

April  
2025

## MONTGOMERY MESSENGER

Volume 2  
Issue 5

The official newsletter of the Montgomery Legion  
Ottawa's centretown Legion  
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### From the President's Desk

*Bob Buss, CD*

The Branch's election is scheduled for April 13 at 2pm, we currently have six nominees for the Executive and one each for 1st Vice and President. Following the meeting we will be hosting a meet and greet to launch our new Seniors' program. There will be a light lunch followed by entertainment by Spencer Scharf. Come out and show your support for the Branch and learn about this new initiative funded by a grant from New Horizons Canada.

I am also happy to announce that we are holding a dinner dance on Friday, June 13, to celebrate and commemorate our 80th Anniversary. More details will be coming out soon. Seating will be limited so save the date.

The financial review committee met recently to review the Branch's current financial practices and should have a report out shortly.

The Smith Falls Railway Museum came and with the help of myself and Nicholas successfully removed the baggage cart from the upper lounge. They were extremely happy to get it and it is good to see it is going to a worthy home where it will be appreciated.

### Caring For a Loved One

*Dean McCuaig*

Being a caregiver to a loved one can leave a person feeling isolated, burnt out, exhausted and overwhelmed if you don't manage the stress properly. Caregivers can develop compassion fatigue, secondary trauma, or vicarious trauma because they have been overly exposed or tired from helping others without seeing their own wellness as a priority.

There is support for caregivers who may be struggling and would like to speak with someone immediately. It's important to take care of yourself during this critical time by finding ways to manage your stress and balance will create a rewarding and invaluable experience for everyone.

#### Here are a few tips for a caregiver:

- Give yourself a break
- Take care of your health
- Spread the responsibility
- Maintain personal relationships
- Reward yourself in little ways
- Talk to supportive family and friends
- Say "yes" when someone offers to help

This advice will help assist you regain a sense of wellness and balance. It's important to remember the journey will have its peaks and valleys but you're not alone. For additional support, contact the Family Information Line.

Family Information Line  
Available 24/7  
Call: 1-800-866-4546 (in Canada)  
Call: 00-800-771-17722 (International)  
Email: [FIL-LIF@cfmws.com](mailto:FIL-LIF@cfmws.com)

Caregiver Support Guide:  
[https://cfmws.ca/getattachment/38ae9c7f-796f-4155-9e92-b38b7b93b9a4/Mental-Health-Caregiver-Guide\\_E.pdf?lang=en-CA](https://cfmws.ca/getattachment/38ae9c7f-796f-4155-9e92-b38b7b93b9a4/Mental-Health-Caregiver-Guide_E.pdf?lang=en-CA)

### The Battle of Vimy Ridge

The Battle of Vimy Ridge was fought during the First World War from 9 to 12 April 1917. It is Canada's most celebrated military victory — an often-mythologized symbol of the birth of Canadian national pride and awareness. The battle took place on the Western Front, in northern France. The four divisions of the Canadian Corps, fighting together for the first time, attacked the ridge from 9 to 12 April 1917 and captured it from the German army. ([Read more...](#))

Montgomery Legion supports

**highjinx**  
neighbours helping neighbours

<https://www.highjinxottawa.com/>



## From the Kitchen to the Table

### Chicken and Asparagus Fettuccine

#### Ingredients

- 12 ounces dry fettuccini pasta
- 2 cups (1-inch pieces) fresh asparagus
- ½ cup butter
- 2 cups half-and-half cream
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- 1 pinch cayenne pepper
- ¾ cup grated Parmesan cheese
- ½ pound cooked chicken breasts, cut into bite size pieces

#### Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes, or until al dente. Add asparagus during the last 3 to 5 minutes of cooking. Drain, and transfer to a large bowl.
2. In a large saucepan over medium heat, combine butter and half-and-half. Cook until thick and bubbly. Season with garlic powder, black pepper, and cayenne pepper. Stir in Parmesan cheese and chicken, and heat through.
3. Pour sauce over pasta and asparagus and toss to coat.

