

# MONTGOMERY MESSENGER

Official newsletter of the Montgomery Legion  
Volume 2 – Issue 6 – May 2025

Montgomery Messenger: [messenger@montgomerylegion.ca](mailto:messenger@montgomerylegion.ca) or  
[legionbranch351@gmail.com](mailto:legionbranch351@gmail.com)  
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## From The President's Desk

Robert Buss, CD

Hopefully, everyone had a happy Easter, and that the Easter Bunny was good to you.

We had a very successful General Meeting in March for our elections and for the launch of our New Horizons sponsored Seniors' Program.

It's been an eventful month for our organization, with several new initiatives underway and plenty of progress on ongoing projects. The community spirit has been remarkable, and I am grateful for the dedication and hard work of all our members.

Everyone enjoyed a light lunch and the music of Spencer Scharf. It was nice to see such a turnout.

I am also happy to announce that our Executive continues to grow, this will surely help lessen the workload of current executive members.

As announced at the meeting Bruce Kane, our long-serving Service Officer has announced his resignation. I would personally like to thank Bruce for his service and for the knowledge and advice he has shared with me as I learn the ins and outs of my role. Hopefully, we will continue to see Bruce in the branch.

Tickets for the [80th Anniversary Celebration](#) are now available. Tickets for Veterans and their escorts are free; however, you must still contact the office, (e-mail: [rcl351@rogers.com](mailto:rcl351@rogers.com) or call: 613-233-7292), to reserve a ticket as they are limited. The cost for members and their guests is \$20.00 and can be reserved by contacting the office or can be purchased at the bar, **(must be picked up and paid for by June 1<sup>st</sup>)**. The dinner will be a three-course meal catered by Elite Catering and the entertainment will be provided by The Tune Junkies. Hope to see you there.

| Branch Executive  |                                 |  |
|---|---------------------------------|--|
| Position  | Name                            | E-mail address   |
| President   | Robert Buss                     | <a href="mailto:president@montgomerylegion.ca">president@montgomerylegion.ca</a>   |
| 1st Vice-President  | Brendan Hennigan                | <a href="mailto:1stvice@montgomerylegion.ca">1stvice@montgomerylegion.ca</a>   |
| Secretary   | Chantal Chrétien                | <a href="mailto:secretary@montgomerylegion.ca">secretary@montgomerylegion.ca</a>   |
| Treasurer   | Maria Abraham                   | <a href="mailto:treasurer@montgomerylegion.ca">treasurer@montgomerylegion.ca</a>   |
| Cadet Liaison   | Michael Kostiuik                | <a href="mailto:cadets@montgomerylegion.ca">cadets@montgomerylegion.ca</a>   |
| Honours and Awards  | Vacant                          | <a href="mailto:honours@montgomerylegion.ca">honours@montgomerylegion.ca</a>   |
| Membership  | Luc Chrétien                    | <a href="mailto:membership@montgomerylegion.ca">membership@montgomerylegion.ca</a>   |
| Poppy Chair   | Robert Buss                     | <a href="mailto:poppy@montgomerylegion.ca">poppy@montgomerylegion.ca</a>   |
| Poppy Trust Chair   | Robert Buss                     | <a href="mailto:Poppy-chair@montgomerylegion.ca">Poppy-chair@montgomerylegion.ca</a>   |
| Public Relations / Social Media /<br>Member Communications/<br>Newsletter | André Ouellette<br>Dean McCuaig | <a href="mailto:news@montgomerylegion.ca">news@montgomerylegion.ca</a><br><a href="mailto:social-media@montgomerylegion.ca">social-media@montgomerylegion.ca</a> |
| Seniors   | Lisa Morris                     | <a href="mailto:seniors@montgomerylegion.ca">seniors@montgomerylegion.ca</a>   |
| Sports  | Kevin Edwards                   | <a href="mailto:sports@montgomerylegion.ca">sports@montgomerylegion.ca</a>   |
| Veterans Service Officer  | Vacant                          | <a href="mailto:vso@montgomerylegion.ca">vso@montgomerylegion.ca</a>   |
| Ways and Means  | William Behan                   | <a href="mailto:means@montgomerylegion.ca">means@montgomerylegion.ca</a>   |
| Youth Programs  | Vacant                          | <a href="mailto:youth@montgomerylegion.ca">youth@montgomerylegion.ca</a>   |
| TBD   | Dave Smith                      | <a href="mailto:@montgomerylegion.ca">@montgomerylegion.ca</a>   |
| TBD   | Dawn Cucksey                    | <a href="mailto:@montgomerylegion.ca">@montgomerylegion.ca</a>   |

## Support Montgomery Legion with your social media

One of the easiest and most impactful ways to support the Montgomery Legion is through the use of your social media. If you are not already following us on Facebook and X (formerly Twitter), please do.

