Butler, Kelly Butler, Leo Cahill, Herbert Johnson, and Steve Ferrughelli. (We have several others but they wanted to remain anonymous).

Conadian Concussion Project - Former BC Lions/Saskatchewan Roughrider Rick Klassen unfortunately passed in December of 2016 (cancer). He will be the first former CFL player to have participated in the Canadian Sports Concussion study who has passed and an autopsy will be performed. Currently about 100 former players are participants and over 20 brains have been donated.

Never Alone Rose Project – The Never Alone Foundation was formed by cancer survivor, former Winnipeg Blue Bomber player and executive, Lyle Bouer. We have partnered the last 3 years and will continue to do so for the next 2. To date we have raised \$30,000 for the CFL Alumni Support Fund.

Canadian Men's Health Foundation/Don't Change Much campaign - For the second year we have partner with the Foundation to communicate support to men and their families across Canada. Men's Health Awareness Week is June 11-18. Two former CFL'er players, Troy Westwood, and Etienne Boulay will be highlighted this year.

Arland Bruce Lawsuit Update

http://www.cbc.ca/sports/football/cfl/cfl-bruce-concussion-lawsuit-1.4113112

In response to the appeal May 3, 2017 in the BC Supreme Court.

"The CFLAA is not surprised by the outcome of the BC Court of Appeal decision, nor the Plaintiff's last minute decision to abandon the Appeal and Action against Leo Ezenns, the CFLAA, Dr. Charles Tator and Krembil Neuroscience Center. This is clearly a case of work-place safety covered by the terms of the CBA. We have every confidence any Appeal against the CFL Teams and former Commissioner Cohon to the Supreme Court of Canada will meet with the same result."

A class action lawsuit has been filed in Ontario (May 29,2015) which is unrelated to the BC Lawsuit.

http://www.tsn.ca/former-players-file-200m-lawsuit-against-cfl-1,300462

As teams go into training camp to prepare for the 2017 season we pass along our enthusiasm and support for another great year of CFL football! Bring it in... and bring it on!

https://www.voutube.com/watch?v=cvSi37bA8-o

Best, Leo

Leo Ezerins, CFLAA Executive Director



ANNUAL ARGOS ALUMNI REUNION



WHAT do you mean the roof won't be open for our reunion? The weather is perfect



HOLDING! Bob Bronk on new grandpa Dan Ferrone



Legend Granville Liggins talking "locker room: with the life of the party Gene Mack



A reunion would not be a reunion without these two... Danny 'Jed" Webb and Nick Volpe



April 18, 2018

Always the 3rd Wednesday in April



Typical Sui... chasing down guys for autographs. Ace has perfected his signature by now



The food really is better than training camp!



Guaranteed laughs at the reunion.

To see more photos: http://argoalumni.com/2017-reunion-gallery/



Toronto Argonauts Alumni Association

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E-mail:

crista_bazos@yahoo.ca

www.argoalumni.com

Forever Double Blue

Executive Committee

President: Stace Coray · Vice President: Dan Ferrone · Secretary/Treasurer: Bob Bronk · Past President: Peter Martin

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Steve Ackroyd · Bob Bronk · Stace Coray · Fred Dunbar · Dan Ferrone · Mike Jovanovich · Alan McLean · Rob Malich · John Malinosky · Peter Martin · Gerry Sternberg · Bill Symons · Robert Thompson

Paid Members as of June 5th

Adrion Smith · Al Irwin · Al MacLean · Andrew Stewart · Bill Blair · Bill Graham · Bill Symons · Bob Bronk · Bob Kotzer · Bob Hudspeth · Bob O'Billovich · Branko Vincic · Brian Warren · Bruce Elliott · Bud Fowler · Chad Folk · Chip Barrett · Chris Gioskos · Chuck Ealey · Chuck Liebrock · Chuck Winters · Craig Labbett · Dan Ferrone · Dave Cranmer · Dave Knechtel · Dave Pearson · David Watkins · Doug Philpott · Doyle Orange · Ed Berry · Ed Learn · Fred Dunbar Gene Mack · George Nimako · Gerry Sternberg · Giulio Carlin · Gord McTaggart · Jason Piekarz · Jason Pottinger · Jeff Howe · Jim Cooper · Jim Dillard · Jim Kardash · Joe Eppele · John Gabriel · John Malinosky · Jon Nielsen · Ken McCarnan · Lance Chomyc · Lubo Zizakovic · Marcello Simmons · Michael Campbell · Michael Collymore · Michael McCarthy · Mike Jovanovich · Mike Morreale · Mike Trenton · Nick Volpe · Paul Markle · Pete Martin · Peter Gabriel · Peter Paquette · Peter Warren · Phil Jones · PJ Martin · Randy Ambrosie · Rob Crifo · Rob Malich · Robert Thompson · Rogers Scales · Stace Coray · Steve Ackroyd · Steve Del Col · Tim Allan · Tony Johns Tony Lawson · Zeke O'Connor

Become a member today! http://argoalumni.com/membership-information/



