

CFCAO CHEER NEWS

SEPTEMBER 2019



CANADIAN FOOTBALL CHEERLEADERS **ALUMNI ORGANIZATION**

IN THIS ISSUE:

Since our last newsletter we have added some new local directors, added some member benefits and more. Have a read through this issue for more great information plus a profile on some of our new members. These ladies were members of the Argoettes in the 50's & 60's and they're amazing!



Check out the 2000 BC FeLions! Send us your cheer pics so we can share them! You can always post to our Facebook page, or email them to Sharon.cfcao@gmail.com

Hey everyone! It's Fall and we're marching toward the CFL playoffs. We are also celebrating the growth of the CFCAO and we thank you for your support. Every day we're adding new members, new features and new benefits!

Since our last newsletter in June we have welcomed some new area directors. It was decided that the CFCAO would benefit from having 2 directors in each location. In some cities we currently have 2, but we are still searching for some. See the note below for locations where we are still searching. For now, here are our new directors!

New Directors

From Calgary we welcome our two co-directors, Ceilynn Howse and Julia Barrett

Ceilynn Howse was born in Crystal City Manitoba but raised in Calgary making her a true country girl. She joined the Calgary Stampeders Outriders in 2003 and she cheered on the Red and White for 8 incredible years as a dancer, tumbler, caller and eventually the Captain. During that time she also joined the Calgary Roughnecks Drill Crew for 8 years, the Calgary Flames Big Country Ice Girls for 3 years, the Stampede Burlesque group The Calgary Spurs and helped coach the Calgary Crush Basketball's Dance Team. Ceilynn has since retired from the world of dance and cheerleading and now spends her time as the co-owner and Director of First Friends Preschool & Educational Centre. As a mother of 3, Ceilynn works hard to foster a love for all things football and cheerleading in her home. Football games have always been a huge part of family life.

Julia Barrett is a certified ballet teacher and choreographer, through The Royal Academy of dance and has been recognized on my work receiving many choreography awards at competition around Canada. Julia joined the Calgary Stampeder Outriders in 2008 through to 2012. She was named captain in 2011 as well as 2012 where she led the team to the 100th Grey Cup game in Toronto. She was also the choreographer for the Little Miss Outrider Halftime Show, where she showed her passion of cheerleading and dance to many little hopefuls to be future Outriders. Julia can currently be seen at Alberta Ballet where she is still showing her passion of dance through all the families and employees involved in the company.

From Ottawa we welcome director Alexandria Orr

Born in Orillia, Ontario, **Alexandria Orr** is a current member of the Ottawa REDBLACKS Cheer and Dance Team and will be retiring this year after 5 seasons. Before becoming a cheerleader, Alexandria trained in other dance styles like jazz, tap, modern, ballet and musical theater! She also danced competitively in Highland dancing! She is a Professional Princess and Owner of Glass Slipper Princess Parties, and loves making children's dreams come true.

Alexandria trained to be an Aesthetician at Algonquin College and a Makeup Artist at Versailles Academy. Her favourite charities are the Children's Miracle Network and the Make a Wish Foundation!

From Winnipeg we welcome Chrissy Kucinic and Susan Sharma

An athlete in the truest sense, **Susan Sharma** was a dancer from the time she would walk, and a basketball star in her high school years. During high school she discovered cheerleading and never looked back! In fact, during high school she would play basketball, switch uniforms to perform with the cheerleaders at half time, then change back to play the second half! Susan continued her cheerleading through university eventually earning her coaching certificate from the National Cheerleading Association in 1995. From 1996-1998 she was a member of the Winnipeg Blue Bombers Blue Lightning Dance team. Away from cheerleading, Susan has been a WestJet airlines flight attendant for the past 13 years.

Chrissy Kucinic is a hard-working member of the Winnipeg Blue Bomber Alumni serving as the representative for the Winnipeg Alumni Cheer teams, one of 3 non player positions on the board. Chrissy loves football and the Winnipeg Blue Bombers, and along with her husband she owns a successful flooring store in Winnipeg. Among Chrissy's Cheer Highlights ...

2015 - Chrissy with Alumni Girls performed at the Grey Cup hosted in Winnipeg at various venues.

2011 –

Performed in a reunion performance before the old stadium was torn down, with 129 former cheerleaders.