Our events are posted on Facebook now so when you see one you like, please click on the like button and/or share it on your timeline so that others will know what is happening at Montgomery. This is how we engage more people and invite them to participate in our activities and potentially become new members as well. Social media is a great tool to involve our members and supporters in the Montgomery Legion every day.

Similarly, if you are visiting Montgomery and you are posting a photo, please tag us in that photo. Each time you do, we reach more people. Our audience grows and we are potentially attracting new members.

If you have an idea or an event that you would like to promote on our social media pages, please contact our Social Media Volunteer Dean McCuaig at [deanmccuaig@gmail.com](mailto:deanmccuaig@gmail.com). He would be happy to brainstorm ideas on how to engage our members and supporters while promoting the Montgomery Legion in the community,

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**Veterans' Coffee Club** is a Veteran-run program offering comradeship in a relaxed environment, encouraging Veterans to network and share experiences and stories...while sipping coffee. **Veterans' Coffee Club** aims to help Veterans in their community connect and support each other.



If you are a Veteran of the CAF or RCMP member, serving or retired, join us once a month, for coffee and a sweet treat.

**Next get-together, May 8<sup>th</sup>, 10:00am to 12:00pm**

Coffee, treats and great company.

Montgomery Legion (Downstairs)  
On-street parking

This is a **\*Veterans ONLY\*** program.

Registration is not required, simply show up with proof of service and welcome.

You don't have to be a branch member or even a Legion member.

We welcome all Veterans!



**Every Wednesday Night  
6pm – 9pm**



**Every Friday Night  
7pm – 11pm**



## Zone G-5 Golf Tournament

### 4 Categories

Open

Women Only

Seniors (55 to 69)

Super Seniors (70+)

Winner's will advance to District



**12 June 2025 Shotgun 10AM all categories**

### Conditions:

Registration is through your Legion Sports Officer (NLT: 30 May 25)  
\$85 per person  
2 Person Team  
Register for 1 Category only  
Must be a paid-up member of a Zone g-5 Legion  
More info: call Dennis Siman 613-222-7290

### The \$85 fee includes

tees,  
cart (no walking)  
and a hamburger with a bag of chips. (after golf)



Montgomery Legion is proud to sponsor



### Army Cadets

Unit Name: 2784 Governor General's Foot Guards  
Royal Canadian Army Cadet Corps

Commander: Capt. N. Rueda  
Mailing address: Cartier Square Drill Hall  
2 Queen Elizabeth Driveway,  
Ottawa, ON. K1A 0K2  
E-mail: [2784army@cadets.gc.ca](mailto:2784army@cadets.gc.ca)

Website: <https://www.2784ggfg.com/>



### Air Cadets

Unit Name: 742 Air Cadets  
Royal Canadian Air Cadets

Commander: Capt. R. Racine  
[remi.racine@742aircadets.ca](mailto:remi.racine@742aircadets.ca)  
Mailing address: PO BOX 40008  
2515 Bank Street, Ottawa, ON. K1V 0W8  
E-mail: [742aviation@cadets.gc.ca](mailto:742aviation@cadets.gc.ca)  
Phone: 613-737-3380  
Website: [www.742aircadets.ca](http://www.742aircadets.ca)

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## Honey Mustard Chicken

### Ingredients

- 1/4 cup country Dijon mustard
- 1/4 cup honey
- 1/4 cup yellow mustard
- 3 Tbsp. olive oil, divided
- 2 Tbsp. apple cider vinegar
- 2 garlic cloves, finely chopped
- 1 tsp. chopped fresh rosemary leaves, or 1/2 teaspoon dried rosemary
- 1/2 tsp. kosher salt
- 1/2 tsp. smoked paprika
- 1/2 tsp. ground black pepper
- 2 Tbsp. mayonnaise
- 8 boneless skinless chicken thighs or breasts

