



June 2025

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.



RMR soldiers fighting through their objective on Ex IRON BOOT in Valcartier at the end of April 2025. Click the image to view Honorary Colonel Bensadoun's photo essay.

Greetings,

The Royal Montreal Regiment remains as active and committed as ever—both in service and in spirit—and this latest edition of the regimental newsletter reflects just that. From the parade square to the field, and from Westmount to Valcartier, our Regimental Family continues to uphold the RMR's legacy of service before self.

This issue highlights a significant moment in the Regiment's ongoing story: the [RMR Changes Command in Westmount Ceremony](#). With the changing of the guard, we honour outgoing leadership and welcome in the next chapter—grounded in tradition, but focused on the future. The ceremony served as a reminder of the Regiment's steadfast continuity, and the enduring strength of its people.

Equally compelling is the Honorary Colonel's Bensadoun's first-hand reflection on the training that he and our Honorary Lieutenant-Colonel, Isabelle Racicot, witnessed during [Ex IRON BOOT](#). His observations offer a unique perspective on how our

soldiers continue to rise to the challenge—demonstrating grit, adaptability, and a commitment to excellence in training.

Often considered the heart of our Regimental Family is Branch 14 (RMR Association), and this year's [Branch 14 RMR Association Honours & Awards 2025](#), night was a testament to the dedication and loyalty of our veterans. It was more than an awards ceremony—it was a celebration of service, community spirit, and shared camaraderie.

We also invite you to read about the Regiment's forward-looking [Strategic Planning Session](#), and to share in the pride of our newest soldiers in [Five RMRs Graduate BMQ](#). See how the next generation is already making its mark, both in uniform and through inspiring external engagements like the [Pointe-Claire RMR Cadets Cybersecurity Competition](#).

In other articles we honour their RMR's customs & history from which they're derived; [RMR Pays Rent to Westmount](#) and the latest episode of [The Rum Ration Podcast: RMR at Ypres](#).

Whether you are currently serving or once wore the cap badge, this edition is a reflection of your Regiment—active, honourable, and always moving forward.

On behalf of Honorary Colonel David Bensadoun, Honorary Lieutenant-Colonel Isabelle Racicot, the Commanding Officer, Lieutenant-Colonel Kevin Langlois, and the Regimental Sergeant-Major, Chief-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:



RMR Changes Command

Westmount, Quebec – 10 May 2025: In the presence of Colonel David Shane, Commander of 34th Brigade Group, The Royal Montreal Regiment conducted a change of command ceremony between Lieutenant-Colonel Maciej Jonasz and Lieutenant-Colonel Kevin Langlois on Sunday 04 May 2025.

Lieutenant-Colonel Jonasz joined the Black Watch as a Private in 1993, advancing to

the rank of Sergeant before releasing in 2001 to move overseas. Returning to Canada in 2004 he re-enrolled and subsequently accepted a commission in 2006. Transferring to the RMR in 2014, Lieutenant-Colonel Jonasz held the positions of Operations Officer, Company Commander, and Deputy Commanding Officer before taking command in May 2022. Lieutenant-Colonel Jonasz is not going far, he will be assuming a staff officer role at higher headquarters in Longue-Pointe shortly after relinquishing command of the RMR.

Lieutenant-Colonel Langlois joined the RMR as a Private in 1998, rising in rank to Warrant Officer before accepting a commission. He performed all roles within an infantry company, from rifleman to sergeant major, and he also has extensive PSYOPS experience. Notably, between 2005 and 2010 he completed three (3) operational tours in Afghanistan. He was part of the RMR's centennial organizing committee and he was the deputy commander of the regiment's Nijmegen team in 2014. Lieutenant-Colonel Langlois lives in Gatineau with his family and he works with the Directorate of Canadian Rangers at the Canadian Army Headquarters.

Thank you & good luck to Lieutenant-Colonel Jonasz, and 'welcome home' for Lieutenant-Colonel Langlois!



RMR Pays Annual 'Rent'

On Sunday afternoon 04 May 2025, during a Battalion Review parade following the traditional annual church parade, the Commanding Officer, Lieutenant-Colonel Maciej Jonasz, "paid the rent" to Westmount with a ceremonial amount of \$1.00 given to Westmount City Councillor Mary Gallery. This annual \$1.00 lease symbolizes a payment to the City of Westmount for the land upon which the Armoury sits, originally donated by Westmount in 1925.



Five RMR's Graduate BMQ

Westmount, Quebec – 19 May 2025: Five RMR's graduated from their Basic Military Qualification course. The Basic Military Qualification (BMQ) course is a mandatory training program for all new Canadian Armed Forces (CAF) recruits, including reservists. The BMQ course is designed to provide new recruits with the essential knowledge, skills, and attitudes necessary to be effective members of the CAF.

The BMQ course for reservists typically consists of a 10-week training program that is conducted on weekends and evenings, over a period of several months.

RMR AT YPRES

EPISODE 13

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RMR At Ypres – Holding the Line

Westmount, Quebec – 30 May 2025: In this gripping episode of the Rum Ration Podcast, your hosts take us deep into the Second Battle of Ypres—Canada's brutal baptism by fire in the First World War. Focusing on The Royal Montreal Regiment (14th Battalion), they recount the horrors of April 1915, where untested Canadian troops held their ground against Germany's first mass use of poison gas.

