

  
April 2024

# MONTGOMERY MESSENGER

  
Volume 1 Issue 1

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

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## From the President's Desk

by Dennis Sirman, President

**April is election month** and the upcoming general meeting will table important decisions that members of 351 must make. The **14th of April at 2pm** our general meeting will also serve as our election day for the new executive board. All positions are up for election.

The business agenda will include the financial status of our Branch and ask the members for direction on how to mediate our current cash flow.

Do we borrow more money? Do we consolidate our debt? Where is the branch going?

The current executive will be tabling a new source for insurance, a cheaper solution to the current one and away from the recommended one from command.

The executive recently sent out via email a paper asking you to decide which option you prefer. We will be opening the floor for discussion.

These past few months we have been very successful in providing entertainment and introducing a seniors' program. We have seen increased attendance to our Karaoke and drop-in darts, we have had teams in most zone events, I believe we are moving in the right direction, The only thing that hasn't really happened is membership participation in the operation and administration of the Branch.

See you at the general meeting, your attendance will determine the future of Branch 351.

## The Montgomery Lifelong Learning Program

The **Montgomery Lifelong Learning Program** is part of the Legion Seniors' Committee.

The Committee launched its first session on March 13/24. RBC and The Ottawa Police Service provided a presentation on Fraud and Cyber Fraud sharing knowledge from the finance and enforcement perspectives.

There was time for discussion and to address questions and concerns of attendees. Feedback was positive and ideas for future topics were gathered.

The next presentation will be given on May 8<sup>th</sup>, by Meg Stickl who runs AIM Fitness. View our poster <https://www.montgomerylegion.ca/Messenger/Aim-Fitness.pdf>

Anyone interested in joining the Committee please contact the Branch at 613-233-7292 or e-mail [rcl351@rogers.com](mailto:rcl351@rogers.com)

## Hall Rental



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>.

## 2024 Annual General Meeting and Elections

The following regulations apply to our branch "Montgomery Branch 351" in accordance with Ontario Provincial Command and our Regulations and By-laws for The Elections, happening on the **14th of April 2:00 PM** at 330 Kent St.

### Who can vote?

A member must be in good standing, that is their dues are up to date for 2024/25 year.

### Who can be nominated?

The candidate must be a paid-up member, must have attended at least two general meetings in the past year and must have been a member of the branch for at least one year.

### Officers to be elected:

The president, the 1st vice president, 2nd vice president, plus 6 executive members.

Branch 351, according to its regulations **only allows nominations from the floor**, excludes any proxy vote.

The nominated person does not necessarily have to be at the meeting, however he/she must have a written acknowledgment accepting the nomination and it must be in the hands of the election officers at the time of election.

**In closing, remember, you must be in attendance to vote, the nominated person must accept the nomination at the time of election.**



The Royal Canadian Legion honours the peoples and land of all First Nations, Métis and Inuit peoples and their valuable past and present contributions to this land.

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## Have you renewed your membership?

### Here's how:

Renew at the Branch during bar hours of operation – cash and cheques accepted.

Renew online at <https://www.legion.ca/join-us/renewal>.

Renew by phone via the Dominion Command Member Help Desk. Call toll-free: 855-330-3344 (8:30 a.m. – 4:00 p.m. EST)

*NOTE: If you choose to pay online or by phone you will be making your payment to Dominion Command so you will need to come into the Branch to pick up your renewal sticker.*

Renew by mail by sending a cheque payable to RCL 351 directly to the Branch.

Membership Chair: Helen Fraser

[membership@montgomerylegion.ca](mailto:membership@montgomerylegion.ca)

# VOLUNTEER

All that's missing is **U**!

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.

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.



Upstairs at The Montgomery Legion

[www.ohcanadaehottawa.com](http://www.ohcanadaehottawa.com)

## Oh Canada, EH?

Our two hour show features all-Canadian music from Maritime folk songs to modern pop. Come be serenaded by our singing Mountie, hockey player, Anne of Green Gables, Klondike Kitty, and many other special guests.

This high-energy, family friendly production features over 70 songs from Canadian artists including Paul Anka, Celine Dion, Shania Twain, the Barenaked Ladies, Avril Lavigne, Justin Bieber, and many more.



## Notes from the branch office

By Joan McCorkell (Office Administrator)

### March 6<sup>th</sup>: Bingo Night at the Perley

Residents enjoyed the evening run by *Poppy Chair Robert Buss*. Numbers called by *President Dennis Sirman*. Many volunteers from the branch attended.

### March 16<sup>th</sup>: with Hey Neighbour

Well attended and lots of fun. Thank you to *Trina MacKinnon* and *Hazel Morris* for donating and selling beef stew.

