

June  
2024

# MONTGOMERY MESSENGER

Volume 1  
Issue 3

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

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## SPECIAL EDITION

### From The President's Desk

*Dennis Sirman (President)*

The Branch continues to have problems with attendance at events, lack of volunteers and basically everything requiring participation of its members. The agenda for the new executive will be to sell 330 Kent and then search for a new home. At this coming **General meeting on the 9<sup>th</sup> of June**, the motion to sell the building will be debated and voted on. Branch 351 located AT 330 Kent has over 15,000 square feet. We lease out over 10,000 sq ft. The remaining footage is actively rented out to assist in meeting our financial obligations. We are down to two events per week Karaoke Fridays, (reasonably attended and summer darts again, reasonably attended).

The call for Volunteers to plan an 80<sup>th</sup> Anniversary celebration went unnoticed. Not one person replied. Three people acknowledged our new newsletter in a positive way with the rest saying nothing. I have three new volunteers that are new members and unable to have an Executive position at the Branch until they have been a member for a year. I fear we will lose them.

I have been asked to have an Honours and Awards night, celebrating the Volunteers of Branch 351. Unfortunately, I feel it will only be the dozen or so people that give back to the Branch and it would have to be organized by the very people being recognized for their work.

Not a very happy picture!

I hope with the coming change of location and smaller premises that we can continue to be the proud Centertown Branch, respected by everyone and well attended.

**See you on the 9<sup>th</sup> of June, 2pm at the Branch. It's your Branch help determine its future.**

### Montgomery Branch and YOU!

*Andre L. Ouellette (Ed.)*

Eighty years ago in 1944, Cecil Hall and Jim Potter, together with another dozen or so organizers, were instrumental in finally forming a new branch of the Legion here in Ottawa.

The following year, the branch charter was obtained on 13 June 1945. After receiving permission from the proper source, the branch was officially named Montgomery (Ontario 351) Branch in honour of Field Marshal Bernard L. Montgomery of Alamein. The first serving president was Comrade Cecil Hall, one of our charter members.

Fast forward to today, June 2024...

As you can see from our President's article above, Montgomery Branch is in trouble. Our financial situation is a grave concern, true. But our greatest problem is member apathy. Many of our members don't seem to care about the future of our branch. The majority of our comrades appear to have the attitude that "somebody" will take on the necessary tasks. Well, friends, I have yet to meet a man or woman named "somebody".

There is talk of possibly giving up our charter. That would be a very sad ending to a once proud branch of the Royal Canadian Legion.

Next year, 2025, will mark the 80th Anniversary of this branch receiving its charter. I hope to celebrate that milestone with my comrades at 351.

If we are to keep our branch, we need to come together as a team. A few hours of your time can make the difference. Think about it!

**If not YOU, WHO?**

# SAVE OUR BRANCH

*Support, Participate, Donate, Volunteer...*

*DO SOMETHING!*

*\*YOU\* are the Montgomery Legion*

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

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On this day, June 6<sup>th</sup>, 1944, Canada and its allies launched **Operation Overlord**, the greatest sea-borne invasion the world had ever seen. 150,000 troops stormed five beaches code-named **Gold**, **Sword**, **Juno**, **Omaha** and **Utah** in Normandy, France. The operation began the liberation of German-occupied France (and later Europe) from Nazi control and laid the foundations for the Allied victory on the Western Front.



## Battle of the Somme

The four-month Battle of the Somme was fought from 1 July to 18 November 1916. Allied commanders sought to relieve pressure on the French defenders of Verdun to the south by inflicting heavy losses on German forces farther north and drawing German reserves into the battle.

<https://www.warmuseum.ca/firstworldwar/history/battles-and-fighting/land-battles/the-somme/>



## Canada's Peacekeepers

### **UN Peacekeeping Service and Sacrifice: Thank You Canada**

Canada was among the first countries to contribute to UN Peacekeeping when it participated in the first peacekeeping operation, the UN Truce Supervision Organization in the Middle East (UNTSO) in 1954.

