

May  
2024

# MONTGOMERY MESSENGER

Volume 1  
Issue 2

The official newsletter of the Montgomery Legion  
Ottawa's Centertown Legion

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## From the President's Desk

Elections for the 24-25 year have been held. The following members were elected:

Dennis Sirman President, Robert Buss First Vice, Brendon Hennigan 2<sup>nd</sup> Vice, Lisa Morris, Brett Morris and Hazel Morris for an Executive role. Thank you all for stepping up.

Helen Fraser has stepped down from the Executive. She will be missed.

The new Executive will take over on the 1<sup>st</sup> of June with our first General meeting taking place on the 14<sup>th</sup> of June at 2pm at the Branch.

The Executive tabled 2 notices of motion that will impact the future of the Branch:

1. The Executive will actively sell the building for current market value as soon as possible.
2. The Branch Regulations to be updated to reflect changes from Ontario Command by
  - a) allowing executive approval for expenditures up to \$2000.00 and
  - b) Change the frequency of general meetings from 5 per year to 8 per year.

The Executive feels that with things changing so quickly it is important to get membership approval on a more regular basis. Your participation at the next meeting is essential as we will determine the future of the Branch.

Our 80<sup>th</sup> anniversary is coming next May. It is a membership event and your Executive does not have the manpower to make this a special occasion. If you would like to see a celebration, step up, speak up, volunteer to make it a memorable occasion. We need your input and participation. While I am on the topic our Branch has not held an Honours and Awards celebration for some time. We have not recognized anyone for their efforts and time in making the branch a part of the community. If you feel that someone should be recognized or would like to be part of a committee to recognize fellow members, please let me know.

Recently Branch President Dennis Sirman represented Ontario Command and delivered a cheque for nine thousand, seven hundred and eighty-nine dollars (\$9789.00), to Emma Tibbo, Executive Director at the Glebe Long Term Care Centre located on 77 Monk Street, for the purchase of three electric beds. An example of your Poppy funds at work.



Virtual: 6 - 27 September 2024

In-Person: Sunday September 22 2024

### ARMY RUN CODES

LEGIONFRIENDS – 25% off Legion Discount Code

<https://raceroster.com/events/2024/82350/canada-army-run-2024-course-de-larmee-du-canada-2024>

The promo code is LEGION100. Registration link above – enter this code during the registration process when prompted.

## Supporting the Army Run

The Legion proudly sponsors the Canadian Army Run. In partnership with Canadian Forces Morale and Welfare Services we have been given discount codes we can share publicly. Please pass these on via your channels and encourage wide distribution

**LEGION**  
CANADA'S MILITARY HISTORY MAGAZINE

<https://legionmagazine.com/>

## Frequently Asked Questions

About the Legion

<https://www.legion.ca/who-we-are/questions-and-answers>

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**The Montgomery Lifelong Learning Program** is part of the branch Seniors' Committee  
*Upcoming Presentations*

## MAY 15, 2024 PRESENTATION



**Meg Stickl of AIM Fitness will have participants asking themselves: "Are you feeling Stress-Full or Stress-Free?" Learn how to reduce stress in only 10 minutes per day. Learn about the top 3 things that will help improve your health. Follow along with exercises for a full body workout geared to adults 50+.**

- Wednesday, May 15, 2024, 2-3pm
- The Montgomery Legion, 330 Kent St.
- Email: [info@ActivitiesInMotion.ca](mailto:info@ActivitiesInMotion.ca) or call 613-869-3246 to register

## JUNE 4, 2024 PRESENTATION



caregiver  
ORGANIZATION



aidants naturels  
DE L'ONTARIO

**Are you curious about what social services, programs and community supports are available to you? Join CNEO/211 and OCO for a joint presentation:**

- Tuesday, June 4, 2024, 10-11 a.m.
- The Montgomery Legion, 330 Kent St.
- Email: [RCLEvents@outlook.com](mailto:RCLEvents@outlook.com) to register

This collaborative presentation between Community Navigation of Eastern Ontario (CNEO) / 211 and The Ontario Caregiver Organization (OCO) aims to support community members in finding the supports they need in the community and learn about the resources available to them.

