



RMR troops conducting a forced march during Ex BACK BREAKER 2020. Photo credit: Corporal L. Ene.

The INTERCOM

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The INTERCOM is the RMR family's newsletter, which originally started as "The Bugler" in 1914 on the troopship carrying the 14th Bn (RMR) overseas. Censorship quickly squashed the initiative, but the RMR tried again in 1916 with "The Growler" (which was also squashed!).

In WW2 the RMR had two battalions, one overseas from 1939-45, and a Home unit stationed in Westmount. In an effort to boost morale and keep the lines of communication open between the two battalions, the "Intercomn" ("n" intentional) was born.

The current "Intercom" is published monthly and is intended to keep the friends & family of the Regiment up to speed with the accomplishments of the current serving members of the Regiment and all affiliated organizations.

Greetings,

Things were starting to feel a little like back to normal just a couple of weeks ago. The RMR conducted its annual 'Call to Arms' training, complete with a [BACK BREAKER](#) held over challenging terrain, and the RMR Association (Branch 14) was set to hold their first meeting since February on 25 September 2020.

Unfortunately due to a spike in Covid cases in Quebec, the RMR Association had to cancel their meeting and of course, we're all aware that the armoury is located within a designated 'Red Zone' and all non-essential activities in the province have been cancelled again.

It is not all gloom and doom, of course - there are those who are making the best of a bad situation. For example, # 1 Air Cadet Squadron has invested in Microsoft Teams licenses for

all members and has been conducting regular weekly virtual training for all ranks. The RMR itself proved that training can continue: They conducted the forced march part of the BACK BREAKER competition in groups of ten to enhance the social-distancing requirements, and the Individual Battle Task Standards (IBTS/NIAC) were also conducted in small groups with all participants wearing masks. The main lesson to be learned is that training (and life!) can go on in a safe and effective manner, we just need to take precautions and be smart about things.

The Legion and the RMR Association (Branch 14) still intends to conduct the annual poppy campaign this year, however the usual Remembrance Day ceremonies have been cancelled. Details surrounding the poppy campaign will be announced in the coming weeks, however it will be a challenge for the RMR Association and they will need all the volunteers they can get.

Another "virtual brightspot" to mention: the [Je Me Souviens](#) education program that was founded by the RMR is releasing a host of new virtual learning tools, including one covering the October Crisis which happened 50-years ago this month. Another one that may interest you is the [new video series about the battle of Vimy Ridge](#). I encourage you to sign up for their newsletter which is filled with interesting Canadian military history information.

Please take a moment to read this selection of the accomplishments & news of the RMR Family over the past month that are shown below. As well, please take a few moments to think of or utter a prayer for deployed RMR members and those of our extended regimental family who are battling illness or disease.

On behalf of Honorary Lieutenant-Colonel David Bensadoun, the Regiment's Commanding Officer, Lieutenant-Colonel John Shone, and the Regimental Sergeant-Major, Chief-Warrant Officer Stephan Leroux, please accept our continued best wishes.

Honi Soit Qui Mal Y Pense.

A handwritten signature in black ink, appearing to read 'Colin Robinson', with a long horizontal flourish extending to the right.

LCol (ret'd) Colin Robinson, CD
Honorary Colonel
The Royal Montreal Regiment



Launching 05 October 2020: New exhibition "Our Soldiers in the Streets", The 1970 October Crisis by Je Me Souviens.



Corporal Pellow demonstrates PW take-down drills with Honorary Lieutenant-Colonel Bensadoun during Ex BACK BREAKER 2020. Photo credit: Corporal L. Ene.

Ex BACK BREAKER 2020

Forced march competition and Individual Battle Task Standard training

Westmount, Quebec: 21 September 2020 - The Royal Montreal Regiment conducted their annual 'Call to Arms' exercise this past weekend. The collective training was held on civilian land belonging

to Honorary Lieutenant-Colonel David Bensadoun. Despite the social-distancing parameters imposed by the Covid 19 pandemic, the training went smoothly - with face masks being prevalent and plenty of hand sanitizer available throughout.

One of the highlights of the Ex BACK BREAKER is the badging of soldiers into the Regiment. Upon their successful completion of their Infantry Soldier qualification course, recruits become soldiers. They are promoted to Private (receiving their first hook), they have their generic Canadian Armed Forces cap badge (colloquially known as the "cornflake") removed, and they are presented with the cap badge of the RMR in front of the serving battalion.

[Read the full story and view more pictures here](#)



RMR soldiers receiving their Private rank badge from the Commanding Officer, Lieutenant-Colonel John Shone, during Ex BACK BREAKER 2020. Photo credit: Corporal L. Ene.



RMR soldiers who successfully passed their Infantry Qualification being badged into the regiment by the Honoraries and the Commanding Officer during Ex BACK BREAKER 2020. Photo credit: Corporal L. Ene.



Fondation RMR Foundation

The Royal Montreal Regiment Foundation
4625 Ste-Catherine Street West
Westmount, Quebec H3Z 1S4
royalmontrealregiment.com | rmrmuseum.com

Contact

The Royal Montreal Regiment Foundation
4625 Ste-Catherine Street West
 Westmount, QC H3Z 1S4
 514.496.2003
royalmontrealregiment.com

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The RMR Foundation is a non-profit incorporated body with charitable status, designed to "Serve the best interests of *The Royal Montreal Regiment* and accept such tasks designated by the Trustees to help any member body of the *Regimental Family*."

Please DONATE to support the RMR Family.

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