

# THE SHOUT OUT

*The latest news from the Canadian Football Cheerleader Alumni Organization*



## A MESSAGE FROM OUR PRESIDENT

*Tiffany Beveridge*

In times like these, it is the support and encouragement from friends and family that uplift us and keep us motivated. A big part of why we created this non-profit organization was to create a support system of like-minded individuals across the country that share the same passion for the CFL and their hometown team. With the uncertainty of the season, it is important more than ever to keep the love of the game and our connections across our cities strong.

Our directors have reached out to local alumni and generated a mix of lovely stories and memories that have inspired us to share with you all. With many exciting initiatives and partnerships around the corner, I encourage you to reach out to any former alumni that you think would be interested in joining our growing organization. Here's to health, happiness and unity across our wonderful country.

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# NEW DIRECTORS

Since our last newsletter we have welcomed two new co-directors to the CFCAO. Kassidy and Kylee Quinn, a sister team as our co-directors for Edmonton!



*Kassidy Quinn*

Kassidy was a dancer on the Edmonton Eskimos Cheer Team for five seasons from 2010 to 2014. While on the team, Kassidy felt honoured to take on such leadership roles as calling the sideline cheers/dances for the team, being a promo captain, and creating original choreography. She has danced competitively since the age of three and still attends dance classes to this day. In 2009, Kassidy won Most Outstanding Overall at the Standing Ovation Dance Festival and was awarded a scholarship to train with LJ Jellison in Las Vegas at the Inspiration Intensive Dance Workshop. Not only has Kassidy always been passionate about dance and performing, but she found a passion for the Eskimos Organization. She attended the University of Alberta where she obtained her Bachelor Of Science in Nursing degree. She has experience in several areas of nursing but calls the operating room home, where she assists with surgeries. She has had the opportunity to travel nurse throughout British Columbia. Kassidy volunteers with the Companion Animal Welfare Society and has spent the COVID 19 shutdown fostering a dog who surprised Kassidy with two puppies mere days before she was scheduled to get spayed. So when she's not working, she unwinds with puppy cuddles. Kassidy prides herself on bringing individuals together and she planned her high school reunion in 2019. Kassidy believes in celebrating everything from small personal victories to grand monumental milestones.



*Kylee Quinn*

Kylee was a cheerleader on the Edmonton Eskimos Cheer Team from 2009 to 2014. Kylee assumed numerous leadership positions on the team throughout her six seasons, including acting as a Community Promotions Captain, choreographing and calling sideline routines and choreographing field dance routines, choreographing and assisting with the Junior Esks halftime show, and choreographing and judging dance team auditions for the 2015 team. As a trained, competitive dancer for over two decades, Kylee is still able to share her love of movement and continues to motivate others as a certified barre and cardio bounce rebounder instructor part-time at a local boutique fitness studio in Edmonton. Throughout her time as a cheerleader, Kylee's love for connecting with sports fans and making a difference in the community-led her to a rewarding career in professional sports marketing and communications. After graduating from the University of Alberta in 2012, Kylee was fortunate to be offered a position in the marketing department at the Edmonton Eskimo Football Club, where she worked on advertising campaigns, assisted with brand management, and helped plan major Eskimo Football Club events, including Fan Day, the Locker Room Sale, the 48th Annual Dinner, and the CFL's Grey Cup 100 Train Tour stops in Green & Gold territory. Since then, Kylee has also worked for TSN Radio in Edmonton, in professional cycling with Canada's version of the Tour de France, and most recently with Edmonton Tourism to attract and develop major sport and cultural events in the City of Edmonton – where Kylee had the opportunity to work on numerous major national and international bids and develop events, including Grey Cup 2018, Red Bull Crashed Ice 2018, IIHF World Junior Ice Hockey Championships 2021 and Edmonton's bid to co-host the FIFA World Cup 2026TM. Professionally, Kylee is passionate about engaging sports fans, creating memorable events and establishing lasting event legacies. Kylee is looking forward to uniting and empowering cheerleaders both past and present and representing the CFL football clubs through the work the CFCAO does to make a positive impact in the community. It is an honour to join the Board of Directors for the CFCAO.

