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April 2022

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.



RMR members siting a theoretical platoon position on the Plains of Abraham, Quebec City

Greetings,

I know that I have said this before, and I am likely going to get in trouble with some of you for potentially "jinxing" the current Covid recovery by stating that it is starting to feel a lot more like normal again. In March, the RMR continued training, including their famous "*joyous-end-of-fiscal-year-celebration*" live-fire exercise in Valcartier, where they did their very best to consume the entire Brigade's remaining budget allocation of ammunition of all calibres and types. The RMR Association held their first in-person general meeting in a rather long time, and the attendance was quite high, and the Cadets have continued with in-person training (albeit still restricted).

Proof of normalcy returning is also being demonstrated in a couple of upcoming traditional activities: The Warrant Officers' and Sergeants' Mess is holding their traditional Ypres mess dinner on Saturday 23 April 2022, and the regiment will be hosting a change of command parade on Sunday 15 May 2022.

The war in Ukraine continues at the time of writing, and I am aware of at least two members of the RMR Family who have gone to Roumania to volunteer helping refugees. Captain Rici Be, the RMR's Padre, went as a civilian volunteer, and a former serving member, Chief Warrant-Officer (ret'd) Max Delpinto, has also gone over to help.

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:



RMR MARKS INTERNATIONAL WOMEN'S DAY

Westmount, Quebec – 08 November 2021: International Women's Day (IWD) is a global day celebrating the social, economic, cultural, and political achievements of women. Held each year on March 8th, the day also marks a call to action for accelerating women's equality. IWD has occurred for well over a century, and IWD is not country, group or organization specific. It is also a good time to pause, reflect and learn more about the distinguished service of women who have served or continue to serve in the Royal Montreal Regiment (RMR). In honour of IWD, the RMR Foundation is publishing profiles of service of some of the women who have served (and continue to serve) in our ranks.

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

PADRE BE'S HUMANITARIAN MISSION TO UKRAINE

Westmount, Quebec – 19 March 2022: The RMR's own Padre, Captain Rici Be, has volunteered as part of his civilian ministry (Canadian Baptist Ministry) to serve as part of a humanitarian mission in Roumania to help the millions of Displaced Persons, Evacuees, and Refugees fleeing the Russian invasion of Ukraine.

[Read more and see photos here.](#)



RMR SOLDIERS VISIT CANADIAN WAR MUSEUM

ARTICLE WRITTEN BY PRIVATE SEAN PICKLES

Westmount, Quebec – 27 March 2022: In August 1914, the Canadian Expeditionary Force was created, one month later, the 14th Battalion was born, and 107 odd years later, the Royal Montreal Regiment, the continuation of that great battalion, gathered on our Parade square in preparation for a trip to Ottawa on 20 November 2021 to learn about those that came before us.

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

RMR TEWT ON PLAINS OF ABRAHAM

ARTICLE WRITTEN BY 2Lt KAI BREAU

Westmount, Quebec – 25 March 2022: An excellent and educational way to spend a day was the RMR Tactical Exercise Without Troops (TEWT) at the Plains of Abraham and at the Quebec Citadel, held on 04 December 2021. As we made our way through the old stone walls of the Citadel, it seemed as if every corner presented a rich slice of Canadian military history.

[Read more and see photos 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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