Participants will have the opportunity to:

- Walk through potential navigation needs, including frequent needs and unmet needs tracked in the Ottawa area.
- Gain an understanding of 211 numbering systems and when to call them.
- Review the no-cost programs and services that are offered, and how Community Navigation of Eastern Ontario/211 and the Ontario Caregiver Organization work together.
- Learn more about caregiving experiences and the impact of caregiving.
- Build an understanding of the navigation tools and services available through Community Navigation of Eastern Ontario 211 and the Ontario Caregiver Organization.

## Resources for Seniors *(From Provincial Command)*

One of the best ways for Branch Legion Seniors Chairmen to gain respectability within the community is to supply information to our seniors. The following are leads for contacting and obtaining information and resources relevant to seniors.

A comprehensive list can be found at <https://www.on.legion.ca/veterans-seniors/senior-resources/srresourceslist>

## Battle of the Atlantic

The name "Battle of the Atlantic", coined by Winston Churchill in 1941, covers a campaign that began on the first day of the European war and lasted for six years, involved thousands of ships and stretched over hundreds of miles of the vast ocean and seas in a succession of more than 100 convoy battles and perhaps 1,000 single-ship encounters. Tactical advantage switched back and forth over the six years as new weapons, tactics and counter-measures were developed by both sides. The British and their allies gradually gained the upper hand, driving the German surface raiders from the ocean by the end of 1942 and decisively defeating the U-boats in a series of convoy battles between March and May 1943. New German submarines arrived in 1945, but they were too late to affect the course of the war.

Read more at: <https://www.rcl-zoneq5.ca/battle-of-the-atlantic.html>

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## Canadians at Juno Beach



June 6th, marks the 80<sup>th</sup> anniversary of the Allied invasion of Europe. Let us take a short minute to remember *The Longest Day*.

In cities and towns, in this country and around the world, commemoration ceremonies will take place to honour the sacrifices of so many, so that the world could be free from oppression and tyranny.

Veterans of this day will march once more, shoulder to shoulder with their comrades in arms and remember those who fell. And when you see those old men with their medals gleaming in the sun, remember the price they paid for those shiny bits of metal and that they too were young once.

## Liberation of the Netherlands

***Town by town, canal by canal, Canadian soldiers pushed back the occupying German forces in the Netherlands.***

The liberation of the Netherlands, from September 1944 to April 1945, played a key role in the culmination of the Second World War, as the Allied forces closed in on Germany from all sides. The First Canadian Army played a major role in the liberation of the Dutch people who had suffered terrible hunger and hardship under the increasingly desperate German occupiers.

7600 Canadian soldiers died liberating the Netherlands. The Dutch people remember them every year on May 5th.  
<http://www.veterans.gc.ca/.../seco.../liberation-netherlands>

## VE-Day (Victory in Europe)

Victory in Europe — the official end of the fighting in Europe in the Second World War — was celebrated on 8 May 1945, after Germany's unconditional surrender. In cities and towns across Canada, a war-weary nation expressed its joy and relief at the news. In Halifax, the celebrations erupted into looting and rioting. The war was not over, as conflict with Japan continued.

## For King and Country

***A young man from Saskatchewan went to war***

Robert Stanley Atchison was born in Wapella, Saskatchewan, January 14, 1895. Son of Andrew Atchison and Catherine Wickham. He was the youngest of seven children and had three sisters and three brothers.

Stanley stayed on the farm for a while, then went to Winnipeg to work as a clerk. On the 12th day of February, 1916, at the age of 21 years, 1 month, he enlisted in the 61st (Winnipeg) Battalion.

Robert Stanley had black hair, grey eyes and was of a dark complexion. He was not a big man, standing five feet, six inches with an expanded chest girth of only thirty inches, yet he stood tall with his fellows and went off to fight "For King and Country".

After training, he embarked from Halifax aboard the "Olympic" on April 1, 1916 and arrived in Bordon, England April 11, 1916.

