

March
2025

MONTGOMERY MESSENGER

Volume 2
Issue 4

The official newsletter of the Montgomery Legion
Ottawa's centretown Legion
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Montgomery Messenger: messenger@montgomerylegion.ca or legionbranch351@gmail.com

Daylight Savings Time: Sunday, March 9, 2025, **2:00:00 am** clocks are turned **forward 1 hour**

First day of spring will officially arrive on Thursday, March 20, 2025

From The President's Desk

Robert Buss, CD

It is amazing how quickly time goes by. April and our upcoming elections will soon be upon us. Nomination forms are on the branch bulletin board.

The month of March is also a busy one for the Branch, on March 5th we are hosting the monthly Bingo at the Perley, March 12th, we are hosting our first **Veterans' Coffee Club** meeting, we have a General Meeting on the 9th, Irish Karaoke on the 17th and finally, we are hosting the Pub Night at the Perley on March 19th. These events at the Perley are a very enjoyable and rewarding experiences. . In both instances we can always use a few more members to help. For the Perley events we ask that you meet up in the main rotunda at 6pm.

Let the Branch manager at rcl351@rogers.com know if you can help.

Veteran Family Program and the Military Family Resource Centre-NCR

Dean McCuaig

Making the transition from military to civilian lifestyle can be complex. In recognizing the potential challenges, the MFRC-NCR has programs and services tailored to supporting families through this experience.

Their program specialist supports families here in the NCR who are experiencing transition. If you are navigating a **medical release process**, please connect with the 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. The MFRC-NCR provides opportunities for families to connect with peers and they aim to be a trusted resource when it comes to navigation of services in the larger community.

For more information, please visit their website at [CFMWS | MFS | NCR | CFMWS](#)

Veterans' Coffee Club is a Veteran-run program offering comradeship in a relaxed environment, encouraging Veterans to network and share experiences and stories...while sipping coffee. **Veterans' Coffee Club** aims to help Veterans in their community connect and support each other.



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.

March 12, 10:00am - 12:00pm
Montgomery Legion (Downstairs)
On-street parking

Coffee, treats and great company.

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!

Memory Wall

Gone from our sight, forever in our heart

Dedicated to the memory of our departed comrades

*At the going down of the sun and in the morning...
We will remember them, we will remember them...*

<https://www.montgomerylegion.ca/memory-wall.html>

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Perley Rideau

The Perley and Rideau Veterans' Health Centre Foundation

****Volunteers Needed****

351 @ The Perley

Bingo Night, March 5th - 6:30pm and Pub Night, March 19th - 6:30pm
Hosted by The Montgomery Legion - [contact us](#) if you can help.



[Click to enlarge](#)



Every Wednesday Night
6pm – 9pm



Every Friday Night
7pm – 11pm



Friends of the Canadian War Museum
Les Amis du Musée canadien de la guerre

Wanted: Used Military History Books
Recherche : Livres D'histoire Militaire D'occasion

Dominion Command Videos on YouTube



<https://www.youtube.com/user/RCLDominionCommand/videos>

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Get Your Irish ON!

Irish Stew



Ingredients

- About 1kg/2¼ lamb on the bone
 - 2 carrots
 - 1 large onion
 - 2 celery sticks
 - 1 leek
 - 2-3 garlic cloves, crushed
-
- 1 large bay leaf
 - 1 large sprig fresh thyme
 - Sea salt and freshly ground black pepper
 - 150g/5oz small carrots
 - 150g/5oz baby or pickling onions
 - 1 large floury potato, about 300g/10oz weight, peeled and diced finely
 - 2 spring onions, thinly sliced
 - A little fresh chopped parsley