### March 20<sup>th</sup>: Pub Night at the Perley

At least 30 residents attended for snacks and beverages. Run by *Poppy Chair Robert Buss*.

Thank you to *Gerry Pushman* who donated his time and talent to provide music.

Watch this space next time for more **Notes from the branch office**.

Joan



<https://www.localendar.com/public/MontgomeryLegion>



**Celtic Tornado**  
April 27th, 2024  
2:00pm to 6:00pm

Contact the branch office for  
additional information and tickets.

Phone: (613) 233-7292  
E-mail: [rcl351@rogers.com](mailto:rcl351@rogers.com)

**Jazz Night**  
April 27<sup>th</sup>, 2024

Fundraiser in support of Veterans  
experiencing homelessness.

Hosted at the Westboro Legion.

**JAZZ NIGHT**

**27th April 2024**  
Doors Open 5pm  
In support of veterans  
experiencing  
homelessness  
nationwide.



**JOIN US**

**Jazz Music**  
Grey Jazz Big Band  
(Veteran - RCMP & CAF)  
Dinner at 6pm  
\*Dinner preference confirmed  
upon ticket purchase.

**Ticket**  
\$80 each- (Donated \$50)  
E-transfer: VHANDY  
Dougcody@hotmail.com  
Doug: 613-722-8859

**Location**  
 Royal Canadian Legion  
Branch 480  
389-391 Richmond Rd.  
Ottawa, ON K2A 0E7

**For More Info**  
Visit Our website  
[www.veteranshousecanada.ca](http://www.veteranshousecanada.ca) 

### 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."*

### Veterans' Service Officer

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: [wreath@montgomerylegion.ca](mailto:wreath@montgomerylegion.ca)

**Canadian Veterans' Crisis Line**  
800-273-8255



What one person or family finds difficult to navigate is not what others might find difficult. That's why we're here to help serving members, Veterans and their families to juggle work, operational requirements and family responsibilities.

**Family Information Line**  
1-800-866-4546



1. Actor Steve Carell plays what memorable character in the popular TV series "The Office?"
2. Whitney Houston went to the top of the music charts in 1992 with which Dolly Parton song?
3. Cillian Murphy plays a 1900s mob boss in Birmingham, England in which streaming series?
4. What 1997 movie features Will Smith and Tommy Lee Jones as undercover secret agents who police extraterrestrials?
5. In what TV series did actor Tom Hanks co star with Peter Scolari in the early 1980s?
6. What name is singer-actor Stefani Germanotta better known by?
7. What 1927 film effectively ended the silent movie era by introducing synchronized talking and singing?
8. What actor played Alex Keaton on the '80s TV show "Family Ties?"
9. The Rockettes dance troupe most famously perform at what New York City venue?
10. What is the name of Elvis Presley's Memphis home?
11. What notable astronomer penned the 1980 best-selling book "Cosmos?"
12. Michael Flatley danced his way to fame in what Irish-inspired show?

### ANSWERS

1. *Michael Scott*
2. *"I Will Always Love You"*
3. *"Peaky Blinders"*
4. *"Men in Black"*
5. *"Bosom Buddies"*
6. *Lady Gaga*
7. *"The Jazz Singer"*
8. *Michael J. Fox*
9. *Radio City Music Hall*
10. *Graceland*
11. *Carl Sagan*
12. *"Riverdance"*

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## From the kitchen to the table

### Grandpa's Beef Barley Soup

1. 2 cups chopped cooked beef (leftover roast works great)
2. 9 cups cold water
3. 1 cup tomato juice
4. 1 cup raw pot barley (pearl)
5. 1/2 cup finely chopped onion
6. 1/2 cups carrots, cut into 1 x 1/8 inch strips
7. 3 OXO beef cubes or sachets
8. 1 tsp salt
9. 1/2 cups finely chopped celery
10. *Note:* I always make extra gravy with my roast beef and add it to this soup for extra beef flavour.
11. Combine all ingredients in large pot.
12. Simmer, covered for 3 hours or until barley is tender.
13. Serve hot!
14. Salt & pepper to taste.  
*Goes great with crusty bread!*

### Grilled Parmesan Potato Halves

#### Ingredients

1. 4 Large yellow flesh potatoes (or more if desired)
2. Olive oil
3. Parmesan cheese
4. Garlic powder
5. Salt & Pepper
6. Non-stick cooking spray

#### Directions

1. Wash potatoes thoroughly
2. Cut in half length-ways
3. Brush both sides of potatoes with olive oil
4. Sprinkle with salt & pepper and garlic powder, to taste

