

# MONTGOMERY MESSENGER

Official newsletter of the Montgomery Legion

Volume 2 – Issue 7 – June 2025

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

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## From The President's Desk

Robert Buss, CD



On June 13th, 1945, through the tireless efforts of a small group of Veterans, Montgomery Legion received its Charter and began an eighty-year odyssey of dedicated service to our Veterans, our Seniors and our Community. In the early 1980s, Montgomery's membership roll topped 1700 members. Today, we have 225 members.

It is to these 225 members, their family and friends, that I extend [an invitation](#) to come celebrate our history as we look forward with great anticipation to a bright future, filled with new members and new opportunities to better serve those who need us most.

**YOU** are the heart and soul of the Montgomery Branch!

Join us on June 13th, 2025, for a complimentary three-course meal for Veterans and escort, Life Members and Special Guests provided by Elite Catering. All other members \$20.00.

Entertainment provided by The Tune Junkies.

In addition, we will have a Silent Auction for some valuable items, including a one-night stay, (for two), at the Marriott and a \$1000.00 dollar voucher towards the weekend rental of an RV. Additional items are still being collected. The Branch makes a few dollars and you save big-time. Don't miss out!

Reservations and tickets are available at the bar or by calling Joan in the office at 613-233-7292, **(must be picked up and paid for by June 1st)**. This celebration is also open to non-members.

## Talk to a doctor online within 5 minutes or less

by Dean McCuaig

It provides medically released Veterans of the Canadian Armed Forces and their families, one year access to virtual care service. This service works to ensure that you have timely access to a primary care physician during the first year of transition. The Veteran Family Telemedicine Service is part of the [Veteran Family Program](#), funded through [Veterans Affairs Canada](#) in partnership with [Canadian Forces Morale and Welfare Services](#).

Who is eligible? Veterans of the Canadian Armed Forces and their families have one year from their medically released date to sign up in order to be eligible for the Veteran Family Telemedicine Service. Bereaved families of deceased Canadian Armed Forces members also have access to this service. How do I get started? Signing up is easy and free of charge for qualifying Veterans and their families. Click here to visit [Maple](#) and fill out the required information, including name, medical release date, and last three digits of your military service number from when you were in the Canadian Armed Forces. Once your eligibility is verified, you will be prompted to complete your registration to activate your one-year telemedicine license.

Questions? If you have questions regarding this program, you can contact the Family Information Line at 1-800-866-4546. [CFMWS | Veteran Family Telemedicine Service | CFMWS](#)



If you are a Veteran of the CAF or RCMP member, serving or retired, join us once a month, for coffee and a sweet treat.

**Next get-together, June 11th, 10:00am to 12:00pm**

Montgomery Legion (Downstairs)  
On-street parking

This is a **\*Veterans ONLY\*** program.  
Registration is not required,  
simply show up with proof of service and welcome.  
You don't have to be a branch member or even a Legion member.  
We welcome all Veterans!



Avail Veterans Medical provides medical services and medical assistive devices for retired female and male Veterans, First Responders and RCMP service personnel. [Click for details.](#)

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## From the kitchen to the table



### Vegetarian Stuffed Peppers

3 lg. peppers,(red, green, yellow), halved and seeded	4 Tbsps. Salsa
3 tbsp. olive oil	2 tbsp. minced parsley
1 onion, finely chopped	1 1/2 tsp. dried basil, crumbled
2 Large mushrooms, finely chopped	1/2 tsp. salt
1 rib celery finely chopped	1/4 tsp. freshly ground pepper
2 c. cooked corn kernels	1 c. Italian breadcrumbs

- Preheat the grill to 350 degrees.
- Spray a shallow baking dish large enough to hold pepper halves in a single layer with PAM.
- Heat the oil in a skillet and add the chopped onion. Cook, stirring until soft, add the corn, mushrooms, salsa, celery, parsley, basil, salt and pepper and mix very well.
- Lightly fill each pepper half with some of the mixture. Sprinkle the tops with the bread crumbs.
- Grill for 20 to 30 minutes, or until the crumbs are lightly browned.
- Makes six servings.



### Garlic Steak and Potato Foil Packs

#### Ingredients

2-2 ½ pounds top sirloin steak - trimmed of fat and cut into 2 ½-inch pieces, (see note)  
1 pound baby yellow potatoes - quartered (or halved if they are already less than 1 inch in size, see note)  
3 tablespoons olive oil  
salt and pepper to taste - (I use about 1 teaspoon salt and ¼ teaspoon black pepper)  
1 tablespoon minced garlic  
1 teaspoon onion powder  
1 teaspoon dried oregano  
1 teaspoon dried parsley  
1 teaspoon dried thyme  
fresh thyme or parsley for topping - (optional)

#### Instructions

1. In a large bowl combine steak, potatoes, olive oil, salt and pepper, garlic, and seasonings and toss to combine.
2. Divide steak and potatoes between four 12x12 inch sheets of foil, then wrap the foil tightly around the contents to form your foil packs. Grill over high heat for about 10 minutes on each side or until steak and potatoes are cooked through OR bake at 425 degrees for about 20-25 minutes until cooked through to desired doneness (see note).
3. Garnish with fresh thyme or parsley and serve immediately.



