

February  
2025

# MONTGOMERY MESSENGER

Volume 2  
Issue 2

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

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Montgomery Messenger: [messenger@montgomerylegion.ca](mailto:messenger@montgomerylegion.ca) or [legionbranch351@gmail.com](mailto:legionbranch351@gmail.com)

## From The President's Desk

Robert Buss, CD

Welcome to 2025 and the 80<sup>th</sup> Anniversary of Montgomery Legion.

I want to introduce and welcome our new Treasurer Maria Fernanda Abraham, to the Executive. Maria is a financial analyst with CRA and brings years of experience to the job. Looking forward to working with Maria in the year ahead.

We have been informed by Dominion Command that effective January 30, 2025, they are increasing per capita tax by \$1.25 and the Legion Magazine cost by \$3.00 plus applicable taxes. This will bring the Dominion Command per capita tax including the Legion Magazine to \$28.31. The current Ontario per capita tax is \$11.00 for a total capita tax of \$39.51. Our current membership is \$60.00 for current members and a one-time fee of \$65.00 for new members. We will bring forward a motion at the February 9<sup>th</sup> General meeting to increase the current membership fees to offset these increases.

On July 13<sup>th</sup>, 1945, the Royal Canadian Legion, Branch #351 (Ontario), received its charter and became officially The Montgomery Legion, named in honour of Field Marshal Bernard Law Montgomery, 1st Viscount Montgomery of Alamein, KG, GCB, DSO, PC, DL.

2025, will mark 80 years of dedicated service of our Volunteers and staff to our Veterans, our seniors, our youth and our community. We can take great pride in all that our members have accomplished. A great number of individuals and organizations have benefited from their tireless efforts.

We require assistance in planning an event to commemorate our 80<sup>th</sup> Anniversary which is coming up on June 13<sup>th</sup>. Anyone interested in helping out or has a fundraising idea, can contact Joan in the office at [legionbranch351@gmail.com](mailto:legionbranch351@gmail.com)

Also, if anyone has pictures or stories to share, please forward them to Andre Ouellette at [messenger@montgomerylegion.ca](mailto:messenger@montgomerylegion.ca) for inclusion in the newsletter

## Veteran Family Program

by Dean McCuaig

Releasing from the Canadian Armed Forces can be challenging for members and families, but even more so when the release is the result of a medical situation. When a Canadian Armed Forces member makes the transition from active service to veteran status, their family does too. The Veteran Family Program is here to help ease that transition by providing enhanced information and referral services, specialized transition programs and some of the traditional programs offered through Military Family Resource Centres.

The Veteran Family Program benefits the medically releasing Canadian Armed Forces members, medically released Veterans and their families by helping them navigate the complex process of releasing, the challenges that may arise, and the sometimes-unexpected impact on the social, emotional, and financial wellbeing. Programs and services are always aimed to meet individual needs, and work towards finding solutions and support. The Veteran Family Program can enhance other services provided through the Canadian Armed Forces Transition Group, Veterans Affairs Canada and other organizations in the local community.

*The Veteran Family Program is funded through Veterans Affairs Canada and in partnership with Canadian Forces Morale and Welfare Services. Military Family Services (a division of Canadian Forces Morale and Welfare Services) partners with Military Family Resource Centres to deliver services to medically releasing Canadian Armed Forces members, medically released Veterans and their families from across Canada.*

To learn more about services offered locally please click here [CFMWS | Veteran Family Program | CFMWS](#)

## Montgomery Legion Branch #351

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- 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

## From the Kitchen to the Table



### Tomato Vegetable Pasta Soup

Olive oil

1 large (28oz.) can Aylmer tomatoes with olive oil & garlic

1 large can tomato juice

1 1/2 cups pasta (penne or rotini) cooked, blanched and drained and set aside

1 large red onion (chopped)

3 large cloves garlic (minced)

3 or 4 stalks celery (in 1/4" slices)

1 large green pepper (chopped into bite-size pieces)

1 large sweet red pepper (chopped into bite-size pieces)

1 package fresh baby spinach (washed)

