

CANADA DAY EDITION



In our mind and in our heart



On this Canada Day, let us remember that every day, in this country, a woman worries for her husband. A man worries for his wife. A son wonders, where's dad today? A daughter just wants her daddy to come home.

There are missed birthdays, anniversaries and holidays, Little League games, piano recitals and many other occasions lost. There's that empty chair at the dinner table, a stark reminder of the sacrifices made in defence of freedom.

There's a hole in the heart that can only be filled when that Veteran comes home.

Military and RCMP families all across Canada live this every single day that their loved-one is deployed somewhere on planet earth.

To the men and women of the CAF, the RCMP and their families, I offer my utmost respect and most profound THANK YOU!

God bless and may you all be together again soon.

Ed.



CANADIAN FLAG PROTOCOL

The Canadian Flag was approved by Parliament and on February 15, 1965 proclaimed by Her Majesty The Queen. It is described as a red flag of the proportions two by length and one by width, containing in its centre a white square the width of the flag, bearing a single red maple leaf.

<https://www.rcl-zoneq5.ca/flag-protocol.html>

My name is Joe and I AM CANADIAN (Molson commercial)
<https://www.youtube.com/watch?v=BRI-A3vakVg&t=59s>

July
2024

MONTGOMERY MESSENGER

Volume 1
Issue 4

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

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ICS Veteran Training Program

Are you a Canadian Veteran or a serving member of the CAF who is looking for a civilian qualification in disaster and emergency management?

Team Rubicon Canada is offering a free training program for CAF veterans and serving members to provide you with the qualifications and skills you need to work in the field of emergency management and disaster response.

Incident Command System (ICS) training program, funded by Veterans Affairs Canada, leads to nationally recognized qualifications that are geared towards filling those roles, and gives veterans the opportunity to practise their skills on actual missions across Canada and around the world.

We are offering a course for Ontario veterans and serving members in Ottawa June 24-28 2024. For more information, visit <https://team-rubicon.ca/vac-ics-training/> or email ICS@teamrubicon.ca today!



The Legion in partnership with GetFeedz Inc, a Priceline Partner Solutions Partner is excited to announce www.legiontravel.ca. Members, friends, and family can access this site to book discounted hotel fares with a portion of all travel bookings being provided to the Legion to support our work. I would encourage you all to register and check the great deals available. You will only be able to access the deals once you register, which is a very straightforward process. www.legiontravel.ca.

Dion Edmonds
Director, Marketing & Communications / Directeur, Marketing et Communications
Royal Canadian Legion



On July 13th, 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.

Next year, 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 benefitted from their tireless efforts.

Let us begin planning for an Eightieth Anniversary Celebration. Let's show our pride in our branch, in each other and our service.

We need your ideas/suggestions and comments in order to make this happen. Let's make this an occasion to remember!

Andre L. Ouellette (Ed.)

****WE*** are the Montgomery Legion*
messenger@montgomerylegion.ca



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**LWRA Battlefield Tour in Northwest Europe
and the Celebration of the 80th Anniversary of the Liberation of
Bergen op Zoom**

**Paris to Amsterdam: France – Belgium – the Netherlands
October 16 – 29, 2024 (14 days)**

<https://www.montgomerylegion.ca/PDF/Europe%20Battlefield%20Tour.pdf>



Beaumont-Hamel

July 1st, 1916

Of all the battles that the Newfoundland Regiment fought during the First World War, none was as devastating or as defining as the first day of the Battle of the Somme.

The Regiment's tragic advance at Beaumont Hamel on the morning of July 1, 1916 became an enduring symbol of its valour and of its terrible wartime sacrifices.

The events of that day were forever seared into the cultural memory of the Newfoundland and Labrador people.

<https://www.heritage.nf.ca/first-world-war/articles/beaumont-hamel-en.php>.



On July 10, 1940, the Germans begin the first in a long series of bombing raids against Great Britain, as the Battle of Britain, which will last three and a half months, begins.

After the occupation of France by Germany, Britain knew it was only a matter of time before the Axis power turned its sights across the Channel. And on July 10, 120 German bombers and fighters struck a British shipping convoy in that very Channel, while 70 more bombers attacked dockyard installations in South Wales.

<https://www.history.com/this-day-in-history/the-battle-of-britain-begins>



The Battle of Passchendaele

Canada and the Battle of Passchendaele

The Battle of Passchendaele, also known as the Third Battle of Ypres, was fought during the First World War from 31 July to 10 November 1917. The battle took place on the Ypres salient on the Western Front, in Belgium, where German and Allied armies had been deadlocked for three years.