1999 – Helped coach the dancers for the Opening and Closing Ceremonies at the Pan Am Games in Winnipeg

From Montreal we welcome co-director Gladys Guillermo

Gladys Guillermo was an active cheerleader with the Alouette Cheer Team for 7 years. She started her experience in cheerleading when she was younger joining a competitive cheerleading stunt and dance team. She has also coached cheerleading for 2 years. Touring 11 US states, training and working with choreographers and dancers of such artists as Michael Jackson, Paula Abdul, and Prince to name a few. Gladys danced professionally for over 17 years and has taught and mentored young hopefuls for over 20 years. With the love of performing and of football, joining the Alouettes was not a hard decision! She is presently working for a freight forwarding company putting her experience and skills of over 15 years in this field to use. She is looking forward to this new adventure and working with these amazing women

From Toronto we welcome co-director Dawn Maracle

Dawn is a Mohawk woman from Tyendinaga Mohawk Territory in Southern Ontario. She sits with the Bear Clan, which is the medicine clan of the Mohawk nation. A single mother and award-winning diversity activist & organizer; Dawn has worked with and for Indigenous communities and organizations for nearly three decades in the areas of Indigenous Education, Health and Governance, as well as Women's causes and the Arts. She is an in-demand speaker and writer and has emceed to audiences of thousands at the Parliament of World Religions and at numerous women's marches in the US & Toronto; and has sat as esteemed member of the UNESCO Arts and Education Roundtable.

Dawn joined the Toronto Argonauts Cheer Team in 2000 and was on the team for two years. During this time she did over 500 radio and television interviews, and raised tens of thousands of dollars through their Dominican Swim Calendar, which raised money for Starlight Children's Foundation. She was named General Manager of the Team in year two, but with a dozen other women, after some months, moved to the Hamilton Tiger Cats for two years. Dawn has opened/spoken at a number of women's marches in Toronto: 2017 Women's March; 2018 & 2019 Toronto Women March on. Further, she is a member of the dynamic Women of Spirit and Faith based out of the US; and a co-founder of Women and Wisdom Canada.

From Saskatchewan we welcome Directorpending update from Tiffany

From Hamilton joining as our Assistant Media Director Trisha Scime

Trisha is a former Hamilton Tiger Cats Cheerleader from 1999-2001 and 2005. In 1999, she auditioned and earned a position on "The Prowl" and was fortunate enough to finish the season celebrating a Tiger Cats Grey Cup victory in Vancouver. During the 2001 season, she was one of the team's captains as well as organizing the Hamilton Tiger Cats Junior Cheerleaders where she was able to share her passion for dance and Tiger Cats football with future generations of cheerleaders. In 2004, Trisha became the director for the Hamilton Screaming Eagles Cheerleaders, a semi professional football team of the NAFL.

Trisha attended McMaster University and graduated with an honors degree in developmental psychology. She then attended teacher's college and has been an elementary teacher for the Hamilton Wentworth District School Board for 13 years. She now coaches both the primary and middle school dance teams at her current school. As a married mother of two children we are extremely pleased to have Trisha join our Director team to work directly with our Media and Communications Executive Director Sharon Caddy.

Do you know a former CFL cheerleader who hasn't joined yet? Share our website ... www.cfcao.ca

Share your photos! We can never have too many photos. It's great when you see pics from your cheer days that you haven't seen before. Share your pics on our Facebook page, www.facebook.com/CanadianFootballCheerAlumni or email them to Sharon.cfcao@gmail.com



STILL SEEKING DIRECTORS...

Growing a new organization is a big endeavour. The executive of CFCAO determined that our members will be best served by having two directors in each CFL location. We currently have co-directors in place in Toronto, Hamilton, Montreal, Calgary and Winnipeg, but still need a few people who would like to step up into a director role in the CFCAO. We are looking to fill the following vacancies:

- Ottawa (need one director)
- **Saskatchewan (need 2 directors)**
- Edmonton (need 1 directors)
- BC (need one director)
- US Expansion (need 2 directors)

If you or someone you know would like to fill one of the vacancies, please send your cover letter, resume, photo and short bio to raeanne.cfcao@gmail.com

Member Perks & Deals

Thank you to all of our directors for working on securing deals for our members! There are many currently in-the-works. For details and coupon codes keep an eye on our Members Only Facebook page

From Jenny with the BC Lions

10% Discount at Sarah & Jane Beauty Saloon – best in the business for brows, Brazilians and more. Just bring your card to your appointment to redeem this benefit.

www.sarahandjaneoffmain.com 164 East 11th Ave., Vancouver



From Ceilynn & Julia in Calgary

Your CFCAO Membership gets you **25% off at the Stamps Store** and **15% off game tickets**



From Lynda, CFCAO Executive

20% off all regular priced Thirty-One Gift items. Visit www.LyndasBagsAFun.com, Then, when ordering, in order to get your discount, email your order directly to lyndasbagsafun@live.com. All orders will be directly shipped to you! Also, Lynda donates 10% of sales to CFCAO toward programming and charitable work.



From Sharon, CFCAO Executive

Just signed!!! Discounts for CFCAO members from **Mabels Labels**. CFCAO Members get **15% off site-wide** *excluding sale items and stamp products*. To check out the great products go to www.mabelslabels.ca

mabel's labels

Photo Ops!

