



March 2023

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 second '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" (the masthead is 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.



2023 is the 75th Anniversary of the first United Nations Peacekeeping Operation

Greetings,

In January, the RMR Intercom added a new feature titled "*Meet the RMR's NCO's*" where we profile a different NCO each month for readers to get to know the folks who make up the 'backbone of the army'. Sergeant Alexey Oleshko is on tap this month, so please take the time to get to know our NCO's in general and read about his accomplishments specifically in both civilian and military life - he's truly a great example of being "twice the citizen"!

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 Commanding Officer, Lieutenant-Colonel Maciej Jonasz, and the Regimental Sergeant-Major, Master-Warrant Officer James Quesnel, please accept our continued best wishes.

Honi Soit Qui Mal Y Pense.



LCol (ret'd) Colin Robinson, CD
Editor









Articles from the past month:




Women's Leadership Conference

Welcome - Bienvenue

February 9, 2023

   	71% Associates	73% Store associates	68% Head Office associates in 2021
   	50% Team One leaders	60% Directors	41% VPs in 2021
   			



RMR leaders at Aldo Women's Leadership Conference

Westmount Quebec, 09 February 2023: Aldo Group, a leading footwear, handbags and accessories fashion company based in Montreal, recently held a Women's Leadership Conference where they invited members of the Army Reserves to speak about their experiences, including two RMR leaders: Sergeant Brigitte O'Driscoll and Master-Corporal Tess Pellow. The goal of the Women's Leadership Conference which Aldo holds every few months, is to create more qualified female Vice-Presidents for the future by offering training and development opportunities, and exposing their personnel to outside perspectives. There were 80 female Aldo leaders in attendance for this conference and they were thrilled with what they learned from the military leaders present. Some were so impressed that there might even be some applicants at the RMR's recruiting office!

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



Meet the RMR's NCO's: Sergeant Alexey Oleshko

Sergeant Alexey Oleshko grew up in Montreal and joined the RMR in May 2007. *"Twice the citizen"* is a phrase often used to describe Reserve Army soldiers, and Sergeant Oleshko certainly fits the description. Since joining the Regiment he's completed a Bachelor of Commerce, received his Professional Designation as a Chartered Public Accountant (CPA), gotten married and now has two young sons aged seven and five, and he launched himself into a successful civilian career (he currently works at McKesson Canada as a Senior Analyst, FP&A and Special Projects). All the while balancing the demands of being a Reserve NCO and working his way up to his current role serving as a Company Sergeant-Major at the RMR. He's living proof that it is possible to balance both a rewarding civilian and military career. Yes, it takes planning, dedication, and a desire to learn and better yourself – but it is certainly possible.

[Full article & his advice for young soldiers](#)



Tell your Peacekeeping story!

The year 2023 marks two peacekeeping milestones – the 75th anniversary of the first United Nations (UN) peacekeeping operation (UNTSO), and the 35th anniversary of the Nobel Peace Prize for UN Peacekeepers. Both anniversaries offer an ideal opportunity to recognize and celebrate Canada's amazing contributions to world peace, and especially the personal contributions of the thousands of Canadians who participated in peacekeeping operations around the globe, with the UN, MFO, AU, OSCE, or other peacekeeping missions.

[Read how to participate here](#)

About the RMR Foundation



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 providing free materials to supplement Quebec's curriculum.

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