

Left foot, right foot, Snickers and Skittles – superstitions abound with Grey Cup teams

BILL GRAVELAND AND DONNA SPENCER
The Canadian Press

CALGARY
Football players prefer to call them pre-game rituals rather than superstitions, but some Winnipeg Blue Bombers and Hamilton Tiger-Cats players are particular about what they do in the hours before kickoff.

The 'rituals' can be quirky. "I just eat a Snickers before every game and tie my left shoe before I tie my right shoe," Hamilton receiver Brandon Banks, the CFL's most outstanding player, said as his team prepared for Sunday's Grey Cup against Winnipeg.

"Actually that's weird to hear him say that because I'm a Skittles guy," Ticats quarterback Dane Evans chimed in.

"And I always do my right shoe before my left shoe and I gotta put my pants on like immediately after the tights so it's tights, pants, shoes and then everything else follows."

Others could be considered absurd. "Previously I used to have these underwear that my ex-wife used to give me. It was lucky underwear. They're not lucky anymore," deadpanned Ticats cornerback Delvin Breaux.

"What I like to do with my shoes — I always have to have (wrap the laces) at least two or three times around before I actually loop it. It has to be that. If it ain't that. It ain't right."

Some others are sentimental. Blue Bombers running back

and CFL rushing leader Andrew Harris starts his pre-game checklist at least three hours before kickoff.

Before kickoff, No. 33 also says a prayer on the 33-yard line for his late friend and junior football teammate Aaron Niedergesaess, who died in a car crash in 2008.

"That's something I definitely do every game," Harris said.

"I used to wear No. 20 when I was in junior and then I switched my number to 33 after he passed away. That was his number and I've been wearing it ever since."

Harris said he will also have his legs massaged before a 45-minute stretch, followed by a half hour of quiet time during which he'll close his eyes and visualize the game.

Harris then chats with teammates as they trickle into the locker room. His equipment goes on and his ankles get taped followed by another few minutes of introspection.

"A lot of relaxing," Harris said. "For me, I like to be nice and calm before the game. That's why I like to get there early and not get rushed."

He wants to be the first player to return to the locker room after warmup, so he'll have time to tweak his equipment.

"I'm very particular about my feet," Harris explained. "I'll put my cleats on and if my socks don't feel right then I'll change my socks out."

"If my feet don't feel 100 per cent, that's one thing I'm kind of finicky about."

Close to the vest

CFL commissioner long on optimism, short on substance in state-of-the-league address

DAN RALPH
The Canadian Press

CALGARY
CFL commissioner Randy Ambrosie was long on optimism for the league's future Friday, but short on substance regarding cures for what ails it.

Ambrosie held a wide-ranging discussion with reporters in his third state-of-the-league address. He gushed about the potential of CFL 2.0 — the league's initiative to grow football globally. But he could only express confidence that two major issues — franchise sales in Montreal and B.C., which have both seen talks drag on throughout the season — would be resolved in the coming weeks.

Ambrosie was unapologetic about focusing on what he's continually said is a bright future for the three-down game in Canada.

"I'll never, ever apologize for being the biggest cheerleader for this league," he said emphatically. "I couldn't imagine a more important purpose for the person who occupies this role."

"To believe in its future and to promote this great game and our players and coaches. We're no longer the much smaller of two (football leagues), we're the second-best of many. Get used to that idea. It's time for some good



CP PHOTO / TODD KOROL

Canadian Football League commissioner Randy Ambrosie delivers his annual state of the league address to reporters during the CFL Grey Cup week in Calgary, Friday.

old-fashioned CFL swagger." On Sunday, Ambrosie will present the Grey Cup to either the Hamilton Tiger-Cats or Winnipeg Blue Bombers at McMahon Stadium.

It was the unbridled enthusiasm and Ambrosie's pleasant demeanour that endeared him to the media his first two years on the job. But 2019 has been challenging for Ambrosie, beginning with often contentious collective bargaining talks with the CFL Players' Association that eventually resulted in a three-year deal just prior to the start of training camp.