Thanks to Tammy Totten Castensen for posting this picture of the 80's Rider Cheerleaders! They performed at the Halftime show on September 14th to celebrate the 30th anniversary of the Riders Grey Cup win in 1989



Thanks to Tiffany & Jenny for representing the CFCAO at the BC Lions Alumni Golf Tournament in August. They had a great time meeting people and sharing the news that the CFCAO has arrived!



Watch for opportunities to volunteer and be part of community and charitable events in your area!

To wrap up this edition of the newsletter, check out this article originally published in June of 2014. It's all about the Argoettes who performed at Argo games from 1959-1964. These ladies still gather for reunions today! CFCAO's Sharon Caddy will be joining them at their reunion on September 28th. Thank you to Catherine Whitnall of Kawartha Lakes This Week for this article.

FORMER ARGOETTES PROVE FRIENDSHIPS CAN LAST FOREVER

News Jun 27, 2014 by [Catherine Whitnall](#) Kawartha Lakes This Week

They haven't been in a kick-line for close to 50 years, but the close to two dozen former members of the Argoettes precision dance and marching team have been getting together each year at Sandy Bodfish's Kirkfield-area cottage to share stories and memories.



KIRKFIELD - They dodged dung, fought frost-bitten fingers and avoided potential injury in the Fog of 1962 but the surviving members of the Toronto Argoettes wouldn't have traded any of it for anything. They're only a few of the endearing memories shared by the 25 or so women who have gathered the third Saturday in June for the past six years at Sandy Bodfish's cottage near Kirkfield.

Originally The Shellettes - named for their sponsor, Shell Oil - the group was formed in the mid-50s by Doug and Audrey Wells as pre-game and half-time entertainment for the Toronto Argonauts football team during their home games at Varsity Stadium and the CNE Stadium (1959-1964). The precision dance and acrobatic team - comprised of young women aged 14 to 26 - was renamed The Argoettes in 1959. Another name change came in 1962; the Canada's Dancing Majorettes.

The team also performed at special events including the 1965 Timmy's Easter Parade of Stars for Easter Seals at Toronto's O'Keefe Centre - where they met Bob Hope and Rich Little - the Quebec winter carnival and the Governor-General's Ball at the Hotel Frontenac.

When the squad was disbanded in 1965 some started dance studios. A couple went into acting. Most went on to marriage or careers; or both. A core group from the late 50s to early 60s remained close friends, meeting occasionally for lunch or dinner. Then one day, Ms Bodfish suggested the annual reunion.

Five minutes with these women - "gently into our 70's" according to Joan Watson who joined the team as a Shellette - is all it takes to see the bonds forged. "They are moments you never forget," said Cheryl Cohoon whose mother Anne, was the troupe's seamstress. "There's a lot of love in this room."

While everyone isn't able to get together each year - many of the Argoettes still live in Toronto or the GTA, but there are members from British Columbia to Nova Scotia as well as into the United States and some have passed away - there's never a shortage of memories.

As an acrobatic member of the marching team, Beryl Thompson always wanted to attend a Grey Cup game. “But they never won,” said Ms Thompson, quipping it was sometimes difficult, especially one year when the team was down 52-0, to sing their team’s praises. Yet it didn’t stop the young women from always giving it their all.

“If you think it’s hard doing cartwheels after a horse, try an elephant,” she said, explaining the experience came one year during a circus themed half-time show.

At first, the women thought the crowd was cheering their high-kicking. Then they realized they were warning the team that the pachyderm had let loose on the field. “It didn’t stop us. We smiled and kicked our way through the number,” added Pat Lindsay.

In some cases, the troupe had less than four minutes to change costumes for their next routine; and there were many. Some of their favourites included the Mountie routine, Can Can, Rhapsody in Blue, Oklahoma, West Side Story and even one requiring Indian head dresses as tall as they were.

On and off the “field”, the Argoettes had to follow the strict rules set out by the Wells. There was a dress code - no pants - and they were to behave like proper young ladies. They couldn’t even talk to the players; never mind date them.

“Audrey ran a tight ship. . . But the rules were important. It was necessary to keep order. And it helped make us who we are today,” said Janise McGregor.

They rehearsed three to four times a week. They hit the field, rain or shine; even the freezing cold. The women laughingly recall the days when, because pantyhose wasn’t invented yet, they had to paint their legs with body makeup. Unfortunately, because they had no dressing room or showers - the troupe used men’s change room - they had to stick their legs in the toilets and urinals to remove the makeup.

Incredibly, they did it all voluntarily.

Their “pay” came in the form of a box lunch, a couple tickets to the game for family or friends and, occasionally, bus fare.

“We had a ball together, but we had to work at it. We had to pull together. That’s why we’re still together,” said Ms Lindsay “And we’ve continued to support each other over the years.”

Some of the women have even been in each other’s wedding added Ms Watson.

“We always have a good time together. . . . We loved every minute of what we did back then and these reunions help keep those memories, and our friendship, alive,” continued Ms Watson.

Thank you to [Catherine Whitnall](#), a reporter with MyKawartha.