On May 12, 1916 he transferred to the 44th (Manitoba) Battalion, infantry and proceeded for service in France on August 10, 1916.

After suffering shell shock while in the field, he was sent off duty November 15, 1916.

In April 1917 he was off duty from the 4th to the 26th having developed the mumps.

On May 8, 1917 while serving in Fresnoy, France, Robert Stanley was killed in action. He was 22 years of age.

His personal effects, including a ring, were sent to his father, Andrew Atchison, who in turn gave the ring to Robert Stanley's brother, Wilfred, who would wear it even unto his grave. The insignia was so worn as to be unrecognizable.

Robert Stanley Atchison, a young man from Wapella, Saskatchewan, killed in action, May 8, 1917, not in some great battle, but in a small piece of the Great War. He is commemorated on Panel C4 of the Vimy Memorial, for he has no known resting place except in the hearts and minds of his family.

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## Medal Mounting



### Bill Kellar (Barrhaven)

COURT MOUNTING

Phone: 613-316-7559

E-Mail: [mountmyrack@gmail.com](mailto:mountmyrack@gmail.com)

### MedalMounting.ca

Military, Legion, KVA, Police, Fire Services

Full Size and Miniature

Website: <http://www.medalmounting.ca/>

### L. Beaubien & P. Richard

Military and Legion Medals Court Mounted & Framed

730 Merkley Drive,

Orleans, ON K4A 2T8

Phone: 613-830-7716

Fax: 613-830-8032

E-mail: [prichard@gmail.com](mailto:prichard@gmail.com)

### Defence Medals Canada

C/O Chris Parnell

16 Deacon Place

Sherwood Park, AB, T8H1M9

Phone: 780-918-6567

Website: <https://www.defencemedals.ca/>

Email: [defencemedalscanada@shaw.ca](mailto:defencemedalscanada@shaw.ca)

**Note: Montgomery Legion provides this information as a reference only.**

**Montgomery Legion is NOT affiliated with, nor is this information to be considered an endorsement of, any of these organizations.**

### How do I replace a lost Medal? (From Veterans' Affairs Canada)

In 1949, the Government of Canada awarded campaign stars and medals which were sent to the last known address on the individual's service records at the time. Many medals were returned undelivered. To try to reach as many Veterans as possible, application cards were given out at post offices across the country and Veterans had to apply for their medals.

Veterans Affairs Canada is responsible for first issue or replacement medals for those who served in the Second World War, Merchant Navy and the Korean War. Please visit our [medals contact](#) page for more information.

### Canadian Medals Chart

#### Helpful Tips When Applying for Medals:

- If you are a Veteran looking for your own medals, please contact us at **1-866-522-2122**.
- If you served after the Korea War, you must call National Defence at **1-877-741-8332** for medals such as: Canadian Forces Decorations, United Nations Medal for Emergency Force, Egypt, Peace Keeping Medal, or the Special Service Medal, etc.

## In Flanders Fields



On May 3<sup>rd</sup>, 1915,  
Lt. Col. John McCrae wrote  
In Flanders Fields



In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



**Veterans Emergency  
Transition Services**

## We LOVE our Volunteers!



Dean McCuaig is a former Director of Operations for Military Family Services at Canadian Forces Morale and Welfare Services, now retired. He was PR Officer with the Westboro Legion and subsequently transferred his membership to 351, where he brings his considerable talents and energy. For that, we are truly grateful!

He now lives in Brockville with his partner, a silly little Papillon dog named Marty and Beatrice, a "Lady of the Manor" cat, with one and a half ears.

He telecommutes to do his volunteer work for our branch, looking after our facebook page and posting regularly on X, (formerly Twitter).

He has written a piece for this month's Messenger and promises to contribute on a regular basis to our branch newsletter.

Thank you, Dean, for all that you do for our branch.

**Make a difference!  
Volunteer today!**



For members of The Royal Canadian Legion, volunteering offers meaningful opportunities to help Veterans and show their support. Volunteering through the Legion also offers the chance to give back to their community, meet neighbours, learn new skills, expand horizons and have fun!