Directions

- Using a sharp thin boning knife, remove as much meat from the lamb bones as possible. Chop finely and set aside.
- Put the bones into a large pot. Roughly chop the carrots, large onion, celery and leek then place in the pot with the garlic and herbs. Cover with at least 4 litres/7 pints cold water.
- Bring to the boil, season lightly, then simmer gently, uncovered for up to two hours.
- Skim with a large tablespoon if necessary. Let the liquid simmer down until reduced by nearly two thirds. You need about 1.2 litres/2 pints of lovely sweet stock.
- Strain and discard the bones etc. Ideally, cool and chill the stock then you can scrape off any fat that has settled on top.
- Place the lamb meat into a large saucepan and cover with cold water. Bring slowly to the boil, skim off any scum, then immediately drain into a colander and rinse in cold running water. This scalding removes fat.
- Return the meat to the pan and cover with the stock and bring to the boil. Turn down the heat and simmer partially covered, for about 30 minutes, or until tender.
- Meanwhile, peel the carrots and cut into small chunks or shape into neat 'barrels'. Peel the baby onions, it helps to blanch them in boiling water for a minute for easy peeling. Add the small carrots and baby onions to the soup and cook for another five minutes.
- Then add the diced potato and cook for another 10-15 minutes, until it starts to dissolve into the soup and thicken it. Finally check the seasoning, adding lots of aromatic black pepper and a little sea salt.
- Garnish with sliced spring onion and parsley.



Irish Soda Bread

- 4 cups all-purpose flour
- ¾ cup white sugar
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ cup butter, at room temperature
- 1 ½ cups raisins
- 1 ½ cups buttermilk, at room temperature
- 3 large eggs, at room temperature

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9-inch pan.
2. Stir flour, sugar, salt, baking powder, and baking soda together in a large bowl. Using a pastry cutter, cut the butter gently into the flour mixture until well combined; stir in raisins. Whisk buttermilk and eggs together in a separate bowl; lightly beat egg mixture into flour mixture. Place dough into the prepared pan.
3. Bake in the preheated oven until the bread has risen and the top is golden brown, 45 minutes to 1 hour. A knife inserted into the center of the bread should come out clean. Cool the bread in the pan on a wire rack for 10 minutes before removing. Serve warm.

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Minted Chocolate Torte

Ingredients

- 1/2 cup shortening
- 1-1/3 cups sugar, divided
- 2-1/4 cups cake flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup 2% milk
- 1-1/2 teaspoons vanilla extract
- 2 ounces semisweet chocolate, finely chopped
- 3 large egg whites, room temperature

Filling/Topping:

- 6 ounces semisweet chocolate, chopped
- 1/4 cup butter
- 1-1/4 cups confectioners' sugar
- 3 tablespoons hot water
- 1 teaspoon vanilla extract
- Dash salt

Frosting:

- 2 cups whipped topping
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon peppermint extract
- 1 to 2 drops food coloring, optional
- Mint Andes candies, chopped

Directions

- Grease and flour two 9-in. round baking pans; set aside. Preheat oven to 350°. In a large bowl, cream shortening and 1 cup sugar until light and fluffy. Combine the flour, baking powder and salt; add to the creamed mixture alternately with milk, beating well after each addition. Stir in vanilla and chocolate.
- In a small bowl, beat egg whites on medium speed until soft peaks form. Gradually beat in the remaining sugar, 1 tablespoon at a time, on high until stiff peaks form. Fold into batter.
- Pour into prepared pans. Bake or 30-35 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.
- In a small saucepan, melt the chocolate and butter over low heat; stir until smooth. Remove from the heat; transfer to a large bowl. Beat in the confectioners' sugar, hot water, vanilla and salt until smooth.
- Cut each cake into 2 horizontal layers. Place bottom layer on a serving plate; top with 1/3 cup of filling. Repeat layers 3 times. In a large bowl, gently combine the whipped topping, extracts and, if desired, food coloring. Frost the sides of the cake. Sprinkle top with Mint Andes Candies. Store in the refrigerator.

V O L U N T E E R

All that's missing is **U**!

Have time to help out at the Legion?

Volunteers Needed

If you have some time to help your branch, even if only a few hours, we would very much like to hear from you.

Together we can find an area that will give you a great deal of satisfaction.

Contact us