Then there's the ongoing saga that is the Montreal

Alouettes sale. The CFL took over the franchise from American businessman Robert Wetenhall on May 31 while actively searching for a new ownership group.

Many had been mentioned but nothing has been finalized. CFL sources have suggested Montreal natives Peter and Jeffrey Lenkov — who are both based in California — head up a partnership that includes Claridge Investment Ltd., a Montreal private investment firm.

The sources have been granted anonymity because the CFL has not revealed the names in the group it is negotiating with on the sale.

PUBLIC NOTICES

8AM - 4PM SPECIAL SERVICES

Electric Outages	403.529.8260
Gas Emergency.....	403.529.8191
Water & Sewer Emergency.....	403.502.8042
After Hours Special Services.....	403.526.2828



DEVELOPMENT PERMITS APPROVED NOVEMBER 14 TO NOVEMBER 20, 2019 PLANNING & DEVELOPMENT SERVICES

RESIDENTIAL

- 25 CARTER CRESCENT SE** (Lot 4, Block 2, Plan 7910917) DP15240. Single Detached House (Addition).
- 121 ANSON AVENUE SE** (Lot 35, Block 3, Plan 8010927) DP15245. Single Detached House (Manufactured Home) Addition.
- 13 VIOLET COURT SE** (Lot 17, Block 1, Plan 7711358) DP15247. Single Detached House (Addition).

COMMERCIAL

- 104 1840 STRACHAN ROAD SE** (Lot 1, Block 1, Plan 9710582) DP15237. One Fascia Sign.
- 1721 STRACHAN ROAD SE** (Lot, Block 1, Plan 1811308) DP15241. Seven Fascia Signs And One Freestanding Sign.

HOME OCCUPATION

- 385 STRATTON WAY SE** (Lot 1, Block 3, Plan 0010267) DP15250. Office With Storage On Site. Housekeeping.
- 3131 17 AVENUE SE** (Lot 20, Block 51, Plan 8910248) DP15251. Office Use Only. Home Repair.
- 2171 HAWTHORNE AVENUE NE** (Lot 9, Block 7, Plan 8310543) DP15254. Office With Storage On Site. Janitorial Service.
- 8 SUNSET ROAD SW** (Lot 36, Block 26, Plan 0312828) DP15255. Office With Storage On Site. Service (Personalized Crafts).
- 1647 CRESTWOOD DRIVE SE** (Lot 5, Block 6, Plan 9710115) DP15257. Office With Storage On Site. Online Sales (Haircare Products).

A person claiming to be affected by a decision of the Development Officer or the Municipal Planning Commission may appeal to the Medicine Hat Subdivision and Development Appeal Board by completing and submitting to the City Clerk Department, the required Notice of Appeal form within twenty-one (21) days of this publication. Notice of Appeal forms are available from the City Clerk Department, Third Floor, City Hall or on the City's website at www.medicinehat.ca

All Development Permits listed are subject to conditions. Further information on any Development Permit may be obtained from the Planning & Development Services Department, Second Floor, City Hall during normal business hours (Telephone 403.529.8374).

THE BRIER RUN AREA STRUCTURE PLAN BYLAW #4603

TAKE NOTICE that City Council gave First Reading on Monday, November 18, 2019 to Bylaw #4603, a Bylaw of the City of Medicine Hat to adopt the Brier Run Area Structure Plan.

A Public Hearing in general accordance with the Municipal Government Act and the City's Procedure Bylaw, and consideration of the Second/Third Readings of proposed Bylaw #4603 will be held in the City Hall Council Chambers at the address below on Monday, December 16, 2019 beginning at approximately 6:30 pm. Any person who claims to be affected by the proposed bylaw may make representation to City Council at the Public Hearing. Oral submissions are limited to five minutes.

