

February
2025

MONTGOMERY MESSENGER

Volume 2
Issue 3a

The official newsletter of the Montgomery Legion
Ottawa's centretown Legion
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Montgomery Messenger: messenger@montgomerylegion.ca or legionbranch351@gmail.com

From The President's Desk

Robert Buss, CD

Like all branches across the country, our branch relies heavily on volunteers for its success. It can be challenging to plan, organize and execute events when your executive is primarily focused on meeting the demands of regular operations. This year's elections are scheduled for the general meeting in April. Nomination sheets are now available and you are encouraged to nominate yourself or someone who you believe would be a valuable asset to our team.

Available positions include:

- President
- 1st Vice President
- 2nd Vice President
- 3rd Vice President
- Six Executive Member positions

Please give volunteering some serious thought, your branch needs you.



Veteran Family Program

Dean McCuaig

Veteran Family Telemedicine Service

Veterans of the Canadian Armed Forces and their families have one year from their medically released date to sign up in order to be eligible for the Veteran Family Telemedicine Service. Bereaved families of deceased Canadian Armed Forces members also have access to this service.

Signing up is easy and free of charge for qualifying Veterans and their families. Click here to visit [Maple](#) and fill out the required information, including name, medical release date, and last three digits of your military service number from when you were in the Canadian Armed Forces.

Once your eligibility is verified, you will be prompted to complete your registration to activate your one year telemedicine license.

To learn more click here [CFMWS | Veteran Family Telemedicine Service | CFMWS](#)



Unification of the Canadian Armed Forces

The unification of the Canadian Armed Forces took place on 1 February 1968, when the Royal Canadian Navy, Canadian Army, and Royal Canadian Air Force were merged to form the Canadian Armed Forces.

[Read more...](#)

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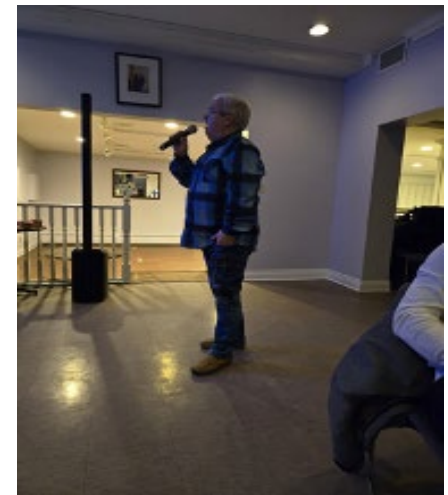
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Fun @ 351



Every Friday Night – 7pm – 11pm



More fun @ 351



District G Dart Tournament at RCL631 Kingston

January 25th, 2025

Several members of our branch were there to cheer on our dart players.

Bobby played singles and Donna and Treena played doubles at the District G Dart Tournament at RCL Branch 631 in Kingston.

Although they did not place, all three represented Montgomery very well.



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Soup's On!

Mushroom Soup

Ingredients

- 1 tbsp (15 mL) olive oil
- 1 cup (250 mL) chopped onions
- 3 cups (750 mL) sliced button mushrooms
- 1 tsp (5 mL) fine salt
- ½ tsp (2.5 mL) freshly ground pepper
- 1/3 cup (80 mL) butter
- ½ cup (125 mL) all-purpose flour
- 4 cups (1 L) chicken stock
- 1 cup (250 mL) whipping cream
- ¾ cup (180 mL) dry sherry ¼ cup (60 mL) finely chopped green onions
- 5. Serve in heated bowls, each serving topped with green onions.

Directions

1. In a large, heavy saucepan or Dutch oven over medium heat, heat oil and cook onions until transparent, about three minutes.
2. Add mushrooms, salt and pepper and sauté mushrooms until just softened.
3. In a medium saucepan over medium heat, melt butter and stir in flour. Cook, stirring often, until blended and smelling slightly toasted.
4. Add flour mixture to the mushroom mixture, stirring well to break up any lumps. Then stir in chicken stock, cream and sherry, whisking well until simmering and smooth. Season to taste with salt and pepper.

Tomato Beef Macaroni Soup

Ingredients:

- 2 cups elbow macaroni
- 1/4 cup olive oil
- 1 medium onion, finely chopped
- 2 or 3 garlic cloves, minced
- 2 14oz. cans Aylmer diced tomatoes, olive oil & garlic flavour
- 1 48 oz. can Heinz tomato juice
- 1 lb. ground beef (I used regular ground beef)

- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 3 bay leaves
- 1 tbsp. sugar
- 2 sachets OXO beef powder, dissolved in 1 cup hot water
- 6 to 7 cups water
- grated Parmesan cheese for topping

Directions:

Cook the pasta per package directions

Once cooked, blanch in cold water, drain, cover and set aside to cool

In a medium stock pot, add the olive oil, onions and garlic and sauté until onions are clear.

Add ground beef and brown thoroughly.

You can remove excess fat if you like, I didn't.

Add all remaining ingredients, except pasta and bring to a boil

Reduce heat and keep soup at a rolling boil for about an hour and a half

Add cooked pasta and cover.

Remove from heat, let stand for 15 to 20 minutes before serving

Serve hot with crusty bread or rolls and a sprinkling of Parmesan on top of soup.