### Banana Cream Pie with Pudding

#### Ingredients

- 1 cup cold 2% milk
- 1 package (3.4 ounces) instant vanilla pudding mix
- 1/2 teaspoon vanilla extract
- 1 carton (12 ounces) frozen whipped topping, thawed, divided
- 1 graham cracker crust (9 inches) 2 medium firm bananas, sliced
- Additional banana slices, optional

#### Directions

1. In a large bowl, whisk milk, pudding mix and vanilla for 2 minutes (mixture will be thick). Fold in 3 cups whipped topping.
2. Pour 1-1/3 cups pudding mixture into pie crust. Layer with banana slices and remaining pudding mixture. Top with remaining whipped topping. If desired, garnish with additional banana slices. Refrigerate until serving.



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## History re-visited



### D-Day and the Battle of Normandy

*Canadians landed on the beaches of Normandy on D-Day, 6 June 1944, and helped begin the liberation of Western Europe.*

By the time of the Normandy invasion, Canada had been at war for almost five years. On the first day of September 1939, Germany, in an unprovoked act of aggression, invaded Poland. Britain and France had pledged to protect Polish sovereignty and, after the demand for a German withdrawal went unanswered, declared war on Germany on September 3. ([Read more...](#))



### Canada on D-Day: Juno Beach

Juno Beach was the Allied code name for a 10 km stretch of French coastline assaulted by Canadian soldiers on D-Day, 6 June 1944, during the Second World War. The Canadian Army's 3rd Infantry Division and 2nd Armoured Brigade seized the beach and its seaside villages while under intense fire from German defenders — an extraordinary example of military skill, re-inforced by countless acts of personal courage. ([Read more...](#))



### Korean War Begins

The Korean War began 25 June 1950, when North Korean armed forces invaded South Korea. The war's combat phase lasted until an armistice was signed 27 July 1953. As part of a United Nations (UN) force, 26,791 Canadian military personnel served in the Korean War, during both the combat phase and as peacekeepers afterward. After the two world wars, Korea remains Canada's third-bloodiest overseas conflict, taking the lives of 516 Canadians and wounding more than 1,200. ([Read more...](#))



### United Nations Created

As World War II was about to end in 1945, nations were in ruins, and the world wanted peace. Representatives of 50 countries gathered at the United Nations Conference on International Organization in San Francisco, California from 25 April to 26 June 1945.

For the next two months, they proceeded to draft and then sign the UN Charter, which created a new international organization, the United Nations, which, it was hoped, would prevent another world war like the one they had just lived through.

([Read more...](#))



Every Wednesday Night  
6pm – 9pm



### 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 Siman 613-227-7890



The \$85 fee includes:  
tees,  
cart (no walking)  
and a hamburger with a bag of chips. (Latter gift)



Every Friday Night  
7pm – 11pm

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Zone G5 Council		
2025 – 2027		
Position	Name	Zone e-mail address
Zone Commander	Brent Craig	<a href="mailto:commander@rcl-zoneg5.ca">commander@rcl-zoneg5.ca</a>
Deputy Zone Commander	Lyle Brennan	<a href="mailto:deputycommander@rcl-zoneg5.ca">deputycommander@rcl-zoneg5.ca</a>
Imm. Past Zone Commander	Stephane Guy	<a href="mailto:pastcommander@rcl-zoneg5.ca">pastcommander@rcl-zoneg5.ca</a>
Sports Officer	Garth Lee	<a href="mailto:sports@rcl-zoneg5.ca">sports@rcl-zoneg5.ca</a>
Deputy Sports Officer	Tracy Boss	<a href="mailto:sports2@rcl-zoneg5.ca">sports2@rcl-zoneg5.ca</a>
Secretary	Angela Bourassa	<a href="mailto:secretary@rcl-zoneg5.ca">secretary@rcl-zoneg5.ca</a>
Chair	Dave Cole	<a href="mailto:chairman@rcl-zoneg5.ca">chairman@rcl-zoneg5.ca</a>
Treasurer	Blaine Kiley	<a href="mailto:treasurer@rcl-zoneg5.ca">treasurer@rcl-zoneg5.ca</a>
Bursary	Wyn Fournier	<a href="mailto:bursary@rcl-zoneg5.ca">bursary@rcl-zoneg5.ca</a>
Cadet Liaison	Kevin Brown	<a href="mailto:cadets@rcl-zoneg5.ca">cadets@rcl-zoneg5.ca</a>
Chaplain	Deacon Louis Seward	<a href="mailto:chaplain@rcl-zoneg5.ca">chaplain@rcl-zoneg5.ca</a>
Awards	Mike Adams	<a href="mailto:honours@rcl-zoneg5.ca">honours@rcl-zoneg5.ca</a>
PRVHC & Hospital Visiting	Don and May Ferrera	<a href="mailto:prvhc@rcl-zoneg5.ca">prvhc@rcl-zoneg5.ca</a>
Legion Seniors	Tim Blanchard	<a href="mailto:seniors@rcl-zoneg5.ca">seniors@rcl-zoneg5.ca</a>
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Constitutions & Laws	Stephane Guy	<a href="mailto:by-laws@rcl-zoneg5.ca">by-laws@rcl-zoneg5.ca</a>
Sgt-at-Arms	Ted Bransfield	<a href="mailto:sgt-at-arms@rcl-zoneg5.ca">sgt-at-arms@rcl-zoneg5.ca</a>
Sports & Youth Sports/Track & Field	Garth Lee	<a href="mailto:sports@rcl-zoneg5.ca">sports@rcl-zoneg5.ca</a>
Leadership and Development (TOD)	Vacant	Vacant
Veterans Services	Brent Craig	<a href="mailto:vets@rcl-zoneg5.ca">vets@rcl-zoneg5.ca</a>
Hero’s Ridge Coordinator	Lyle Brennan	<a href="mailto:Herosridge@rcl-zoneg5.ca">Herosridge@rcl-zoneg5.ca</a>
Youth Eduction	Doug Cody	<a href="mailto:youth@rcl-zoneg5.ca">youth@rcl-zoneg5.ca</a>
Website Coordinator	Andre Ouellette	<a href="mailto:webmaster@rcl-zoneg5.ca">webmaster@rcl-zoneg5.ca</a>
Reserve Force Liaison	Don Ferrera	<a href="mailto:reserve-force@rcl-zoneg5.ca">reserve-force@rcl-zoneg5.ca</a>

