

September
2024

MONTGOMERY MESSENGER

Volume 1
Issue 6

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

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From The President's Desk

Robert Buss, CD

By now you are aware of the resignation of Comrade Dennis Sirman as Branch President. As First Vice-President and in accordance with the Rules and Regulations of the Royal Canadian Legion and the oath that I took when being sworn in, I have accepted to assume the position of President for the remainder of the current term of office.

I want to wish Comrade Sirman all the best in the future and to thank him for his service to the branch.

I look forward to serving as your President.

Robert Buss, CD

Contact us if you can assist your branch.

Office: Phone: (613) 233-7292
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Social Networks – One of the World Health Organization's Determinants of Health:

The World Health Organization identifies social networks as one of the key determinants of health. They describe it this way:

With that being said, you can understand the vital roles that Legions play across Canada. The Montgomery Legion is a good example of providing the place and space for Veterans, their families, supporters, and the community in general, to gather and share what makes us Canadian and part of the same social network. The Montgomery Legion supports Veterans and is open to everyone. That is an important message to understand. Our members come from diverse backgrounds, but the one thing we all have in common is that we support Veterans and their families. All Legions are evolving to address the needs of current Veterans while including community members who also recognize the important role Veterans play today and remembering all they have previously contributed.

In this world we are all different. At the Montgomery Legion we recognize our differences and celebrate what we all have in common...we support our Veterans and their families. Thank you for contributing to the inclusive culture we are so proud of at the Montgomery Legion.

To learn more about what the World Health Organization defines as the determinants of health, please click here.
<https://www.who.int/news-room/questions-and-answers/item/determinants-of-health>

Dean McCuaig, Montgomery Legion Member

The Early Bird campaign begins on September 1st and runs until November 30th.

 **early bird**
CAMPAIGN



Contact your branch or you can also renew
online:
<https://legion.ca/join-us/renewal>

Once registered online, you have the option
to set your membership to auto-renew to be
billed automatically each year.

When you renew your membership by the early bird
deadline, you:

- Keep your account in good standing
- Maintain years of continuous service
- Support the Branch and its programs
- Ensure delivery of LEGION Magazine

Legion 

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



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

Instructions

Soak 12 wood skewers in water for at least 30 minutes.

In a medium bowl or resealable container combine marinade ingredients. Whisk until well combined. Reserve 1 cup marinade.

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.

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).

Prep pineapple and veggies.

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.

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.

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.

Potato Pancakes

Crispy and cheesy potato pancakes with bacon, perfect for breakfast or brunch!

Ingredients

4 cups cold mashed potatoes
5 slices bacon
1/2 tsp onion powder
1/2 tsp salt
1/2 tsp black pepper
2 eggs, well beaten
1/2 cup shredded cheddar cheese

Instructions

Cook bacon until crisp. Crumble and set aside.

Keep the drippings.

Mix mashed potatoes, eggs, onion powder, salt, and pepper. Add bacon and cheese.

Form into 8 patties.

Fry patties in bacon drippings until crisp, about 4 mins per side.

Crumb Cake

2 cups flour
1 cup white sugar
3/4 cup butter
1 cup sour milk

1 tsp. baking soda
1 tsp cloves
1 tsp cinnamon
1 egg
1 cup raisins

Combine flour, sugar and butter. rub to crumbs. Take out 1 cup crumbs, reserve. Mix remaining crumbs with rest of ingredients. Sprinkle 1 cup reserved crumbs on top. Bake t 350 degrees F for 30 to 40 minutes or until cake tests done.

WEDNESDAY NIGHT DART LEAGUE

The Legion - Branch 351
Have fun @ 351
330 Kent Street

SEASON 2024/2025

Begins September 4th, 2024
Ends April 30th, 2025

Play starts at 7PM
\$5.00 per night

Straight in and double out - 5 games of 501

50/50 draw
\$5.00 for 10 tickets

Quarter fund paid out to Pizza Nights
and supplies, paper, ink, etc.

When you shoot below 25, pay a quarter to the pot

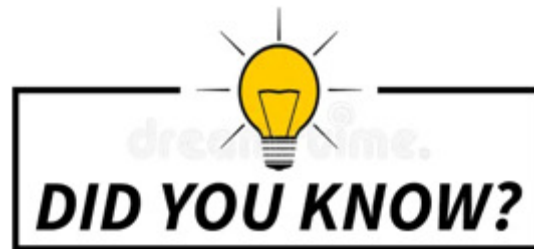
End of Season gathering, May 7, 2025
with prizes and fun

You must attend a minimum of 8 nights for prizing
Only one bonus prize per person

Show up for a fun evening of darts
All skill levels are welcome

ORGANIZERS

Donna Murray - Treena MacKinnon



- Astronaut is a compound word derived from the two Ancient Greek words "Astro," meaning "star," and "naut" meaning "sailor." So astronaut literally means "star sailor."
- The flashes of colored light you see when you rub your eyes are called "phosphenes."
- The Lego Group is the world's most powerful brand. There are more Lego Minifigures than there are people on Earth.
- IKEA is an acronym that stands for Ingvar Kamprad Elmtaryd Agunnaryd, which is the founder's name, the farm where he grew up, and his hometown.
- Johnny Cash took only three voice lessons before his teacher advised him to stop taking lessons and to never deviate from his natural voice.
- Although GPS is free for the world to use, it costs \$2 million per day to operate. The money comes from American tax revenue.
- In 2007, Scotland spent £125,000 devising a new national slogan. The winning entry was: "Welcome to Scotland."
- A cluster of bananas is called a "hand." Along that theme, a single banana is called a "finger."
- Swedish meatballs originated from a recipe King Charles XII brought back from Turkey in the early 1800s.
- Vanilla flavoring is sometimes made from something called castoreum, a scented oil which is naturally secreted by beavers' butts.
- The word "kimono" literally means a "thing to wear." Ki is "wear," and mono is "thing."

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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!

Canadian Veterans' Crisis Line
800-273-8255

Veterans' Service Officers

Our branch Service Officer is available by appointment. Call 613-233-7292 or e-mail rcl351@rogers.com.

Montgomery Branch Service Officer

Bruce Kane

Phone 613-233-1611 Fax:1-613-565-1902 e-mail: rcl351@rogers.com

Zone G-5 Service Officer

William (Frank) Stacey (C)

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Provincial Service Officer

Pat Royle

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