



July 2024

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.



Former CO RMR (1985-88) Colonel (ret'd) Chuck Hamel speaking at a press conference about the risks of admitting complex mental health patients into long-term care facilities until the risks are fully reviewed.

Happy Canada Day!

As we celebrate Canada Day, it's a fitting time to reflect on the exceptional contributions made by our Regimental family. This newsletter highlights the dedication and achievements of our members, who continually set the standard and make a significant impact in their communities and in the defence of Canada.

Our feature stories showcase the accomplishments of both veterans, serving members, and affiliated Cadet officers. We celebrate Sergeant Brigitte O'Driscoll's impressive completion of the Mont-Tremblant Ironman, demonstrating the physical and mental resilience that embodies the spirit of the RMR. We also commend the RMR for its generous contribution during Westmount's Family Day, exemplifying our commitment to community support. The commendation of Captain Kim Thomas by RCSU Eastern Command underscores the exemplary leadership within the leadership of our affiliated Cadet units. Additionally, the graduation of six RMR members from Basic Military Qualification signifies the ongoing growth and readiness of our regiment. Lastly, we acknowledge the advocacy of our former CO, Colonel (ret'd) Charles Hamel, who is leading the call to address mental health care issues and dignified support of veterans in Alberta.

As we honour Canada's rich heritage and look forward to its future, let us take pride in the continued work of our Regiment. Let us be proud of our collective efforts and continue to strive for excellence in all we do. The dedication and volunteer spirit of our Regimental family members exemplify what it means to be truly Canadian.

On behalf of the Honorary Colonel, David Bensadoun, the Honorary Lieutenant-Colonel, Isabelle Racicot, the Regiment's Commanding Officer, Lieutenant-Colonel Maciej Jonasz, and the Regimental Sergeant-Major, Chief Warrant Officer Jim Quesnel, please accept our continued best wishes. Enjoy the stories and have a wonderful Canada Day!

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
Editor

Articles from the past month:



Sergeant Brigitte O'Driscoll Completes Mont-Tremblant Ironman 2024

Westmount, Quebec – 25 June 2024: On a rainy, miserable day (typical RMR weather!) in Mont-Tremblant, Sergeant Brigitte O'Driscoll demonstrated extraordinary endurance and determination on 22 June 2024 by completing the gruelling Mont-Tremblant Ironman 2024 competition in six hours and six minutes.

This event, known for its demanding combination of a 1.9 km swim, 90 km bike ride, and a half marathon of 21.1 km, tested the limits of even the most seasoned athletes. For Sergeant O'Driscoll, it was not just about personal achievement, but a testament to the physical robustness essential for Infantry soldiers. She also raised \$1,190 for Wounded Warriors Canada, bravo!

[Read the full article here.](#)



Six RMR's Complete BMQ

Story by: Lieutenant-Colonel Maciej Jonasz, CO RMR

Westmount, Quebec – 22 June 2024: On 21 June 2024, two BMQ courses had their graduation parade and, with this, six more RMR members completed their recruit training. Four of them will go on to take their infantry course and the two officers, their BMOQ. Of the latter, one aims for Phase 2 in September and the other next summer. I used the opportunity to meet with the RMR members, wishing them good luck and encouraging them to bear the hardships soon awaiting them.



RCSU Eastern Command Commendation for Captain Kim Thomas

Westmount, Quebec – 15 June 2024: Outgoing Commanding Officer of RCACC 2806 Pointe-Claire (RMR), Captain Kim Thomas, was presented with the RCSU Eastern Command Commendation for her achievements as CO. The commendation reads:

“Captain Kim Thomas has demonstrated exceptional dedication throughout her tenure as a commander officer in the Montreal Area. Her commitment to her peers, particularly in her role as a coach and mentor to subordinates, has been instrumental in the improvement of their skills, professional development and their advancement within the organization in recent years. To this day, on out-of-region CTCs senior staffs, her work ethic and commitment to an optimal cadet and staff experience reflects positively on the Eastern region. Capt Thomas navigates the challenges of training and guiding subordinates, thereby contributing to the achievement of both their individual objectives and those of the cadet program. Her leadership not only reflects her dedication to her cadet corps and the area, but also establishes a legacy of excellence and work ethic within the cadet community in and out-of-region. Captain Thomas is a proud ambassador of the Cadet Program and her community.”



RMR SUPPORTS WESTMOUNT FAMILY DAY

Westmount, Quebec – 27 May 2024: The Royal Montreal Regiment participated in the Westmount Family Day held at Westmount Park on a sunny Saturday, 25 May 2024. Soldiers in combat uniform showed off equipment, rations, vehicles, and even helped them try on the gear. The Westmount Independent reported that this may have been the highest attendance that Westmount has ever seen for a Family Day.



Former CO RMR leads call to stop admitting complex mental health patients into long-term care facilities in Alberta

Edmonton, Alberta – 30 May 2024: Advocates and the Alberta NDP are urging the government to stop placing mental health patients in long-term care facilities like Calgary’s Carewest Colonel Belcher, citing violence and unsafe conditions. Colonel (ret’d) Charles Hamel (CO RMR 1985-89), board chair for the Friends of Colonel Belcher Society, stated that the facility, once a top choice for veterans, can no longer be recommended due to safety concerns.

“We can no longer recommend the once top-tier facility for veterans because of unsafe conditions.” – Colonel (ret’d) Hamel.

Veterans and their families report increased stress and assaults. The practice, started to reduce hospital strain during the COVID-19 pandemic, has led to numerous police interventions. Health Minister Adriana LaGrange is investigating the issue.



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.

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