# NEWS FROM THE CFCAO

The Canadian Football League announced in May that there would be some changes to the traditional Grey Cup format this year should we be able to have a shortened season. The 2020 Grey Cup will be hosted by the team with the best record that qualifies for the championship game. Saskatchewan has been awarded the 2022 Grey Cup, and the 2021 Grey Cup will take place as planned in Hamilton.

In light of Commissioner Ambrosie's statement, The CFCAO is pleased to announce that our first Cheer Alumni Conference will go ahead as planned for Grey Cup weekend 2021 in Hamilton. To prepare for this exciting event we are seeking active CFCAO members to form a planning committee. The committee will be chaired by Hamilton Co-Director Jessie Ziros. Any registered CFCAO members who are interested in being a part of planning this historic event are encouraged to send their resume and cover letter highlighting their experience to [raeanne.cfcao@gmail.com](mailto:raeanne.cfcao@gmail.com). Be sure to mark your calendars for Grey Cup weekend 2021 to participate in this historic event!

We are also looking for two enthusiastic individuals to represent Ottawa as well as our US Expansion teams: Baltimore Stallions, Birmingham Barracudas, Las Vegas Posse, Memphis Mad Dogs, Sacramento Gold Miners, San Antonio Texans, and Shreveport Pirates.

As we continue to work together to stop the spread of COVID-19 through social distancing we are looking to bring more alumni together through the CFCAO. Until December 31, 2020, if you refer a friend to join you get a free year added to your CFCAO membership (be sure your friend includes your name on their registration). If you refer more than one friend, for each additional referral you will receive a ballot for our draw for a CFCAO e-store gift certificate. There will be one \$100 gift card and one \$50 gift card awarded!

# NEWS FROM THE CFLAA

Exciting news members! We are happy to provide you with your 50% discount code to purchase an associate membership with the Canadian Football League Alumni Association (CFLAA). This code is exclusive to registered members of the CFCAO. The Associate CFLAA Cheerleader membership offers access to exclusive benefits and offers from the CFLAA. To sign up use the link: <https://www.cflaa.ca/register/associate-member-cheerleaders/>.





## LOCAL MEMBER PERKS

Your directors are busy lining up opportunities for CFCAO members to enjoy offers and discounts from local businesses in your area. Check out your local page on the Members Only section of our website to see what's available in your area. Also, if you or someone you know has a business and would like to partner with us at CFCAO, please contact your local director with the details.

## A MESSAGE ABOUT COVID-19

As we learn more about the virus and the economy begins to open, we continue to wait to learn about the fate of the 2020 CFL season.

Several scenarios have been discussed over the past few months and the CFL recently announced that hub city will be Winnipeg. Should there be a season, the Grey Cup host city will be determined by the team with the better season record of the two teams who qualify to play in the match. There are still a number of goals that need to be met before a 2020 season can go ahead. The CFL and the CFLPA must achieve a new collective bargaining agreement, for which talks are ongoing. Also, the league is attempting to secure funding from the Business Development Bank of Canada supported by the provinces of each of the CFL teams.

You can find the latest statement regarding the 2020 CFL season by clicking [here](#).

## NATIONAL MEMBER PERKS



Norwex is making a real impact all around the world by improving our quality of life by radically reducing chemicals in our homes. Norwex offers an amazing range of products including cleaning products for the home, personal care, kids, sports, pets and even your car! CFCAO members receive 20% off all purchases (including monthly specials and flash sales). Check out the products at [https://norwex.biz/en\\_CA/](https://norwex.biz/en_CA/), the contact Heather Hertel at [heatherannhertel@gmail.com](mailto:heatherannhertel@gmail.com) to place your order!

Whether it's for yourself, your family or gift-giving, Thirty-One Gifts offers a wide range of high-quality, stylish products, many of which are customizable. From handbags, accessories, travel duffles and storage items to home storage and décor items, the possibilities are endless with Thirty-One. Shop from the full catalog, check out monthly specials and find items you can make into one-of-a-kind treasures through the many personalization options. CFCAO Members enjoy 20% off! Check out the website to choose your items, [www.lyndalaynegifts.com](http://www.lyndalaynegifts.com), then email your order to [lynda.cfcao@gmail.com](mailto:lynda.cfcao@gmail.com)



Mabel's Labels is the best-known brand of durable labels for families. Not just for kids, the growing line of products features baby bottle labels, allergy and medical alert products, sports labels, household labels and seasonal items. A great way to explore Mabel's Labels is to check out the Starter Pack which includes 74 labels and 2 tags, regularly \$35.95, available now for only \$21.57! Of course CFCAO members always enjoy 15% off (excluding sale and stamp items), just use promo code CFCAA15 at checkout.