#### Directions (cont'd)

1. Spray grill with cooking spray
2. Place potatoes on medium hot grill, cut side down
3. Turn after about 15 minutes
4. Sprinkle cut side with parmesan cheese
5. Turn again after another 15 minutes or so
6. Continue grilling until they are fork-tender, turning often so they don't burn
7. Serve immediately with sour cream and chives or Peppercorn Ranch dressing

Perfect with burgers, steaks, chops or chicken

### Baked Ham

#### Ingredients

1. 1 1/2 cups ginger ale
2. 1/4 cup brown sugar
3. 1/2 tsp ground cloves
4. 1 tsp dry mustard
5. whole cloves
6. 1 bone-in ham (10 to 12 lbs/4.5 to 5.5kg)

#### Directions

1. Pre-heat oven to 325F/170C)
2. With the point of a sharp knife, score the ham 1/4 inch deep in a grid pattern, approximately 1 inch apart.
3. Add first four ingredients together (Mix well)

4. Place one whole clove at each bisecting line of the grid you created on the ham.
5. Pour liquid ingredients over entire ham
6. Bake un-covered for about 18 to 20 minutes per pound (uncooked ham bone-in), baste often with glaze mixture (pan drippings)
7. Check doneness with meat thermometer (internal temperature should read 140F/60C)
8. Remove from oven and let stand 5 to 10 minutes
9. Slice and serve

Don't forget to save the bone for soup (leave a good amount of meat on the bone).

Care to share? Send your recipe to: [messenger@montgomerylegion.ca](mailto:messenger@montgomerylegion.ca)



Since its humble beginnings in 1947, the **Burlington Teen Tour Band** has grown into Canada's oldest and largest youth marching band. They have had the honour and privilege to represent Burlington, Ontario, and Canada around the world in such countries as: England, Republic of Ireland, France, Japan, The Netherlands, Belgium, and Germany.

The Burlington Teen Tour Band regularly returns home to Burlington as champions or first prize winners from internationally scaled competitions -- but the real reason for competing is not to win awards, but to encourage members to reach for higher levels of personal achievements.

When the Band competes, it is not to win more trophies or awards, it is to support and encourage the efforts of the youth, who will pass on information and lessons learned in the band as they march onward through their adult lives.

We would love as many band members to be able to experience this once-in-a-lifetime adventure as possible and would be so grateful for your support of the Teen Tour Band's upcoming tour to England and France. For more information please click the link below:

<https://www.canadahelps.org/en/charities/burlington-teen-tour-band-boosters-inc/campaign/80-for-%2080/>

<https://www.teentourband.org/>

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

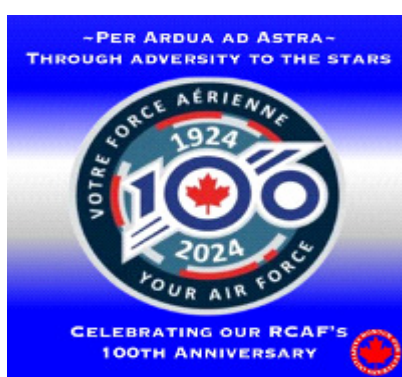
Branch members can obtain a digital copy or a printed mailout of our General Meeting minutes by contacting our Branch Manager, via e-mail [rcl351@rogers.com](mailto:rcl351@rogers.com).

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

## Branch Executive

TITLE	NAME	CONTACT
President	Dennis Sirman	<a href="mailto:president@montgomerylegion.ca">president@montgomerylegion.ca</a>
1st Vice	Robert Buss	<a href="mailto:rbuss@rogers.com">rbuss@rogers.com</a>
Secretary	Helen Fraser	<a href="mailto:secretary@montgomerylegion.ca">secretary@montgomerylegion.ca</a>
Membership Chair	Helen Fraser	<a href="mailto:membership@montgomerylegion.ca">membership@montgomerylegion.ca</a>
Poppy Chair and Bursaries	Robert Buss	<a href="mailto:rbuss@rogers.com">rbuss@rogers.com</a>

The Montgomery Legion proudly supports



April 1<sup>st</sup>, 2024 marked 100 years of service for the Royal Canadian Air Force as a distinct military element. The Centennial milestone places the RCAF in a unique position to honour its distinct heritage; recognize its tremendous people today; and generate excitement for its bright future.

The RCAF Centennial is an opportunity to showcase Air Force personnel and their accomplishments, demonstrate air and space power, enhance the reputation of the RCAF, and proudly honour its distinguished history and heritage. Website: <https://rcaf2024arc.ca/>