For the Legion, the value of our volunteers is priceless. The programs and services we provide for those who served, and their families, would not be possible without the support of our dedicated volunteers. From supporting homeless Veterans, to helping ill and injured Veterans get the care they need, to visiting Veterans in long term care facilities, and much more. We also help

Canadians honour and remember those who served and sacrificed, through the Poppy Campaign, organizing commemorative ceremonies, and teaching youth about the importance of Remembrance. Our members make a real difference for those who gave so much for our freedoms.

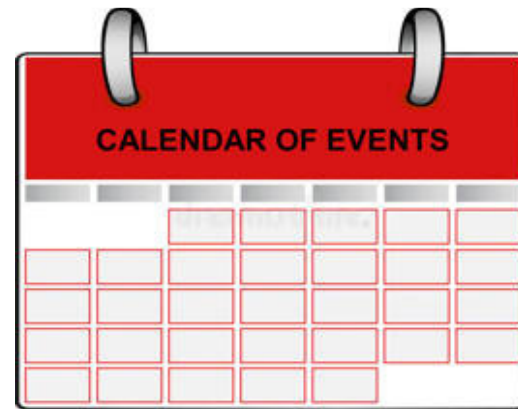
For those looking for opportunities to give back and support Canada's Veterans, to make a difference in your community, and to meet new people and have fun, **contact us** with your name, phone number and e-mail address, to find out how you can get involved! With so many opportunities to volunteer, you're sure to find something that is a perfect fit for what you are looking for.

## Volunteer Branch Photographer



Montgomery branch is looking for a volunteer photographer. Someone who has a flair for photography and can attend various branch events, to provide a photographic record of what's happening at 351. Our photographer will be provided free access to all branch events.

Interested parties should contact the branch:  
Phone: 613-233-7292  
E-mail: [rcl351@rogers.com](mailto:rcl351@rogers.com)



<https://www.supportourtroops.ca/>

Established in 2007, Support Our Troops meets the unique needs and special challenges faced by members of the Canadian Armed Forces community as a result of military service.

It operates within Canadian Forces Morale and Welfare Services.

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### Join Team Perley Health in the 2024 Ottawa Race Weekend Desjardins Charity Challenge!

#### What is the Desjardins Charity Challenge?

The Desjardins Charity Challenge is a program that unites the spirit of runners and walkers with a fundraising platform in order to raise funds for their charity of choice.



Scan Here to register!

Don't forget to select Perley Health Foundation as your charity of choice!

If you need assistance or have further questions you can reach out to Danielle Masson at the Perley Health Foundation at [dmasson@perleyhealth.ca](mailto:dmasson@perleyhealth.ca) or 613-526-7173

**Help us go the distance  
for Seniors and Veterans.**

Ottawa Race Weekend  
May 25-26 2024



### 2024 Ottawa Race Weekend

*It's That Time Of Year Again!*

It's that time of year again when we lace up our running shoes and come together to make a difference in our community. We are thrilled to invite you to join Team Perley Health for the 2024 Ottawa Race Weekend!

<https://perleyhealthfoundation.ca/events/upcoming/2024-ottawa-race-weekend/>

**Help us go the distance  
for Seniors and Veterans.**

Ottawa Race Weekend  
May 25-26 2024



### Help Support Team Perley Health!

Team Perley Health participating in the Ottawa Race Weekend Desjardins Charity Challenge for the 8th year in a row! Last year our team raised over \$135,000 for Seniors and Veterans and we are aiming even higher this year!

The Perley Health Foundation is the engine powering our mission to achieve excellence in the health, safety, and well-being of Seniors and Veterans. Every donation will fund much-needed research, empower knowledge sharing, education and training, shape public policy and transform care for Seniors and Veterans!