If you've never tried Arbonne products, now is the time! Arbonne delivers botanically based, personal care products and nutrition to your doorstep through Independent Consultants who can help you find products that meet your needs and your budget. Arbonne transforms lives through pure, botanically based ingredients in scientifically tested products; a pure, healthy lifestyle and the pure joy of helping others. CFCAO Members enjoy a 20% discount! Just check out the website, [www.arbonne.com](http://www.arbonne.com) to shop for your products, then email Tiffany with your CFCAO card number to order. [Tiffany.cfcao@gmail.com](mailto:Tiffany.cfcao@gmail.com)



When you're looking to take an event to the next level, look no further than One Eye Entertainment. With everything from photo booths, bouncy castles, bubble balls and sumo suits your next event is guaranteed to please. If you're wanting to step up your event planning even more, One Eye Entertainment can provide Princess and Pirate experience parties for kids! And if you have a wedding in your future and want to have a truly memorable day, look into One Eye's Wedding Choreography. CFCAO members receive 10% off all rentals from One Eye Entertainment. Check them out at <http://www.one-eye.ca/>

# BC LIONS

## 2003 Grey Cup Haunted Hospital

The 2003 Grey Cup in Saskatchewan is one that won't soon be forgotten by the BC Lions Felions! Saskatchewan was overbooked, so the Felions were housed in Fort Qu'Appelle at the Echo Valley Conference Centre. We arrived close to midnight by bus and were very tired and cold. Our host revealed that the conference centre actually used to be a tuberculosis sanatorium, and proceeded to take the entire team on the ghost tour. The tour was very scary, and our host told us it was one of the most haunted places in Canada. The tour ended in the basement where there was a bare room with a single chair with restraints and a drain in the floor underneath it. Hundreds of people died in the sanatorium of tuberculosis. Our rooms were repurposed hospital rooms and all of our beds all had wheels on them. We wheeled our beds into each other's rooms and tried to not let our imaginations get the better of us. When we went to the bathroom we went in pairs, to keep the ghosts away. The next morning, the entire dance team was exhausted but we headed to the Grey Cup parade, for which we were not properly dressed (track pants and white running shoes, no boots!). We danced behind the RCMP horses, who were pooping on the parade route. The route was full of slush and cow dung and by lunchtime, our pants were covered in the mess. Our coach took one look at us and knew we wouldn't survive the rest of the weekend so she pulled some strings and got us into the nearest hotel. It was a learning experience, to say the least for our rookie coach, and for the entire dance team.

You can check out the history of the hospital by clicking [here](#)!



## What's in a name?

Fitness World Lions Pride Dance Team  
BC Lions Dance team  
BC Lions Felions Dance team 2003 to now

Grey Cup weekend, as the cheerleaders arrived at Olympic Stadium in Montreal for an on-field practice with all CFL cheer teams, there was information being passed around that a few cheerleaders from another team had the Norwalk virus. Fast forward to the evening of game day, we had finished all of our scheduled performances, and we had the night to enjoy the city and all of the teams' party venues. As the girls in my hotel room gathered for a photo, I got a sudden feeling in my abdomen, like a balloon under pressure, so I quickly instructed, "take the picture quickly!". As soon as the photo was taken, I ran to the washroom, where I spent most of the night. It was brutal, and I felt anxious about hogging the washroom, and possibly infecting the other girls who had to sleep in the same room as me. I even remember taking soap and water and trying to wash everything I had touched (door handles, light switches, taps, toilet flushing handle, garbage bin). Our flight didn't leave until 9 pm the next night, but I was still so sick that while all the others spent the day shopping and enjoying the city's delicious food, I sat in the hotel lobby keeping an eye on all of our luggage. Since we were checked out of our rooms in the morning, the front desk was kind enough to give me a key to a washroom in the back that I could use as needed. My main memory of that last day was sitting in front of the lobby doors which automatically opened whenever anyone walked by the sensor, wearing only a tank top and workout leggings, with the cold, late-November Montreal winter air doing its best to cool me down.