1 package matchstick carrots

1 tsp dried Oregano

1 tsp dried Basil

1/2 tsp Cumin

2 vegetable bouillon cubes (dissolved)

1/4 cup Parmesan cheese

9 cups water

Salt & pepper to taste

In a large pot, add oil, onions and garlic and sauté until onions are translucent

Add tomatoes with juice

Add tomato juice

Add all remaining ingredients except pasta

Cover and bring to a boil (stir often)

Lower heat to continue on a slow roiling boil for one hour

Add pasta

Bring back up to a boil for 15 minutes

Serve immediately with garlic bread



### Bacon Monte Cristo Sandwiches

#### INGREDIENTS

8 slices thick cut bacon

8 slices sandwich bread

8 slices honey ham

8 slices processed cheese

butter, softened

3 large eggs

1/4 cup whole milk

salt, to taste

#### INSTRUCTIONS

1. Preheat oven to 400°F.
2. Lay bacon on baking sheet. Bake for 15 minutes or until done. Remove from the oven and transfer to a cooking rack or a plate lined with paper towels.
3. Lay out 8 slices of bread. Lightly coat one side of each slice with butter. Lay a slice of cheese on each buttered slice of bread. Place a slice of ham on top of each slice of cheese. Cut bacon strips in half and place 4 halves next to one another on each sandwich. Put the bottom half onto the top, making a sandwich with all the ingredients on the inside.
4. Wrap the sandwich tightly with plastic wrap and refrigerate for at least 30 minutes to 1 hour. (Wrapping the sandwich in plastic wrap, compacts it, and prevents the egg batter from seeping in). Combine the eggs and milk in a shallow bowl. Heat a griddle over medium-high heat. Once the griddle is hot enough to scatter a drop of water, brush with softened butter.
5. Unwrap the sandwiches and dip in the egg batter (one at a time), to coat evenly. Gently place it on the griddle, and fry. Turn once and then cover with a metal bowl (this helps to melt the cheese, my keeping the heat in) until golden brown and hot, about 5 minutes total.
6. Serve and enjoy!

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## Honey Garlic Pork Tenderloin

### Ingredients

Pork tenderloin cut into one inch medallions.

6 tbsp honey

3 tbsp soy sauce

4-6 garlic cloves crushed

1 tbsp lemon juice

1 tbsp sesame seeds (optional)

### To finish

1 tbsp corn starch

3 green onions finely chopped

### Preparation

Whisk all the marinade ingredients together and pour over the tenderloin in an ovenproof dish. Refrigerate at least 4 hours.

Bake uncovered for 30 mins at 375 degrees or until meat tests done. Keep meat warm. Dissolve cornstarch in ½ cup water. Add to juices in pan and heat, stirring until thickened, add green onion and serve over rice.



## Zone G-5 Dart Shoot

Hosted by Orleans branch 632 on Saturday, January 11th, 2025

16 players represented The Montgomery Legion

Our branch is sending forward one person for singles and one team to the tournament in Kingston, RCL Branch 631 on January 25, 2025.

**We wish them all GOOD LUCK!**



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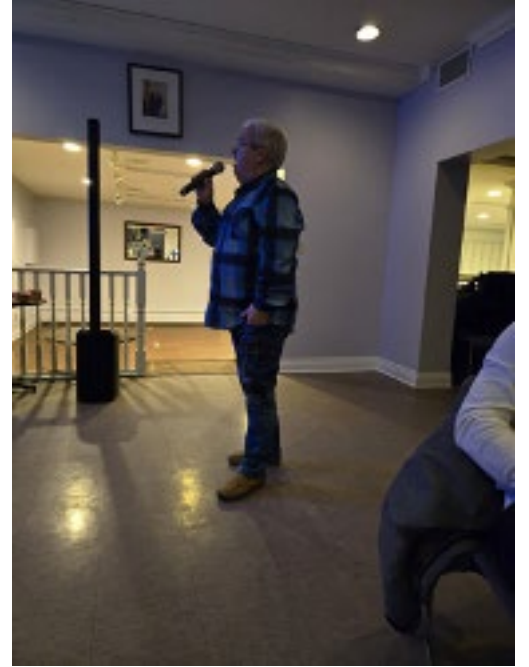
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## Karaoke Night at 351 Every Friday night – 7pm – 11pm