Donate to Team Perley Health today using this QR code

**2024 Ottawa Race Weekend**  
*Make A Meaningful Impact On The Lives Of Seniors And Veterans*  
Being a part of Team Perley Health is not just about racing; it's about making a meaningful impact on the lives of Seniors and Veterans. By participating in the Ottawa Race Weekend as a member of our team, you'll be helping to empower knowledge sharing, education and training, shape public policy and transform care for Seniors and Veterans.  
<https://perleyhealthfoundation.ca/events/upcoming/2024-ottawa-race-weekend/>



If you would like to make a donation offline you can call Danielle at the Foundation office at 613-526-7173

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*The Hey Neighbour Band*  
Montgomery Legion

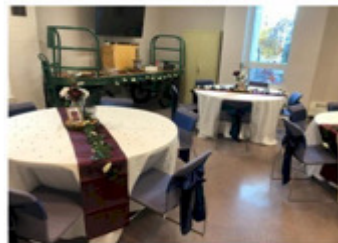


May 25, 2024  
2:00pm to 5:00pm  
In lieu of cover charge  
Please make a  
Donation at the bar for  
our Elevator Fund.

## Hall Rental



Our Members' Lounge can hold up to 100 people for weddings, receptions, parties, proms, corporate meetings, fundraisers, etc.



The Members' Lounge can hold up to one hundred people. This hall has central heating and air conditioning for your comfort. This hall can be rented on a flexible schedule.

This lounge has limited availability on weekends from 6:00pm until close. Plenty of nearby on-street parking.

Book your wedding reception with us and we will give you a FREE hall rental for \*your\* stag, stag & doe or bachelorette party.

Fund-raisers, for registered charities, \$175 donation.

All of your catering needs, (*separate from room rental price*), can be provided by award-winning Chef Ric Watson and his team at Elite Catering.

Call us for additional information: 613-233-7292 or go to: <https://www.montgomerylegion.ca/hall-rental.html>.



Got an idea? Something you'd like to see in your branch, your newsletter? Is there something we can do better?

We want to hear from you. After all, it \*is\* YOUR legion!

How can we improve? Is there something we're doing wrong? Is there something we're doing right? Is there something we're doing too much? Is there something we're not doing enough? What kind of activities should we offer? What about entertainment? What kind? How often? Should we offer food more often?

Let us know! Send your comments to: [messenger@montgomerylegion.ca](mailto:messenger@montgomerylegion.ca) We promise to read everything you send.



National Flag of Canada



## From the kitchen to the table

### Yellow Pea Soup

1 lb. dried yellow peas  
1 onion  
2 celery stalks  
2 carrots  
2 cloves garlic  
1 lg. ham hock (*From last month's Baked Ham Recipe*)  
Bay leaves, parsley, thyme, pepper to taste

Soak peas overnight in cold water covering by 1".  
Fine chop onion, celery and carrot.  
Crush garlic. Add to peas still in liquid.  
Add remaining ingredients.  
Bring to boil then simmer 1 to 1 1/2 hours until peas are tender.  
Remove meat from bones and return to soup.

### Oven Roasted Sausage and Potatoes

#### Ingredients:

- 1 pound of your favorite sausage, sliced into rounds
- 1 yellow onion, sliced or chopped
- 1 pound of baby potatoes, cubed
- 1 teaspoon of dried thyme
- 2 teaspoons of paprika
- 2 teaspoons of fresh lemon juice
- 2 tablespoons of fresh chopped parsley
- Salt and pepper to taste
- 3 tablespoons of olive oil

#### Directions:

Preheat oven to 400°F (200°C).  
Toss sausage, onion, and potatoes in olive oil.  
Season with salt, thyme, paprika, and black pepper.  
Mix well.  
Spread mixture on baking sheet evenly.  
Roast for 30-45 mins, stirring halfway through.  
Drizzle lemon juice, sprinkle parsley.  
Serve hot and enjoy!

### One-pot Tomato Basil Pasta!

#### *No Straining, just Stirring*

Pasta, Tomatoes, Veggie Broth, Olive Oil, and Seasonings. Throw it all in the pot, INCLUDING the un-cooked Pasta, and cook! - Bring it to a boil, then reduce to a simmer.