# CALGARY STAMPEDERS

The Calgary Stampeder cheerleaders have been around for quite some time, although it is difficult to pinpoint when they became an official part of the Calgary football scene. It is also interesting to note that the cheerleading team has gone by numerous names over the years, including the Calgary Calettes, the Calgary Stampettes, the Kiss Classics and the Calgary Stampeder Outriders. Over their history, the Calgary cheerleaders have had a multitude of coaches who took the time to teach, train, choreograph, coach and create teams that fostered athleticism, showmanship, professionalism and teamwork. We would like to recognize those coaches and assistants who took the time to make our teams so incredible throughout the years, so let's take a look back over the past 20 years.

Camilla James (CJ) - Head Coach 1997 - 2002 Camilla (CJ) will forever be remembered as one of the kindest, big-hearted, friend, anyone could have. She was the Outrider coach who brought the \"spelling\" of the letters to the Stampeder Outriders. She had a contagious laugh and was loved by all who met her. CJ had an uncanny ability to bring joy into every room and into every life she touched. Many of her fellow Outriders became her close friends for life. She would come up with great cheers and choreograph movements to make the sideline cheer show great to watch. While a hairstylist, business owner, and product rep by trade, she consistently maintained a strong commitment to giving back to her community.

Commencing her CFL career on the Saskatchewan Roughrider's Cheer team for two seasons, she later moved to Calgary and became a Stampeder Outrider Cheerleader in 1994. She was named Captain from 1995-1996 and shared coaching duties from 1997-2002. She performed in many Grey Cup shows and attended even more. As both a teammate and coach, CJ was respected by all and her team wanted to make her proud. CJ had an inner sparkle and was a poised beauty who could sport short bleached blonde hair or long black braids and completely rock both. Her nails were the most polished and elegant and she would do them herself. Those of us who had the pleasure of her doing our hair, remember the amazing scalp massages, artistic skill and sweet \"Snookums\" conversation. Camilla was always willing to help anyone of her teammates look and feel her best - hair, makeup, or any of the finishing touches. A little story from a fellow teammate and lifelong friend (which is especially funny since CJ was a proper lady). One Grey Cup reunion in BC, we all came out as alumni to support the current Outriders. All the alumni at that time had digital cameras. This is before cell phone cameras. However, CJ had a camera with a flash. We would tease her and tell her to get with the times and just bug her every time she pulled out her camera to snap a picture. One night, she left her camera unattended. So we took it upon ourselves to sort of 'teach her a lesson' to never leave your camera out and took several pictures of ourselves, perhaps not the most flattering, potentially scandalous in her eyes, a body part or five. When she got back from Grey Cup, she was so excited to develop the photos that she had them developed in doubles! As she described it when she quickly looked at her photos in front of the counter clerk, she turned beet red, embarrassed for both herself and the young clerk. It was so funny to have her call us and 'try' to get mad. She was always a great sport even when the prank was on her. - Leah

After a courageous battle with cancer, CJ was taken from us too soon in November of 2016. Camilla's son, Tayemak Kelsick, is her proudest accomplishment - and the part of the legacy she leaves behind.



# EDMONTON FOOTBALL TEAM

The Edmonton Cheer Team is professional cheer and dance team in the Canadian Football League, based in Edmonton, Alberta, Canada. The team consists of 41 athletes that dedicate hundreds of hours of training to provide exceptional entertainment for fans. Outside of practices and games, they spend countless hours in the community performing at events, volunteering with various charitable organizations and working with youth in the community. Every year they culminate the season with a team trip to the Grey Cup, the championship game for the CFL, where they perform at numerous functions, representing the Edmonton Football Club and the City of Edmonton.

