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## April 2021

*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" (masthead from the the 1950's) 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,

The RMR ended their training year with a 'bang' last weekend, well many bangs if truth be told! Honorary Lieutenant-Colonel David Bensadoun and I had the privilege of spending the weekend in Valcartier with the serving battalion as they conducted Ex HEAVY BALL 2021, firing anti-armour weapons, machine guns, assault rifles, and of course, throwing grenades.

I would like to use this platform to commend the leaders of the Regiment for their confidence and the impact it has on our soldiers. In my 30+ years of hanging around the RMR I have rarely seen a range exercise go so smoothly, or morale be so high, so congratulations to the officer who planned and ran the exercise, Lieutenant Ross McLaughlin. Two different ranges several kilometres apart were being operated simultaneously, and the coordination of getting the right weapons systems, with the correct ammunition, in the right place at the right time is difficult enough - and adding the Valcartier early Spring weather to the mix brings its own challenges!

While all of the leaders on the exercise impressed me, from Major Jonasz quietly banging away on his laptop to complete budget files in between his turns on the firing serials, to WO Doucet who coordinated all of the required resources - it was really the Sergeants and Master-Corporals who stood out to me. Many of them volunteered their time to be on the exercise, as they are on full-time taskings outside of the RMR, and their quiet professionalism made a huge impact.

Live-fire certainly has a way of focusing the mind, and I would suggest that anyone who claims not to have a little tinge of fear when handling a live grenade is probably a liar. It is very reassuring to be led through the training & TOET's by calm, serious, and professional NCO's who clearly know their business. They portrayed an aura of calm that was palpable and helped the soldiers (and visiting Honoraries, just saying) have the confidence to trust

their training and carry out their duties effectively. Makes an old soldier very proud to be able to wear the same capbadge as them, thank you for setting the standard, RMR NCO's!

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.



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

## Articles from the past month:



### PROMOTION TO MASTER-CORPORAL

Westmount, Quebec – 28 March 2021: Congratulations to Master-Corporal Tess Pellow who was promoted yesterday by the RMR's Commanding Officer, Lieutenant-Colonel John Shone, after the day's firing was completed on Ex HEAVY BALL 2021 in Valcartier.



[Learn more by reading the full article here.](#)



## **Exercise HEAVY BALL 2021**

Westmount, Quebec – 30 March 2021: The Royal Montreal Regiment (RMR) deployed to CFB Valcartier this past weekend for a range exercise where on Saturday they got to fire the 84 mm Carl Gustaf Short-Range Anti-Armour Weapon-Medium (SRAAW-M) and the 66 mm M-72 Light Anti-armour Weapon (LAW) rocket launchers, along with the C9A2 light machine gun (LMG), and the C7A2 automatic rifle, which is the personal weapon used by the Canadian Armed Forces.

[Read the full article and see photos here.](#)

## **COMMAND TEAM COIN FOR RMR VETERAN**

Westmount, Quebec – 22 February 2021: Sergeant (ret'd) Nick Karkasoulis was awarded the RMR Command Team Coin yesterday by the Commanding Officer, Lieutenant-Colonel John Shone, and the Regimental Sergeant-Major, Chief-Warrant Officer Stephan Leroux in Farnham yesterday. This presentation was given in recognition of his volunteering his time to teach our soldiers the basics of winter survival techniques as a way of augmenting their Winter Warfare training. This has been



the third year in a row that he has spent the weekend instructing the troops.

[Read story and see images here.](#)



### **CDS COMMENDATION FOR MAJOR DEXTER RUIZ-LANG**

Congratulations are in order for Major Dexter Ruiz-Lang, who has been awarded the Chief of Defence Staff commendation for “*exceptional analytical ability and professionalism when deployed to Kyiv as Liaison Officer to the Armed Forces of Ukraine, April 2019 to January 2020.*”

[Read story and see images here](#)

## **About the RMR Foundation**



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."* Donations help with providing emergency financial assistance to RMR soldiers identified by the chain of command, and providing relief to veterans of the RMR.

Beyond direct veteran support, the RMR Foundation provides assistance for the needs of the RMR family, advises on request, the CO of the RMR or any of its affiliated units, promotes the role of the Reserve Forces within the Canadian Armed Forces and the Regiment's affiliated municipalities, lobbies for the promotion of a more effective Canadian Defence Force, funds the operation of the RMR Museum's annual exhibitions, and supports the *Je Me Souviens* education program which provides free materials to supplement Quebec's history curriculum.

### **Please DONATE to support the RMR Family**

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