The starch leaches out of the pasta and makes a rich, warm sauce for the noodles. The other ingredients cook right along with the pasta. (details below)

#### Ingredients

2 cups elbow macaroni (uncooked) or 12 ounce pkg. Linguine  
1 can (19 ounces) diced tomatoes with liquid (I used Aylmer Olive Oil & Garlic flavour)  
1 large sweet onion, cut in julienne strips  
4 cloves garlic, thinly sliced  
1/2 teaspoon red pepper flakes  
2 teaspoons dried oregano leaves  
2 large sprigs basil, chopped  
4 1/2 cups vegetable broth (regular broth and NOT low sodium)  
2 tablespoons extra virgin olive oil  
Parmesan cheese for garnish  
Shredded cheddar cheese (medium or old) to sprinkle on top

#### Directions

Place pasta, tomatoes, onion, garlic, basil, in a large stock pot.  
Pour in vegetable broth.  
Sprinkle the pepper flakes and oregano on top.  
Drizzle top with oil.  
Cover pot and bring to a boil.  
Reduce to a low simmer and keep covered and cook for about 10 minutes, stirring every 2 minutes or so.  
Cook until almost all liquid has evaporated – I left about an inch of liquid in the bottom of the pot – but you can reduce as desired.  
Season to taste with salt and pepper, stirring pasta several times to distribute the liquid in the bottom of the pot.  
Serve garnished with Parmesan cheese and shredded cheddar cheese.



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## Montgomery Legion Branch #351

330 Kent Street, Ottawa, ON K2P 2A6  
Phone: (613) 233-7292 - Fax: (613) 565-1902

- General e-mail: [rcl351@rogers.com](mailto:rcl351@rogers.com)
- Veterans' Service Officer: 613-233-1611

- E-mail: [wreath@montgomerylegion.ca](mailto:wreath@montgomerylegion.ca)
- Website: <https://www.montgomerylegion.ca/>
- X formerly Twitter: <https://twitter.com/MontgomeryLegi1>
- Facebook: [https://www.facebook.com/people/MontgomeryCentertownLegion/100057510086172/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/people/MontgomeryCentertownLegion/100057510086172/?ref=aymt_homepage_panel)

## Hours of Operation

Sunday - See calendar for specifics  
Monday - See calendar for specifics  
Tuesday - 11:00am to 6:00pm  
Wednesday - 11:00am to 6:00pm  
Thursday - 11:00am to 6:00pm  
Friday - 11:00am to 11:00pm  
Saturday - 12:00 noon to 6:00pm

Send comments or submissions for your newsletter to: [messenger@montgomerylegion.ca](mailto:messenger@montgomerylegion.ca)

Extending closing later than the above minimum hours is dependent on planned events and as specified in the regulations of the Alcohol and Gaming Commission of Ontario. The Branch is open Sunday hours on all holidays except Christmas day and Easter Sunday.

## Minutes of Branch General Meetings

Branch members can obtain a digital copy or a printed mailout of our General Meeting minutes by contacting our Branch Manager, via e-mail [rcl351@rogers.com](mailto:rcl351@rogers.com).

Alternatively, you can stop by the branch office, Tuesday through Friday, to obtain a printed copy.

## The Legion's definition of a Veteran

*"A Veteran is any person who is serving or who has honourably served in the Canadian Armed Forces, the Commonwealth or its wartime allies, or as a Regular Member of the Royal Canadian Mounted Police, or as a Peace Officer in a Special Duty Area or on a Special Duty Operation, or who has served in the Merchant Navy or Ferry Command during wartime."*

If you or a Veteran you know needs help, please contact a Legion Command Service Officer.