### Directions

- In a medium bowl, whisk together the country Dijon mustard, honey, yellow mustard, 2 tablespoons of olive oil, apple cider vinegar, garlic, rosemary, salt, paprika, and pepper. In another medium bowl, place 1/3 cup of the marinade and whisk in the mayonnaise. Cover and refrigerate the dipping sauce until ready to use.
- If using chicken breasts, put the chicken breasts between 2 pieces of plastic wrap and pound with the flat side of a meat mallet or a heavy skillet so they are of uniform thickness.
- Place the chicken thighs or breasts in a gallon-sized plastic zip-top bag. Add the remaining marinade, seal the bag, and refrigerate for 30 minutes (or up to 4 hours).
- **For the stovetop:** Remove the chicken from the marinade and pat dry with paper towels. Discard the remaining marinade. Heat a large cast-iron skillet over medium heat. Add the remaining 1 tablespoon of olive oil and swirl to coat the pan.
- Place the chicken in the pan and cook until nicely seared and the chicken releases easily from the pan, 4 to 5 minutes. Flip the chicken and reduce the heat to medium-low. Cook, undisturbed, until the chicken releases easily from the pan and the internal temperature reaches 165°F. Let rest for 5 minutes and serve immediately with the dipping sauce.
- **For the grill:** Preheat a grill to medium heat, around 350°F. Oil the grill grates well.
- Remove the chicken from the marinade and pat dry with paper towels. Discard the remaining marinade. Place the chicken over the grill. Cover and cook until grill marks appear, and the chicken easily releases, 6 to 8 minutes.
- Flip the chicken and continue cooking until it is no longer pink in the middle and the internal temperature reaches 165°F, 2 to 3 minutes more. Let rest for 5 minutes and serve immediately with the dipping sauce.

## Grilled Asparagus

### Ingredients

- 1 bunch of asparagus
- 2 Tbsp. olive oil
- 1 tsp. kosher salt
- 1/2 tsp. ground black pepper
- Red pepper flakes, optional
- 1 lemon, halved

### Directions

- Wash the asparagus and pat dry thoroughly. Using a sharp knife, cut about 1-inch from the base of the asparagus stalks and discard.
- Combine the trimmed asparagus, olive oil, salt, and pepper in a large bowl or on a rimmed sheet pan. Toss until the asparagus is well coated.
- Preheat the grill to medium high heat (400 to 450°). Add the asparagus to the grill, placing them crosswise on the grill grates so that they don't fall through. Grill, turning as needed, until grill marks form, 3 to 4 minutes per side.
- Transfer the asparagus to a serving platter; squeeze one lemon half over the asparagus. Sprinkle with red pepper flakes and more salt and pepper, if you like.

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## Key Lime Pie Mousse

### Ingredients

#### FOR THE CRUMBLE

- 4 graham crackers
- 3/4 cup rolled oats
- 1/3 cup packed light brown sugar
- 3 Tbsp. all-purpose flour
- 6 Tbsp. cold butter, cubed

#### FOR THE MOUSSE

- 1 1/2 cups heavy cream
- 1/4 cup powdered sugar
- 1 cup sweetened condensed milk
- 1/3 cup freshly squeezed key lime juice
- 1 tsp. pure vanilla extract
- Green food colouring (optional)
- Key lime wedges, for garnish

### Directions

- **Step 1** Preheat oven to 350°. In a food processor, pulse graham crackers into fine crumbs. In a medium bowl, combine crushed graham crackers, oats, brown sugar, and flour. Add butter and use your hands to cut into mixture until pea-sized and mixture starts to hold together. Spread mixture into an even layer on a baking sheet. Bake until golden and crisp, about 20 minutes, stirring halfway through. Let cool.
- **Step 2 Make mousse:** In a large bowl, using a hand mixer (or in the bowl of a stand mixer fitted with the whisk attachment), beat cream and powdered sugar into stiff peaks. Remove about 1 cup of whipped cream to reserve for topping.
- **Step 3** In a medium bowl, combine condensed milk, lime juice, vanilla, and a small drop of food coloring, if using. Add to bowl of whipped cream. Gently fold in until just combined.
- **Step 4 Assemble:** Add about 1/4 cup of crumble to the bottom of 4 glasses. Top with two large spoonfuls of mousse, then repeat with another layer of crumble and mousse.
- **Step 5** Place reserved whipped cream in a piping bag fitted with a large, closed star tip, and pipe onto mousse. Top with any remaining crumble and a lime wedge in each glass.
- **Step 6** Keep refrigerated until ready to serve.