Since then, Canada has provided more than 125,000 military and police personnel to dozens of UN peace operations around the world. We are following two Canadian peacekeepers deployed in the UN Stabilization Mission in the Democratic Republic of the Congo (MONUSCO).

<https://peacekeeping.un.org/en/canada-0>

## Books of Remembrance



The eight Books of Remembrance contain the names of more than 120,000 Canadians who have given their lives in the service of our country.

Traditionally kept under protective glass in the Memorial Chamber of Canada's Parliament Buildings, the books are currently displayed at Parliament Hill's Visitor Welcome Centre, in the Room of Remembrance, while Centre Block undergoes a decade-long renovation.

<https://www.veterans.gc.ca/en/remembrance/memorials/books>





*The war killed 165 Canadians — 158 soldiers and 7 civilians. Many Canadian Veterans of the war in Afghanistan suffer from post-traumatic stress disorder.*

**The war in Afghanistan** (2001–14) was Canada's longest war and its first significant combat engagement since the Korean War (1950–53). After the 2001 terror attacks on the United States, Canada joined an international coalition to destroy the al-Qaeda terrorist network and the Taliban regime that sheltered it in Afghanistan.

Although the Taliban were removed from power and the al-Qaeda network was disrupted, Canada and its allies failed to destroy either group, or to secure and stabilize Afghanistan. More than 40,000 Canadian Armed Forces members served in the 12-year campaign.

<https://www.thecanadianencyclopedia.ca/en/article/international-campaign-against-terrorism-in-afghanistan>

### **The Canadian Virtual War Memorial – Canadians lost in Afghanistan**

<https://www.veterans.gc.ca/en/remembrance/memorials/canadian-virtual-war-memorial/results?submit=Search&war=6&book=100>

## **Operation Leave The Streets Behind**



### **MISSION STATEMENT:**

*To ensure that every Veteran who is homeless or near homeless finds the help they need to leave the streets behind.*

In November 2009 Mr. Joe Sweeney, a Korean War Veteran who has dedicated much of his time to assisting homeless persons in the City of Toronto, wanted to organize a Remembrance Day Ceremony to honour the homeless Veterans.

With assistance from The Royal Canadian Legion, Ontario Command it was held at the Scott Mission in Toronto. At the conclusion of the ceremony it quickly became evident that there were a number of homeless Veterans within the city and a team made up of personnel from Veterans Affairs Canada and The Royal Canadian Legion, Ontario Command were determined to see what could be done to assist them.

<https://www.on.legion.ca/veterans-seniors/homeless-veterans-assistance>

## **The Veteran Family Program in the National Capital Region**

*By Dean McCuaig , Director of Operations for Military Family Services, (ret'd), at Canadian Forces Morale and Welfare Services*

When it comes to transition, every path is different. The first step is choosing a direction. To help with that, the program coordinator will help you develop your family's 'care plan'. This plan will identify the right programs and services for your needs such as local resources, transition programs, referrals or intervention support.

Making the transition from military to civilian lifestyle can be complex. In recognizing the potential challenges, we have programs and services tailored to supporting families through this experience. Our program specialist supports families here in the NCR who are experiencing transition. If you are navigating a medical release process, please [connect with our Veteran Family Program Coordinator \(VFPC\)](#). If you are navigating a non-medical release, please connect with the [Family Transition Advisor](#).

Transitioning and preparing for life outside of the military can be challenging and complicated for families. Exploring applicable resources and supports, and being able to feel understood and heard is so important. We provide opportunities for families to connect with peers and we aim to be a trusted resource when it comes to navigation of services in the larger community.

To learn more, click here <https://cfmws.ca/national-capital-region/military-family-services/veterans>

## Montgomery Lifelong Learning Program

There were three successful presentations hosted by the Montgomery Lifelong Learning Program between March and June this year.

**March 13 - Kaitlyn Amell, Branch Manager, RBC and Constable Sebastien Lemay** led an interactive presentation educating those on fraud and cyber fraud. Both provided tips on how to avoid being scammed and in the event of being scammed, where to turn for help.