Montgomery Branch Executive		
Position	Name	Branch e-mail address
President	Robert Buss	<a href="mailto:president@montgomerylegion.ca">president@montgomerylegion.ca</a>
1st Vice-President	Brendan Hennigan	<a href="mailto:1stvice@montgomerylegion.ca">1stvice@montgomerylegion.ca</a>
Secretary	Chantal Chrétien	<a href="mailto:secretary@montgomerylegion.ca">secretary@montgomerylegion.ca</a>
Treasurer	Maria Abraham	<a href="mailto:treasurer@montgomerylegion.ca">treasurer@montgomerylegion.ca</a>
Cadet Liaison	Michael Kostiuk	<a href="mailto:cadets@montgomerylegion.ca">cadets@montgomerylegion.ca</a>
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Poppy Trust Chair	Robert Buss	<a href="mailto:Poppy-chair@montgomerylegion.ca">Poppy-chair@montgomerylegion.ca</a>
Public Relations / Social Media / Member Communications/ Newsletter	André Ouellette	<a href="mailto:news@montgomerylegion.ca">news@montgomerylegion.ca</a>
	Dean McCuaig	<a href="mailto:social-media@montgomerylegion.ca">social-media@montgomerylegion.ca</a>
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Sports	Kevin Edwards	<a href="mailto:sports@montgomerylegion.ca">sports@montgomerylegion.ca</a>
Veterans Service Officer	Vacant	<a href="mailto:vso@montgomerylegion.ca">vso@montgomerylegion.ca</a>
Ways and Means	William Behan	<a href="mailto:means@montgomerylegion.ca">means@montgomerylegion.ca</a>
Youth Programs	Vacant	<a href="mailto:youth@montgomerylegion.ca">youth@montgomerylegion.ca</a>
TBD	Dave Smith	<a href="mailto:@montgomerylegion.ca">@montgomerylegion.ca</a>
TBD	Dawn Cucksey	<a href="mailto:@montgomerylegion.ca">@montgomerylegion.ca</a>

Canadian Military Marches  
(Sound on)

[Royal Canadian Navy](#) | [Royal Canadian Army](#) | [Royal Canadian Air Force](#)



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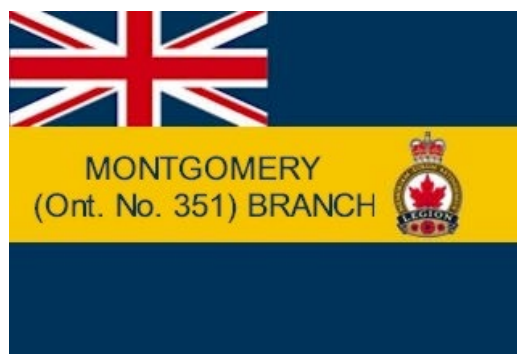
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## Provincial Euchre Tournament

Montgomery at Provincial Euchre Tournament hosted by Royal Canadian Legion Br. 374 Richards Landing on March 29th.

Our team of Dennis Sirman, Hazel Morris, Ken Cucksey, Jean Guy Brunet, tied for 4th place.



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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)

Send comments or submissions for your newsletter to: [messenger@montgomerylegion.ca](mailto:messenger@montgomerylegion.ca)

## Hours of Operation

Sunday – Closed - Monday – Closed - Tuesday - 12:00am to 5:00pm - Wednesday - 12:00pm to 10:00pm

Thursday - 12:00pm to 5:00pm - Friday - 12:00pm to 10:00pm - Saturday - 12:00pm to 5:00pm

**Next General Meeting, Saturday, June 7<sup>th</sup>, 2:00pm**

*At the going down of the sun  
And in the morning  
We will remember them...We will remember them...*



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.