For further information, or to view copy of proposed Bylaw #4603 and related documents, please contact Planning & Development Services at 403.529.8374. Bylaw #4603 may also be accessed via the 'Proposed Bylaws' section on the City's website at www.medicinehat.ca.

Anyone wishing to have a written submission concerning this proposed bylaw placed before the City Council must submit it to:

City Clerk Department, 580 First Street SE, Medicine Hat, Alberta T1A 8E6
by 12:00 noon, Wednesday, December 11, 2019.

All submissions are treated as public documents.

Dated at the City of Medicine Hat, in the Province of Alberta, this 23rd day of November, 2019.

Angela Cruickshank, City Clerk
Phone: 403.529.8234
Fax: 403.529.8324
E-mail: clerk@medicinehat.ca

WATER MAIN FLUSHING & FIRE HYDRANT INSPECTIONS

Environmental Utilities performs regular, routine maintenance to uphold the water quality and system infrastructure by annually flushing water mains and inspecting fire hydrants.

During these operations, there may be some discoloration in the water which is not harmful to consume and will disappear when flushing is complete. Please note that discoloured water should not be used for laundry and that fluctuating water pressure may also be noticed.

Should discoloration persist beyond three hours, turn on your cold water tap or an outside sprinkler and let the water run for several minutes until the water runs clear.

For additional information or to confirm whether crews are working in your zone, refer to the Water Flushing Programs page on the City's website at www.medicinehat.ca/eu or contact Environmental Utilities at 403.529.8176.

CFL MOP Brandon Banks fired up by a career of being underestimated

BILL GRAVELAND
The Canadian Press

CALGARY
At five-foot-seven and 150-pounds, Hamilton Tiger-Cats receiver Brandon Banks is used to being thought of as the little guy. That just serves as motivation for the CFL's most outstanding player.

The 31-year-old from Garner, N.C., said he's grown numb over the years from hearing that he was too small to play a sport that took him to Kansas State and then a year with the NFL's Washington Redskins before he moved north to Hamilton.

"I've been hearing all my life so when I hear it's just goes to one ear and out the other so I don't really pay it no mind, and if there's a competitive vibe about it I just use it as fire and go prove 'em wrong," Banks said.

"Actually if you want me to do good just tell me I'm small."

Canada's Cockerill ready to take on European Tour

JOHN CHIDLEY-HILL
The Canadian Press

Aaron Cockerill only needed to glance at his phone to find proof that he'd qualified for the European Tour.

Cockerill finished seventh overall at the Q-school event in Tarragona, Spain, on Wednesday, finishing 16-under overall at the six round event to earn a partial exemption on the Euro Tour this season. His cell has been ringing constantly since.

"Oh god. My phone hasn't stopped buzzing for a couple of days," said Cockerill during a layover on his way home to Stony Mountain, Man., 35 minutes north of Winnipeg. "It was cool to see a lot of people that I've run across in the past reach out, message me and all the kind words that everyone's had to say."

"I just had a seven-hour flight and I'm pretty cheap so I don't normally buy the Wi-Fi but I bought the Wi-Fi and I was basically going through my phone for seven hours responding to people and going through social media."

The 27-year-old Cockerill struggled in the first round, firing a 2-over 73 but recovered with a 66-69-67-68-69 line at Lumine Golf Club to finish nine strokes behind winner Benjamin Poke of Denmark in front of a crowd that included his parents.

"My parents had never been over to Europe before and they decided to come over, so that was pretty special to have them there," said Cockerill. "It's a hard game, so it was pretty emotional. When I was done it was exciting and a relief."

Cockerill has spent portions of his professional career on Canada's Mackenzie Tour and the Challenger Tour. He's also played in events in China and Australia. He's excited for the new challenge the European Tour represents.

"The world ranking points, the purses, the schedule, it's a massive difference," said Cockerill. "I'm super excited to play."