**May 15 - Meg Stickl of AIM Fitness** ran a presentation where participants learned how to reduce stress in 10 minutes per day and the top 3 things that will help improve health. Participants were guided in exercises that can be done at home without equipment.

**June 4 - Daniel Danford Dussault of CNEO/211 and Felicia Hart of Ontario Caregivers Organization** provided information on where caregivers in Ontario can find resources to assist them. Often caregivers neglect themselves and these organizations are there to link caregivers up to free services.

**The Montgomery Lifelong Learning Program** will be taking a break over the summer and will resume in the fall if there is interest.

## From the kitchen to the table

### Barbecued Spareribs

#### Ingredients:

2 full racks Spareribs  
1 medium onion, chopped  
2 Tbsps vegetable oil  
1/4 cup lemon juice  
2 Tbsps vinegar  
1 Tbsp Worcestershire sauce  
2 Tbsp brown sugar  
1/2 cup water  
1 cup chili sauce or ketchup  
Salt & pepper to taste

#### Directions:

Cut ribs into serving pieces.  
Place in baking dish; bake at 350 F for 30 minutes.  
Brown onion in oil.  
Add remaining ingredients; cook slowly for 20 minutes.  
Pour sauce over ribs, continue baking for 1 hour.

### Parmesan Crusted Chicken

1/2 cup Hellmann's Real Mayonnaise  
1/4 cup grated Parmesan cheese  
4 boneless, skinless chicken breast halves about 1-1/4 lbs.  
4 tsp. Italian seasoned dry bread crumbs  
Preheat oven to 425°.

Combine Hellmann's Real Mayonnaise with cheese in medium bowl.  
Arrange chicken on baking sheet. Evenly top with mayonnaise mixture, then sprinkle with bread crumbs.  
Bake 20 minutes or until chicken is thoroughly cooked.  
Preparation Time: 10 Minutes  
Cooking Time: 20 Minutes

### Marinated Cucumbers, Onions, and Tomatoes

3 medium cucumbers, peeled and sliced 1/4 inch thick  
1 medium onion, sliced and separated into rings  
3 medium tomatoes, cut into wedges  
1/2 cup vinegar  
1/4 cup sugar

1 cup water  
2 teaspoons salt  
1 teaspoon fresh coarse ground black pepper  
1/4 cup olive oil

Combine ingredients in a large bowl and mix well.

Refrigerate at least 2 hours before serving

**YOU AREN'T ALONE!**  
**PLEASE REACH OUT**

SUICIDE CRISIS HELPLINE:  
CALL OR TEXT:

**988**

VAC CRISIS LINE:

**1-800-268-7708**

TALK SUICIDE CANADA:

**1-833-456-4566**

 HONOUR OUR VETERANS CANADA 

## Volunteering - What's in it for me?

Volunteering offers a multitude of benefits that can positively impact your life. Here are some reasons why you might consider volunteering:

**Sense of Purpose:** Volunteering allows you to be part of something greater than yourself, giving your life new meaning and mental stimulation.

**Community Connection:** It helps you feel connected to the community you're serving, encouraging involvement in local politics or advocacy for important programs.

**Friendships:** Volunteering is an excellent way to meet new friends and strengthen existing connections with diverse backgrounds.

**Fun and Fulfillment:** Volunteering brings joy and fulfillment to your life, making it a rewarding experience.

*Every person can make a difference, and every person should try.  
John F. Kennedy*



**CANADIAN VETERANS' CRISIS LINE**  
800-273-8255

### Bruce Kane – Montgomery's Veterans' Service Officer

Bruce is a Navy Veteran, who by his own admission, spent most of his time in jail) LOL!!!

He was Branch Manager here until 2012. Approximately 25yrs.

Bruce remained as Service Officer after retiring. He's in almost every day for minimum of 3 hrs.

Very knowledgeable about Veterans and the inner workings of the Legion.

Assists with maintenance and fundraising ideas. Organized our last fundraiser which was a great success.

Thanks, Bruce for all you do for our branch!!!

*Volunteers do not necessarily have the time; they have the heart.  
Elizabeth Andrew*

# Happy Canada Day!



### 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.