<https://www.thecanadianencyclopedia.ca/en/article/battle-of-passchendaele>



Canada Day Grilling

(From the Kitchen to the Table)

Pork Souvlaki

Ingredients

- 1 lemon, juiced
- 1/4 cup olive oil
- 1/4 cup soy sauce
- 1 teaspoon dried oregano
- 3 cloves garlic, crushed
- 4 pounds pork tenderloin, cut into 1 inch cubes
- 2 medium yellow onions, cut into 1 inch pieces
- 2 green bell peppers, cut into 1 inch pieces
- skewers

Directions

1. In a large glass bowl, mix together lemon juice, olive oil, soy sauce, oregano, and garlic; add pork, onions, and green peppers, and stir to coat. Cover, and refrigerate for 2 to 3 hours.
2. Preheat grill for medium-high heat. Thread pork, peppers, and onions onto skewers.
3. Lightly oil grate. Cook for 10 to 15 minutes, or to desired doneness, turning skewers frequently for even cooking.

Grilled Hawaiian Beef Kabobs

Ingredients

Marinade

- 6 ounces pineapple juice
- 1/4 cup low sodium soy sauce
- 1/4 cup extra virgin olive oil
- 1/4 cup light brown sugar
- 1/4 cup apple cider vinegar
- 1 tablespoon unsulfured molasses
- 2 teaspoons minced ginger
- 2 teaspoons minced garlic

Beef Kabobs

- 1 1/2 pounds beef sirloin tip, cut into 1" pieces
- 1 red pepper, cut into 1" pieces
- 1/2 fresh pineapple, cut into 1" chunks
- 1/4 red onion, cut into 1" pieces
- 1 zucchini, cut into 1/4 - 1/2" thick coins
- extra cooking oil for preparing grill grates

Directions

1. Soak 12 wood skewers in water for at least 30 minutes.
2. In a medium bowl or resealable container combine marinade ingredients. Whisk until well combined. Reserve 1 cup marinade.
3. Add beef to remaining marinade in bowl. Toss to coat. Cover and marinate at room temperature for 30 minutes. If marinating longer be sure to refrigerate.
4. Meanwhile, add reserved 1 cup marinade to a small saucepan and cook on medium high, stirring occasionally, until reduced by half (you can skip this step but I love the thick coating of sauce on the beef).
5. Prep pineapple and veggies.
6. Preheat grill to high. Layer beef and veggies on skewers. Use 2 skewers about 1/4" apart for each kabob. I start the kabob and end the kabob with beef. But you can do it any way you like. Layer them so the ingredients are touching but not smashed together. Divide the ingredients out over 6 skewers.
7. Wad paper towels into a ball and hold with tongs. Dip into a bowl of cooking oil. Rub paper towel over the hot grill grates to thoroughly coat them.
8. Grill kabobs for 2 to 3 minutes per side until golden brown and cooked through. Brush with reserved marinade when you place them on the grill and each time you turn the kabobs. Remove from grill and serve.

Best Steak Marinade

Ingredients:

- 1/2 cup olive oil
- 1/4 cup soy sauce
- 2 tablespoons balsamic vinegar
- 2 tablespoons Worcestershire sauce
- 2 tablespoons Dijon mustard
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper, to taste

Directions:

In a large bowl, whisk together the olive oil, soy sauce, balsamic vinegar, Worcestershire sauce, Dijon mustard, garlic, thyme, rosemary, salt, and pepper. Add the steaks to the bowl and coat them evenly with the marinade. Cover the bowl with plastic wrap and refrigerate for at least 2 hours or overnight. Remove the steaks from the refrigerator and allow them to come to room temperature for about 30 minutes. Preheat the grill to high heat. Remove the steaks from the marinade and discard the marinade. Place the steaks on the grill and cook for 4 to 6 minutes per side, or until the desired degree of doneness is reached.



Happy Canada Day!

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*"Volunteering is at the very core of being a human.
No one has made it through life without someone else's help." – Heather French Henry*

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.

Contact the branch if you can help. Phone: 613-233-7292 or e-mail: rcl351@rogers.com

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." – Margaret Mead



O Canada

OUR NATIONAL ANTHEM (English version)

O Canada! Our home and native land!
True patriot love in all of us command.
With glowing hearts we see thee rise,
The True North strong and free!
From far and wide,
O Canada, we stand on guard for thee.
God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee

O Canada

OUR NATIONAL ANTHEM (Bilingual version)

O Canada! Our home and native land!
True patriot love in all of us command.
Car ton bras sait porter l'épée,
Il sait porter la croix!
Ton histoire est une épopée
Des plus brillants exploits.
God keep our land glorious and free!
O Canada, we stand on guard for thee.
O Canada, we stand on guard for thee.

O Canada in 11 languages

<https://www.youtube.com/watch?v=1jROsqdrLdk>

Turn on your speakers