The Edmonton Cheer Team was the first professional cheer team to introduce male athletes in 1986. By 1996, the male contingent on the cheer team had grown to 16 members strong and remains a dominant force on the team today. These male athletes were instrumental in the introduction of acrobatic stunting to the cheer team in 1990. Now, 30 years later, the Cheer Team continues to be a powerhouse in acrobatic stunting, which complements their exceptional dance team and crowd-leading abilities. They are proud to have paved the way for male athletes and stunt teams in professional cheer. Year after year, they live up to their moniker "The Pride of the CFL" and hope to continue to provide first class entertainment for one of North America's finest sports clubs. These athletes are proud of their success and love what they do. Edmonton football games are played outdoors from May through to mid-November. Because of the climate, the cheer team needs to be prepared to perform in hot and humid weather, rain, as well as freezing temperatures and snow! The Edmonton Cheer Team performs several routines during a football game. Each of these routines include both dancing and acrobatic stunting. The team uses a variety of music genres from classic rock to hip-hop, so there is something that appeals to all the fans and even the players on the field.

At the end of every season, you can ask any rookie what their favorite moment of the season was, and it is always the first time they walk out onto the field for a game. The team plays at the Brick Field at Commonwealth Stadium, which is the largest open-air stadium in Canada. After months of practices and hard-work, those first steps on the field and the first routine is a combination of nerves, pride, adrenaline and excitement! The feeling cannot fully be described, but it is shared by everyone. Another favorite memory is the season end trip to the Grey Cup celebrations. The cheer team spends the second half of the season focusing on routines specifically for the Grey Cup and takes pride in putting together an innovative showcase of their talent for CFL fans from across Canada. They work hard to bring a routine that is high energy and will leave a lasting impression on fans.

-Karen Kondoski



# SASKATCHEWAN ROUGHRIDERS

Nov 19, 1995, was a long day but satisfying day if you were to ask any 1995 Saskatchewan Roughrider cheerleader. This third Sunday in November marked the 83rd Grey Cup, a.k.a. the Wind Bowl. It was the Canadian Football League championship game between the Baltimore Stallions and the Calgary Stampeders, the first Grey Cup ever hosted in Saskatchewan at Taylor Field in Regina. The theme of the '95 Grey Cup was "Huddle up in Saskatchewan" and, for the Saskatchewan Roughrider Dream Team cheerleaders, that was the day we cheered on our home field for another team. The Baltimore Stallions were part of the U.S. expansion and although they earned the right to play in this CFL Championship, they did not bring their cheer team to Canada for the game. The CFL determined that, for entertainment value, the host city cheerleaders would be on the sidelines for the visiting team. The day was very cold and the cheer uniform consisted of purple parkas with Grey Cup logos, matching mittens and headbands. Hot Shot hand warmers, battery operated socks and many layers were also part of the uniform that day. Over 52,000 fans attended this historic game.



Preparation for the cheer team included substituting current cheers with 'Stallions' instead of 'Riders' and many pre-game activities including the Grey Cup parade, the player award ceremonies, and special appearances at Grey Cup festivities. On game day, due to practice times on the field for both team's cheer teams we were to be at the field very early. The strong winds forced further delays to the game due to the temporary screen that had been erected in the end zone and the temporary stands potentially blowing over. To pass the time, the Dream Team Cheerleaders unpacked a closet at the back of the dressing room that was filled with Rider cheer uniforms and apparel from the past. This called for a try on session and fashion show (see attached photo). We also had a potluck dinner. One other notable fact is that Don Matthews, former Roughrider coach and coach of the 1995 Baltimore Stallions, was adamant that the Stallions cheerleaders remain on their side of the field. Although both the home and visiting cheer teams were accustomed to cheering in all four corners of the stadium, the Calgary cheer team stayed on their side and the Rider cheer team remained on the side of the Stallions for all four quarters of the game. The day ended with the Baltimore Stallions winning the game by a score of 37-20. It marked the only time that an American-based team won the Grey Cup.