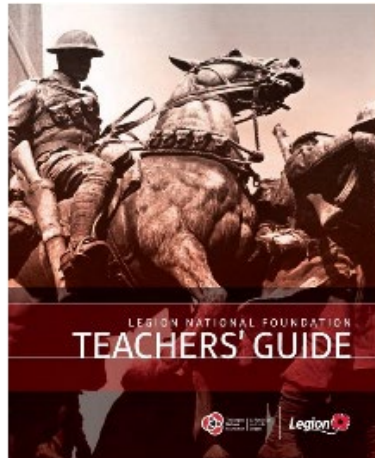
The Legion  
National  
Foundation

La Fondation  
nationale  
Légion

The Legion National Foundation (LNF) was established by The Royal Canadian Legion. It was incorporated under the Canada Not-for-Profit Corporations Act and is a registered charity. With the assistance of The Royal Canadian Legion, LNF conducts charitable activities including Remembrance contests for youth, The Teachers' Guide, and Pilgrimages of Remembrance.



Remembrance Contests  
for Children and Youth



Teachers' Guide



Pilgrimage of  
Remembrance

Learn more about **The Legion National Foundation** at: [LNFCanada.ca](http://LNFCanada.ca)



## Charitable Foundation

The Ontario Command Branches and Ladies' Auxiliary Charitable Foundation, a registered charity, is a partnership of the branches of the Royal Canadian Legion and their Auxiliaries in Ontario Command.

Branches and auxiliaries, through poppy tagging and activities such as bingo, break open tickets, raffles and clubhouse operations, fund the foundation. Through our collective strength, we are able to fund projects, which are normally beyond the means of individual branches. Read more at: <https://www.on.legion.ca/who-we-are/community>



## The Ontario Provincial Command Ladies' Auxiliary

The Legion was founded in November 1925 in Winnipeg and chartered in July 1926 by special Act of Parliament. However, Veteran's Welfare and Assistance had been carried on since 1916. During the 1914-1918 war years as wounded Veterans returned home, women were asked to help with their recovery by visiting hospitals, sending parcels to the hospitalized and to needy families. These ladies served the Veterans and their dependants. Thus, our Ladies' Auxiliary unofficially became a reality! Ontario Command currently has 203 Auxiliaries with 6,051 members. Read more at: <https://www.on.legion.ca/who-we-are/ladies'-auxiliary>

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## FOR POSTERITY'S SAKE



A Royal Canadian Navy Historical Project

"For Posterity's Sake" - a site dedicated to the men and women of the Royal Canadian Navy and the ships they lived and served in. This is a personal website and is not affiliated with the Government of Canada nor the Department of National Defence.

The goal of this site is to preserve and share the history of those who have sailed in the ships of the RCN. The history we all have buried in our basements or closets in boxes and photo albums - photos of grandparents and parents, aunts and uncles who have also taken pictures and told stories of their time in. This is the history you will not find on the government's historical pages - and its these photos and stories that we all have that I'm hoping to preserve here for posterity's sake. Read more at: <http://www.forposterityssake.ca/RCN.htm>

### Resources for Legion Members



Equine-assisted  
psychotherapy program



Canadian Wings



Wounded Warriors



Commonwealth War  
Graves Commission



Soldier On



Veterans Voices  
of Canada



The Memory Project



GROUND SUPPORT  
FOR VETERANS  
Vets Canada



The Vimy Foundation



LAST POST FUND  
FONDS DU SOUVENIR



Military Family  
Resource Centre



CANADIAN HERO FUND  
Canadian Hero Fund



OPERATION:  
LEAVE THE  
STREETS  
BEHIND  
Homeless Veterans Assistance



Write  
to the  
Troops



National Flag  
of Canada



Legion  
Dispatch



The Last Post



Join Us



Stolen Valour  
Canada  
Custodibus ad Bella Fortissimi



The Maple Leaf



SUPPORT OUR TROOPS



We are The Guardians of Remembrance