## History re-visited



### VE Day

Victory in Europe Day is the day celebrating the formal acceptance by the Allies of World War II of Germany's unconditional surrender of its armed forces on Tuesday, 8 May 1945; it marked the official surrender of all German military operations. On May 25, 1945, the Battle of Odžak ended in a Yugoslav Partisan victory marking the end of World War II in Europe. On the Eastern Front, the last known shots were fired on 11 May.

More: [https://en.wikipedia.org/wiki/Victory\\_in\\_Europe\\_Day](https://en.wikipedia.org/wiki/Victory_in_Europe_Day)

VETERANS.GC.CA Canada

## Invitation

Le gouvernement du Canada vous convie à la cérémonie commémorative marquant le

The Government of Canada invites you to a commemorative ceremony marking the

**80e anniversaire du jour de la Victoire en Europe**

**80th anniversary of Victory in Europe Day**

Le jeudi 8 mai 2025 à 11 h

Thursday, 8 May 2025 at 11:00

**Monument commémoratif de guerre du Canada**

**Canadian National War Memorial**

Rue Wellington et Elgin Ottawa (Ontario)

Wellington and Elgin Streets Ottawa, ON

**Tenue**  
Militaires, uniforme avec des médailles (1A)  
Vétérans—tenue de ville avec médailles  
Civils, tenue de ville

**Dress**  
Military—Uniform with medals (1A)  
Veterans—Business attire with medals  
Civilians—Business attire

**RSVP**  
Veuillez confirmer votre présence par courriel: [commemoration-rsvp-commemoration@veterans.gc.ca](mailto:commemoration-rsvp-commemoration@veterans.gc.ca)

**RSVP**  
Please confirm your presence by email: [commemoration-rsvp-commemoration@veterans.gc.ca](mailto:commemoration-rsvp-commemoration@veterans.gc.ca)

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## Liberation of the Netherlands

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

*September 1944 – April 1945*

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.

More: [https://www.pc.gc.ca/apps/dfhd/page\\_nhs\\_eng.aspx?id=1927](https://www.pc.gc.ca/apps/dfhd/page_nhs_eng.aspx?id=1927)



## The Boer War ends in South Africa

In Pretoria, representatives of Great Britain and the Boer states sign the Treaty of Vereeniging, on May 31, 1902, officially ending the three-and-a-half-year South African Boer War.

More: <https://www.history.com/this-day-in-history/may-31/the-boer-war-ends>

## Birth of the Montgomery Legion – *The first chapter*

In 1944, Cecil Hall and Jim Potter, members of Ottawa Branch 16 of the Canadian Legion, were travelling by train to a Dominion Convention being held somewhere in Western Canada. One of the prime topics of conversation was how to receive veterans from the European theatre of war on their return. The main point discussed was the necessity of explaining the basic purposes of the Legion to the returning veterans and, having done that, how to approach them to become members of the organization. As a result, Cecil and Jim, together with another dozen or so organizers, were instrumental in finally forming a new branch of the Legion here in Ottawa.

Read the rest here: [https://www.montgomerylegion.ca/PDF/Branch\\_History.pdf](https://www.montgomerylegion.ca/PDF/Branch_History.pdf)

# Montgomery Legion

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Veterans' Service Officer: 613-233-1611 E-mail: [vso@montgomerylegion.ca](mailto:vso@montgomerylegion.ca)

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

X formerly Twitter: <https://twitter.com/MontgomeryLegi1>

Facebook: [https://www.facebook.com/people/MontgomeryCentretownLegion/100057510086172/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/people/MontgomeryCentretownLegion/100057510086172/?ref=aymt_homepage_panel)

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

## Hours of Operation

Sunday – Closed - Monday – Closed - Tuesday - 12:00am to 5:00pm - Wednesday - 12:00pm to 10:00pm  
Thursday - 12:00pm to 5:00pm - Friday - 12:00pm to 10:00pm - Saturday - 12:00pm to 5:00pm