-Stacy Schewaga



# WINNIPEG BLUE BOMBERS

It's 1996. The Club is coming off a couple of dismal seasons and an ill received team colours re launch, switching from the classic cornflower blue and yellow gold to a dark navy and metallic gold. Marketing has decided to really hype up the home opener, promising to be "Purely Awesome" and like "no other season before". Pre game block parties, fan interaction games, promotions, O' Canada sung by the Barenaked Ladies and the unveiling of their newest weapon at halftime...The Blue Lightning! The Blue Lightning? What or who was that? The public was left in the dark as the media kept this "secret weapon" under wraps and the anticipation was building..The Team, Club and fan services weren't the only ones getting a face lift. The Blue Bombers have had cheerleaders backing them since the 1950's. The Bomberettes razzled and dazzled crowds with their baton twirling skills and upbeat family friendly, all around wholesome appeal. In the 80's, the Blue Brigade was introduced. A cheer squad, dabbling in formal cheer, stunts and dance. The 1996 refresh brought forth the Blue Lightning. Cheer chants and stunts were dropped, high level dance routines were brought in and the uniforms mirrored those of the Dallas Cowboy Cheerleaders. The squad featured women with sex appeal, the college cheer prototype was thrown off the field. The half time unveiling of this "secret weapon" however was not as well received as the lead up promised. With the shift of image, from cheery cheer squad to a more sexy mature dance team, the club decided to introduce the members individually by name, along with a brief bio. The idea was to introduce these women as someone beyond their looks, someone strong, sexy and smart. We had teachers, University Majors and aspiring police officers on the squad, but as for the fans, they could be heard joking about the "puffed up

production". "They gave them a new name. Are we supposed to be impressed by that? I won't even tell you what I think as a feminist". The intent to introduce these ladies with a little information about themselves was exactly to that point. Women can be soft, sexy and strong. Women raise children, educate, are business owners and yes, serve and protect. The idea that sex appeal conflicts with feminism? Is it not empowering as a woman to be either? Times have changed and the dance team has since evolved into the Blue Bomber Cheer and Dance Team, fusing the previous styles into one. This squad is gender inclusive. This squad holds talent, strength and endurance. This squad boosts equality. This squad is sexy. Chrissy and I were both members of the Blue Lightning Dance Team at its conception. Though our initial introduction may have been rocky, I'd like to think that we had a little something to do with the growth of the program today. We were sexy and smart. This dance squad became one of the most respected performance teams in the CFL during its run. The critics bought in. The community embraced and accepted the change because we stood our ground and represented ourselves respectfully and with class. Our members serve on the Alumni Board. Our members foster the growth of our sport. Our members run businesses. Our members run households. We are feminists. We are a puffed up production of ourselves because....we can be. A little fun fact, that "aspiring" police officer has been a member of the Winnipeg Police since 1998.

A little fun fact, that "aspiring" police officer has been a member of the Winnipeg Police since 1998.



-Susan Sharma



# HAMILTON TIGER CATS

Right from the first preseason game there was so much energy surrounding the Hamilton Tiger Cats 1999 season. There was just a 'feeling' that everyone from the fans to the head office seemed to have; this was going to be our year! After a thrilling season and a nail-biting Eastern Semi-Final in Montreal where Coach Lancaster put his faith in the offense on a third down gamble, the Cats were heading back to the Grey Cup to take on the Stampeders in a rematch in Vancouver.

Travelling to the Grey Cup and participating in the festivities is something we all look forward to every year. The only thing that makes that weekend more special is getting to stand on the sidelines and cheer for your team one more time in the biggest game! I remember everything about that game so well, standing in the tunnel, the player introductions, and hearing the stadium announcer say "Ladies and Gentlemen, please welcome The Prowl" as we ran out on the field to perform our first routine. This is my friend and teammate, Sarah Gross's, account of what happened next!

-Trisha Scime

*It was grey cup '99, it was such an exciting year because the Cats' were headed back to the Grey Cup AND we would be on the sidelines...*

*We ran out to perform our first dance on field during the first quarter break and I did a basket toss with my teammates Pam and Melissa. Our adrenaline must have been pumping because when we tossed her she went higher than we anticipated. When she came down and we caught her, I heard, and felt, a loud pop. I thought to myself 'I am okay, I can dance'. I tried to finish the routine, and quickly realized that wouldn't be possible! The pain was unbearable. As I tried to hobble off of the field, my knee started to swell up quickly, and I had to be helped off of the field. I was put in a back room at BC Place, where they had to cut my uniform pants up past my knee because of the swelling.*