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Legion 

Poppy Store

Your Source for everything Poppy

Your purchase through The Poppy Store assists the Legion's efforts to promote Remembrance and the Poppy Campaign. By supporting these activities, we are able to see tens of millions of Canadians wearing a Poppy to honour and Remember Veterans. We ensure millions of Canadians from coast to coast to coast have the opportunity to attend Remembrance ceremonies in their communities. We educate youth on the importance of Remembrance. And we encourage Canadians to donate to the Poppy Trust Fund, raising millions of dollars each year which directly supports Canada's Veterans and their families in need. <https://www.poppystore.ca/>



Trigger Warning – may contain potentially distressing material which can be upsetting in nature and can trigger negative, unwanted responses in certain audience members such as trauma survivors and viewers with visual sensitivities.

Fallen Heroes is a powerful documentary about the Canadian Armed Forces in Afghanistan, touching upon some key battles and highlighting the war's impact on Canadians. It is a tribute to the courage and bravery of our men and women in uniform, and it touches upon the inevitable traumas that our forces experience in a theatre of war.

Theatrical Trailer: <https://vimeo.com/1053087096>

Here are the details of the showing:

- General Admission: Free of Charge
- Date: March 19th, 2025
- Doors Open: 6:00 pm
- Show Time: 7:00 - 8:30 pm
- Question and Answer: 8:30-9:30
- Theatre Location: Landmark Cinemas Kanata, 801 Kanata Avenue, Kanata/Ottawa

To register for the movie, you must either use the QR code found in the flyer, or go directly to the following link: <https://www.zeffy.com/ticketing/19-march-2025-fallen-heroes-their-journey-home-ottawa-screening-and-qanda>

Be advised: There are separate registrations for the the movie and for the Q&A session that follows. Both registrations are found on the same link.

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DISTRICT 'E' - 7th Annual

SENIORS 55+ LITERARY COMPETITION
ALL ONTARIO RESIDENTS ARE WELCOME TO ENTER



Submit original - unpublished entries for
POEMS, ESSAYS, MEMOIRS and SHORT STORIES

ELECTRONIC ENTRIES ONLY

For questions and entry forms email

to: districteseniorsliterary@gmail.com

COMPETITION OPENS – FEBRUARY 14, 2025

CLOSES – midnight WEDNESDAY, APRIL 30, 2025

**Awards Luncheon being hosted by Branch 171 Alliston,
111 Dufferin Street South, Alliston
Sunday, June 22, 2025 – 1:00 pm**

For more info on SENIORS LIT COMPETITION

Contact Seniors Chair Bruno Scaturchio – 416-347-0621

Or Dist E Sec/Srs Lit Co-Chair Betty-Jean Murray – 705-528-9292

2025 7th SRS LIT COMP POSTER 20250108

<https://www.rcl-zoneg5.ca/PDF/SRS-LIT-COMP-POSTER.pdf>

NATIONAL FLAG DAY DINNER



Saturday, February 15, 2025
4:30pm – 11:30 pm
Royal Canadian Legion Branch 632
800 Taylor Creek Drive
Orleans, Ontario



On Saturday, February 15, 2025, the Knights of Columbus Assembly 2230 will be hosting the 5th Annual National Flag Day Dinner. The Knights of Columbus are celebrating our 125th Anniversary in 2025 and from our inception, the Knights have been and will continue to support the men and women of our Canadian Armed Forces. The Fourth Degree of the Knights of Columbus, The Patriotic Branch is committed to support our Country, Our Flag and the men and women who serve. Over the past 5 years, The Royal Canadian Legion Branch 632 has donated the space, equipment and supplies that has enabled the success of the National Flag Day Dinner. To date, this event has raised over \$23,000.00. In 2025, the Knights will be donating all proceeds from this event to Veteran's House Canada and The Royal Canadian Legion Branch 632 to enable the Branch to continue to support the Veteran's in the Orleans community.

Our small intimate dinner has grown to include current and retired men and women of the Canadian Armed Forces, Cadets from the Royal Military College and veterans from the Perley and Rideau Veterans Health Centre. This year, we are introducing a cocktail hour from 4:30-5:30 in the upper hall, featuring a live performance from the Ottawa-Uplands Military Wives Choir as well as post dinner social event with raffle prizes and a DJ.

Corporate Sponsorship for this event enables the Knights of Columbus to donate tables to local Legions and Veteran's Groups, enabling deserving veterans and service members to attend this event free of charge. Tickets for the event are \$45.00/person and include entrance to a DJ dance party upstairs at the conclusion of the dinner. We have many wonderful raffle prizes along with executive box seats for an upcoming Ottawa Senator game to draw at the dinner and social/networking event after the dinner. If you would like to attend this dinner, or learn about sponsoring veterans to attend this dinner, please contact Jay Sanko or John St. Jean (contact details below) to support our service Men and Women and our Veterans. Come out and celebrate our Country, Our Flag and the men and women who serve and have served this great Country.

Thank you,


Jay Sanko
jay@stelsienvironmental.com
1 613 884-3138

John St. Jean
jstjean3537@gmail.com
1 613 261-4075

<https://www.montgomerylegion.ca/PDF/Flag-Day-Dinner.pdf>



We would like to thank Chick-Fil-A Rideau Center for the complimentary chicken sandwich lunch.
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The Royal Canadian Legion Montgomery Branch #351

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Veterans' Service Officer: 613-233-1611

General Meetings at Montgomery

February 9, 2025

May 11, 2025

March 9, 2025

June 8, 2025

All general meetings are at 2 pm



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