**CANADIAN VETERANS' CRISIS LINE**  
**800-273-8255**

## Veterans' Service Officers

*Our branch Service Officer is available by appointment.  
Call 613-233-7292 or e-mail [rcl351@rogers.com](mailto:rcl351@rogers.com).*

### Montgomery Branch Service Officer

Bruce Kane  
Phone 613-233-1611  
Fax: 1-613-565-1902  
e-mail: [rcl351@rogers.com](mailto:rcl351@rogers.com)

### Zone G-5 Service Officer

William (Frank) Stacey  
(C) 613-697-3824  
[vets@rcl-zoneg5.ca](mailto:vets@rcl-zoneg5.ca)

### Provincial Service Officer

Pat Royle  
86 Aird Place,  
Suite 222  
Ottawa, ON K2L 0A1  
[proyle@on.legion.ca](mailto:proyle@on.legion.ca)  
Toll Free: 1-888-207-3703  
Phone: 613-591-0144  
Fax: 613-591-0148



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## A little humour

If you sit down to enjoy a hot cup of coffee, then your boss will ask you to do something that will last until the coffee is cold.

Q. What is the biggest lie in the entire universe? A. "I have read and agree to the Terms & Conditions."

If you understand English, press 1. If you do not understand English, press 2. *Recording on an Australian tax help line*

You want proof baseball players are smarter than football players? How often do you see a baseball team penalized for too many men on the field? - *Jim Bouton, Yankees Pitcher*

All pro athletes are bilingual. They speak English and profanity. - *Gordie Howe, hockey player*

Nothing ruins a Friday more than an understanding that today is Tuesday.

The Olympics remind us that no matter what country we may be from, we all look dumb using an iPad as a camera.

I have left orders to be awakened at any time in case of a national emergency — even if I'm in a Cabinet meeting.  
- *Ronald Reagan*

## Why I joined the Legion

To honour the service and sacrifice of those who served and those who are serving today.

Specifically, to remember those members of my family who served in times of war and peace.

Lance Corporal Aurèle Ouellette - Canadian Army, Signal Corps and Provost Corps, WWII, *(my dad)*

Chief Petty Officer Edouard M. Ouellette – Royal Canadian Navy, WWII, (Corvettes), Korea and beyond, *(my uncle)*

Private Ovila Ouellette – Canadian Army, 77<sup>th</sup> Battalion, CEF, WWI and Home Guard WWII, *(my uncle)*

To remember the sacrifice of Private Robert Stanley Atchison, Canadian Army, 44<sup>th</sup> Battalion, CEF, WWI, (KIA May 8, 1917), *(My wife's great uncle)*

*André L. Ouellette – Ed.*

***At the going down of the sun and in the morning...  
we will remember them...***

## Canadian Forces Morale and Welfare Services (CFMWS)

*By Dean McCuaig, Director of Operations for Military Family Services, (ret'd), at Canadian Forces Morale and Welfare Services*

Canadian Forces Morale and Welfare Services (CFMWS) helps military and veteran members and their families. CFMWS may not sound familiar to you, but rest assured, if you are a veteran or an active Canadian Armed Forces (CAF) member, you have dealt with one of their services at some point. CFMWS also has partnership services with VAC. Some of the more likely services you will have accessed or may want to access in the future, include:

- SISIP – the financial planning section that supports CAF families.
- PSP – the section that manages the sports, clubs and recreational facilities on Bases/Wings/Units that members can access.
- CF One – the membership services program that gives access to discounts and special services to military members, veterans, and their families.
- MFRCs – these are the military family resource centres that provide supports to military and veteran family members in CAF communities.
- Family Information Line – this is a 24/7 information line that military and veteran members and families can access. It is staffed by bilingual trained counsellors who can provide information or emotional support. It is confidential and there is not cost to the user.
- Support Our Troops – this is the area of the organization that raises funds to support individual programs for military members and their families.
- Veteran Family Support Program – there is a Veteran Family Support Coordinator at each

There are a wide range of services CFMWS provides in support of CAF members, veterans, and their families. To learn more, please click here [https://cfmws.ca/CFMWS/media/images/documents/8.0%20About%20Us/CFMWS-Brochure-Digital\\_Layout-EN.pdf](https://cfmws.ca/CFMWS/media/images/documents/8.0%20About%20Us/CFMWS-Brochure-Digital_Layout-EN.pdf)

**Montgomery Legion** 