*My dad happened to have traveled from Hamilton to be at the game and came to see me, I was told I had to go to the hospital and an ambulance was called. Since I only had my low cut uniform top on, they gave me a random brown sweater from lost and found. Once I arrived at the hospital they actually allowed me to stay out in the waiting area so I could see my team win the Grey Cup from my hospital bed.*

*I was then given crutches and pain meds, and was taken back to our Hotel, where I got changed into my dress and put on a pair of very high heeled boots I had purchased earlier that weekend to wear to the after*

*party. I could no longer stand the pain so I took the elevator back to our floor, where I happened to run into Matt Hayes, a local Hamilton news personality, who asked me what happened. Later, back in Hamilton, at the victory parade he saw and remembered me since I was still on crutches and I rode in the back of a pick up truck. Because of that injury, in the summer of 2000 I had to have ACL surgery. Also, I remember the heels I bought, and didn't get to wear, were from the Bay and cost me about 150.00.*

-Sarah Gross

One of my favorite memories of being a TiCat Cheerleader was our team trip to the Bahamas for 2002 swimsuit calendar photo shoot. Coming from a family that rarely traveled, this was my very first time on an airplane! We started the trip by taking limos to the airport, and continued to feel like celebrities throughout the trip. Our team took over the Bahamas with individual and team photo shoots all over the island. In between photo shoots we kept busy snorkeling and playing beach volleyball.

-Sarah Lagrove



# TORONTO ARGONAUTS

Bio: Joan Teresa Watson of the Toronto Argo Dancers – The Argoettes

I auditioned for The Shellettes- the Toronto Argonaut majorettes-dancers in the Shell building in downtown Toronto in 1959. I was 16 years old. My Aunt Thelma took me to the audition. I forget why. She waited 3 hours for me. They asked me to demonstrate my abilities in tap dancing, baton twirling, ballet, modern jazz and acrobatics. It was done on a large piece of plywood put down over carpet. The original Argo dancer, Audrey Wells (nee: May?) started performing in the 1930's. She formed the Argo corps of dancers in 1957. They appeared at Varsity Stadium. In 1959 the Argos moved to the new Canadian National Exhibition Stadium. This is where I began. I was # 13. What turned into a best friend to this day was # 12. I was a bridesmaid at Diana's wedding circa 1961. At pre-game time The Shellettes marched up and down the field with the band. For half-time we were central to a huge group of performers following a different theme each game day: western; circus; military; Christmas; etc. Over time we had 3 different uniforms and 4 different names. Malabar costumers loved us.

Besides the Argo games we performed at the Quebec Winter Carnival twice, The O'Keefe Centre, High Park, The CNE BandShell, The Grey Cup Parade, etc. Some of us had other gigs around the City: The CNE Grandstand Show; The Power Show; The Fur Show; Club Top Hat, back-up dancer for the George Burns TV appearance; etc.

Because of this group I met some noteworthy entertainers of the day: Bob Hope; Robert Goulet (Amazing blue eyes); The Smothers Brothers; Bobby Vinton (He kissed my cheek.); Sid Caesar; George Burns; Stanley Holloway; Bobby Curtola; Billy Van; etc.

Although the Argo dance group disbanded circa 1965 we are still together: small cliques; a yearly reunion. Being in the majorettes saved my life. Kept me on the straight and narrow. Over the years I graduated high school, became an elementary school teacher in Scarborough, Montreal, formed many of my own dance groups, got my degree at night and summer school, traveled to England (several times to visit my Penpal family), and to Scotland, France, Sardinia, Greece, Italy, Germany, Austria, St. Pierre, Miquelon, BC, MB, NB, NS, PEI, Florida, south to Oklahoma, Tunisia (twice), Bulgaria, was President of the Retired Women Teachers (Scarborough), received a diagnosis for MS, got married. Love my life.