### Cheese Manicotti

#### Ingredients

- 1 carton (15 ounces) reduced-fat ricotta cheese
- 1 small onion, finely chopped
- 1 large egg, lightly beaten
- 2 tablespoons minced fresh parsley
- ½ teaspoon pepper
- ¼ teaspoon salt
- 1 cup shredded part-skim mozzarella cheese, divided
- 1 cup grated Parmesan cheese, divided
- 4 cups marinara sauce
- ½ cup water
- 1 package (8 ounces) manicotti shells
- Additional minced fresh parsley, optional

#### Directions

1. Preheat oven to 350°. In a small bowl, mix the first 6 ingredients; stir in ½ cup mozzarella and ½ cup Parmesan cheese. In another bowl, mix marinara sauce and water; spread ¾ cup sauce onto bottom of a 13x9-in. baking dish coated with cooking spray. Fill uncooked manicotti shells with ricotta mixture; arrange over sauce. Top with remaining sauce.
2. Bake, covered, until pasta is tender, 50 minutes. Sprinkle with remaining ½ cup mozzarella and ½ cup Parmesan cheese. Bake, uncovered, until cheese is melted, 10-15 minutes longer. If desired, top with additional parsley.

### Strawberry Cobbler

#### Ingredients

##### Filling:

- 1/3 cup strawberry jam
- 1/4 cup cornstarch
- 1/4 cup granulated sugar
- 1 tablespoon fresh lemon juice
- 2 pounds strawberries, hulled and quartered

##### Biscuit Topping:

- 1 3/4 cups all-purpose flour (see Cook's Note)
- 1/4 cup plus 2 tablespoons granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon fine salt
- 6 tablespoons cold unsalted butter, diced
- 3/4 cup plus 2 tablespoons cold heavy cream
- 1 teaspoon vanilla extract
- Vanilla ice cream for serving

#### Directions

1. For the filling: Position a rack in the center of the oven and preheat to 375 degrees F. Whisk together the jam, cornstarch, sugar, lemon juice and 2 tablespoons water in a large bowl until well combined. Add the strawberries and toss gently to coat evenly. Transfer the mixture to a 2-quart baking or gratin dish, using a spatula or the back of a large spoon to gently pack the fruit into an even layer. Set aside.
2. For the topping: Pulse together the flour, 1/4 cup of the sugar, baking powder, and salt in a food processor. Add the butter and pulse until the mixture resembles coarse meal. Add 3/4 cup of the cream and the vanilla and pulse until the dough just starts to come together. Do not over mix.
3. Spread the dough evenly over the strawberries, drizzle with the remaining 2 tablespoons cream and sprinkle with the remaining 2 tablespoons sugar.
4. Place the cobbler on a baking sheet and bake until the topping is lightly browned and the fruit is bubbling, about 1 hour. Let the cobbler cool completely before serving, 2 to 3 hours. Serve with vanilla ice cream.

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## Seniors' Events made possible by New Horizons for Seniors Program Grant View larger versions here: <https://www.montgomerylegion.ca/events.html>

**MOVEMENT AT THE MONTGOMERY WITH MICHELLE**

**Weekly Seniors' Fitness Class**

Follow along with exercises for a full body workout geared to adults of all ages and fitness levels.

**When:** Tuesdays at 2:30-3:15pm  
Starting April 3rd.

(No classes: April 22, May 20, July 1, Aug 5, Sept 2, Sept 30)

**Location:** The Montgomery Legion, 330 Kent St. Lower Level.

**Older Adults Fitness Instructor:**  
Michelle Bourdeau, AIM Fitness

Hosted by:  
**Montgomery Legion**

**Wear your running shoes & workout clothes! Remember to pack your water bottle!**

**Food For Thought - Nutrition for an Aging Brain**

Join us on Thursday, April 10th at The Montgomery Legion

- Learn about vitamins that help reduce the risk of dementia.
- Learn how you can improve your diet for a brain makeover.
- Learn how to improve your brain on a budget!

