Fantasy Impact: The Washington Capitals have traded defenseman Dennis Wideman to the Calgary Flames for defenseman Jordan Henry and a 2013 fifth-round draft pick. The Flames then signed Wideman to a five-year deal worth $26.25 million ($5.25 million per year).

The Capitals get: a later draft pick for a player who they were going to let walk.

The Flames get: an inconsistent puck mover who tends to do very well when he joins new teams, but the magic wears off by the second or third year. But the UFA market is a slim one for puck-moving defensemen, and the Flames nabbed the third best available (behind Ryan Suter and Justin Schultz).

Fantasy Players Impacted: Seven of TJ Brodie's 14 points came on the power play. Brodie was probably looking at taking the next step and posting close to 35 points in the year ahead. Now he may be looking at 25 to 30. Anton Babchuk had a hard time getting into the lineup. He is a very underachieving player with loads of talent, and he had five points in nine games to end the season. It was a sign of life. But the slim hope has faded even further now, as there will be little PP time left over for him.

A talented quarterback like Wideman will help the Flames' power play, and thus the rest of the five-man unit - Jarome Iginla, Mike Cammalleri, Alex Tanguay and Mark Giordano. It knocks Jay Bouwmeester right out of the top unit.

As an aside, I find it curious that Tomas Vokoun only garnered a seventh-round pick, while Wideman landed a fifth rounder. Given the demand for goaltending, and the "rivals" factor, I don't get it. Granted, age and injuries played a role.

Fantasy Players this helps, in order:

1. Iginla

2. Giordano

3. Tanguay

4. Cammalleri

Fantasy Players this hurts, in order:

1. Bouwmeester

2. Brodie

3. Babchuk