# OTTAWA REDBLACKS

The CFCOA is looking for two enthusiastic individuals to represent Ottawa on our Board of Directors. If you were a member of a cheer/dance team for the Rough Riders, Renegades or Redblacks, and are interested in representing Ottawa on our board, please send your resume to [raeanne.cfcao@gmail.com](mailto:raeanne.cfcao@gmail.com)

## A History of Football in Ottawa

The Ottawa organization has experienced its fair share of changes during their time in the CFL. The Ottawa Football Club was organized on September 20, 1876 with the team colours being cerise, grey, and navy blue. They officially became known as the Ottawa Rough Riders in September of 1898 and changed their colours to red and black. In the 1950's, the Rough Riders hosted two international games by hosting the New York Giants in exhibition games in 1950 and 1951. The Giants won both times, and there wouldn't be another NFL-CFL attempt again until 1959. In the first official season of the CFL, the Ottawa Rough Riders and the Hamilton Tiger Cats made history when they played the first regular season CFL game at Franklin Field in Philadelphia on August 23, 1958. This would be the only time two CFL teams would play a regular-season game on American soil. Hamilton defeated Ottawa, 13-7. The 1960's were glory years for the Rough Riders boasting CFL legends such as Russ Jackson, Tom Clements and Tony Gabriel. The team closed out the decade with back to back Grey Cup wins in the '68 and '69 seasons. The Rough Riders struggled to find success through much of the 80's and 90's, and following the 1996 season the team folded after a 120 year history. After 5 seasons a new team, The Ottawa Renegades, was formed and would represent the city from 2002-2005. In 2008 several Ottawa business leaders acquired the rights to the Ottawa CFL franchise and the Redblacks were formed, paying tribute to the Rough Riders using the stylized R in their logo.

## Memories from a Rough Riders Cheerleader...

The Ottawa Redblacks organization planned a Retro Cheerleader night during the 2016 season, welcoming former cheerleaders back to the field for an evening. Sandra Northmore was a former Rough Riders Cheerleader and recounted her time with the team in an article with [3rdDownNation](#).

Growing up, her father took her to Rough Rider games where she developed love for CFL football. Combining that with her love of dance she decided to attend the Rough Riders dance team auditions in 1982 and spent 6 seasons with the team. These are some of her memories during her time with the Rough Riders Dance team in the 1980's:

"I was in such awe of walking on the same ground where so many of my favourite players had played. Looking up at the stands, seeing the fans going crazy throughout the game and hearing the roar of the crowd on big plays gave me goosebumps."

"We were fortunate to have some great choreographers like Donna Staub, Sherry Casey and Ann Holtz; they did amazing work in getting us prepared and ready for game days. There were four squads situated around the stadium, two on the North Side and two on the South Side, which would rotate every quarter. We danced between plays and whenever music came on. One big issue we had to deal with is that back then, the stadium sound wasn't always the best, so sometimes we struggled to hear the music. That meant we often danced without hearing anything, instead relying on one person to count out the sequence."

"In a million years I never thought I'd ever be back on the field cheering. It was such a huge thrill and a bit of a personal challenge to get back out there again, almost 30 years later. In order to feel confident in front of 24,000 people you definitely have to be in shape. The current team did such a good job making all of the cheer alumni feel comfortable. I had an absolute blast and loved being able to relive the '80s for a night."

# MONTREAL ALOUETTES

The Alouettes' cheerleaders have always been a big part of the Alouettes history. From Day 1, they've been entertaining the fans, supporting the team, the greatest ambassadors and role models for many. Because we all need someone to look up to...

Special shout out to this Alouettes Cheerleader alumni. Because of her, I know about this amazing team. Because of her, I decided to audition to be a part of this special family. She was my Jazz-Lyrical teacher and she made me fall in love with dance! - Claudia



Noëlle-Émilie



Ashley

Ashley was my dance teacher for a long time and I always looked up to her. Seeing and hearing all of her stories from being an Alouettes Cheerleader gave me the drive to audition. She was always my biggest role model and I'm proud to have shared the field with her for 3 seasons! - Ally

Melanie was my first ballet teacher and had been a part of the Montreal Alouettes Cheerleaders for several years. To me, she was a model of an accomplished woman and, of course, of an amazing dancer. I grew up wanting to follow in her footsteps. When I turned 18, I was so proud to tell her that I would audition for the team. Even if it took me several tries before actually making it, her constant support throughout the years made me believe in my dreams and never give up. Thank you "Miss Melanie". ♥ - Marie-Chloé



Melanie

# NEW PRODUCTS IN THE ONLINE STORE!



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