**Event Details**  
Event Date: Thursday, April 10, 2025  
Schedule: Presentation 11:30 am - 12:15 pm  
Registration 12:45 pm - 1:30 pm

**Registration**  
Please RSVP to: [RL351Events@outlook.com](mailto:RL351Events@outlook.com)  
or call: 613-233-7292  
Guest List Call: 613-233-7292

Hosted by:  
The Montgomery Legion  
330 Kent Street, Ottawa

Presented by:  
AIM Fitness  
with a special thanks to the sponsor of this event  
[www.aimfitness.com](http://www.aimfitness.com)

Montgomery Legion

**MONTGOMERY WELCOME EVENT For Current and New Members**

SUNDAY, APRIL 13, 2025

Entertainment by **Schurf**

**Event Details**  
2:00 pm General Meeting & Election  
3:00 pm Extra Entertainment  
4:00 pm Light Dinner

PLEASE RSVP by April 8/25:  
[RL351Events@outlook.com](mailto:RL351Events@outlook.com)  
Or call 613-233-7292

BRING YOUR OWN BEVERAGE  
BAGGING FOR LAUNDRY 8:30 AM  
WALK-IN - GOLF 9:30 AM CART 10:00 AM  
9:15-10:00 AM ON 30 WALK-IN 10:00 AM

Montgomery Legion

**CONNECTING OUR LEGIONS**

PLEASE JOIN US AT THE MONTGOMERY LEGION FOR A LIGHT LUNCH  
SATURDAY, APRIL 26, 2025 AT 12PM NOON

**BRING YOUR DARTS - WE HAVE CUBES AND DART BOARD**

PLEASE RSVP YOUR ATTENDANCE BY APRIL 21/25 to:  
[RL351Events@outlook.com](mailto:RL351Events@outlook.com) or call 613-233-7292

Parking is available nearby in the Legion House parking lot, 339 Kent Street. Entrance on Gilmour Street

Montgomery Legion

## Zone G-5 Golf Tournament

Montgomery Legion is working with the Zone sports chair to re-instate the Zone G-5 Golf Tournament. If you don't play golf, you can stop here.

This is a call to all golfers to represent our Branch in one of the 4 different categories. See poster and the rules. Its more of a meet and greet than competitive, although good golfers can move on to district.

It will be held at Manderley golf course and \$85 registration includes Golf, Cart, Hamburger with chips and taxes.

Please reply to [denniswsirman@gmail.com](mailto:denniswsirman@gmail.com) if you are interested.

**Legion**

**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 Sirman 613-227-7890

**The \$85 fee includes**  
tees,  
cart (no walking)  
and a hamburger with a bag of chips, (after golf)

Montgomery Legion  
330 Kent St.  
Ottawa, Ontario K2P 2A6

Branch Manager: Joan McCorkell 613-233-7292  
Branch Service Officer: 613-233-1611

Lounge 613-233-2310 FAX 613-565-1902

Branch e-mail: [rcl351@rogers.com](mailto:rcl351@rogers.com)

Website: [www.montgomerylegion.ca](http://www.montgomerylegion.ca)

Next General Meeting  
May 11, 2025 at 2 pm

## Hours of Operation

Sunday - Closed

Monday - Closed

Tuesday - 11:00 am to 8:00 pm

Wednesday - 11:00 :am to 8:00 pm

Thursday - 11:00 am to 8:00 pm

Friday - 11:00 am to 8:00 pm

Saturday - 11:00 am to 8:00 pm

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.

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## 'End of an era': Last surviving Battle of Britain pilot dies

*Our freedom won by men like this...Thank You, Sir!*



The last surviving Battle of Britain pilot, John "Paddy" Hemingway, has died at the age of 105.

Mr. Hemingway, who was originally from Dublin, joined the Royal Air Force (RAF) as a teenager before World War Two.

At 21, he was a fighter pilot in the Battle of Britain, a three-month period when air force personnel defended the skies against a large-scale assault by the German air force, the Luftwaffe.

<https://www.bbc.com/news/articles/cvg1z42pkj8o>

## Zone G5 Euchre Tournament



We had eight Montgomery members (2 teams) participating in the Zone G5 Euchre Tournament hosted by Branch 593 - Bells Corners on March 16, 2025. Both teams did very well and are advancing to the District Tournament on March 29, 2025 hosted by Branch 592 - Chalk River



April 13<sup>th</sup> will be our decision day.  
Your vote is important!  
It will help decide who will lead our branch forward.

 **vote**