The episode honours Captain Richard Steacie, the first RMR officer killed in action, whose remains were only recently identified. It also honours the quiet courage of unnamed stretcher-bearers and buglers, while telling the story of Captain Francis Scrimger, the RMR's medical officer who earned the Victoria Cross for heroic actions under fire at Shelltrap Farm.

Listeners also hear of Westmount High School's Fred Fisher, a member of the Black Watch (13th Battalion), he was the first Canadian soldier awarded the VC in WWI at the age of 19-years old. With storytelling steeped in personal sacrifice, chaos, and camaraderie, this episode reveals how a RMR machine-gun crew helped Fisher stop a German breakthrough and cemented the reputation of the Canadians on the Western Front.

Available now at <https://rumration.ca/> or wherever you get your podcasts (Apple, Amazon, Pocket Casts, Spotify, and YouTube).



Honorary Colonel Reports on Ex IRON BOOT

Dear RMR family,

HLCol Racicot and I had the privilege of observing our serving unit in action this weekend at CFB Valcartier as they ran through Exercise Iron Boot. Conditions were very tough with high winds and more than 60mm of rain in single digit temperatures, but all elements performed admirably, showing real grit in accomplishing the goals of the exercise.

The HLCol and I slept in the field with the HQ group in a large tent that served double duty as the objective for the attack. We came away very impressed with the level of planning and how those plans were then adapted as needed. Seeing our soldiers and officers in action was an amazing experience.

Many thanks to everyone who answered all of our questions and gave us access to Iron Boot! Please enjoy our photo essay.

Honorary Colonel David Bensadoun



Strategic Planning Session Sets Course for Future RMR Training

Westmount, Quebec – 16 May 2025: On Tuesday evening, 6 May 2025, The Royal Montreal Regiment held a Strategic Planning Session that brought together leaders from across the unit—including PLQ-qualified Corporals expected to assume leadership roles in the upcoming year. This marked the first official session with the new Command Team.

The meeting served as both a reflection and a forward-looking forum. Participants conducted a review of the previous training year, candidly identifying lessons learned and areas for improvement. This open dialogue ensured that successes were recognized and challenges constructively addressed.

A key focus of the evening was the inclusion of junior leaders in the planning process. Their input was actively solicited to help shape the direction of training for the 2025–2026 year. By empowering Corporals and Sergeants to contribute their ideas and perspectives, the Regiment continues to foster a culture of shared responsibility and professional development.

The session not only supported summer planning and preparation but also reinforced the RMR's commitment to evolving through collaboration, mentorship, and practical leadership experience. As always, the Regiment continues to move forward—learning from the past and investing in the leaders of tomorrow.



#2806 Pointe-Claire (RMR) Cadets Compete in University Cybersecurity Competition

Article written by Cadet Correspondent, Sergeant Tali Rekhels

Westmount, Quebec – 20 May 2025: On Saturday, March 29, 2025, my cadet corps became the first ever to participate in PolyPwnCTF, a student-led cybersecurity Capture the Flag competition hosted at Polytechnique Montréal. We left the cadet corps at 0745 hours in two cars and headed to the university.

When we arrived, we were welcomed with an introductory presentation that explained the rules, the schedule, and how many flags we could try to capture. When we left the lecture hall, we couldn't help but notice a huge room packed with tables, each surrounded by four people setting up their laptops, ready to hack away at the day's challenges. The theme was cinema, and they even gave us popcorn! Throughout the day, we also got free breakfast, lunch, and dinner, which definitely helped keep our energy up.

Our corps had two teams competing. Most of the other teams were made up of college and university students, so it felt a bit intimidating at first. But once we sat down and started working, we realized we had what it takes. We had to use virtual machines, go through game files, decode scripts, break out of shells, and do a lot of on-the-spot research. Some challenges had us searching online for clues about characters. It pushed us outside our comfort zone and taught us more than we expected, especially about offensive cybersecurity, which we hadn't really explored before.

Every single point we earned felt like a win. We cheered each other on, shared tips, and worked as a real team. It was intense, but honestly, it also brought us closer together as friends, which I really appreciated. There were also side activities like lock picking, which I had always wanted to try. It was fun, educational, and even earned us extra points.

It was our first time competing in a CTF, and it definitely tested everything we thought we knew about cybersecurity. What amazed me most was how quickly we adapted. We learned fast, used the resources we had, and gave it our all. I know the organizers were just as surprised because we had two teams of teenagers holding their own against university students. One of our teams placed 41st, and the other 51st, out of dozens of experienced competitors.

We were proud of ourselves, and the organizers were too. It wasn't just about winning or solving challenges – it was about learning, growing, and proving to ourselves what we could do. I'll never forget it.



Branch 14 (RMR Association): Honours & Awards 2025

Westmount, Quebec – 25 May 2025: The RMR Association – Branch 14 (Royal Canadian Legion) held its annual Awards and Honours night on Friday 23 May 2025 at the RMR's WO's & Sgt's Mess.

An annual tradition, the awards night brought together members and family from the branch to enjoy good food, drink and camaraderie at the RMR. Approximately 30 members of the branch were on hand to witness the significant donations made by the RMR Association to various military charities ranging from helping homeless veterans to training wounded veterans how to participate in new sports, etc.

Of particular note this year was the high number of bursaries awarded to post-secondary students who are related to Branch 14 (RMR Association) members. This initiative was started by Comrade Thomas Stibernik a number of years ago and has continued to assist the families of members.

These donations were made possible by the funds raised during the 2024 poppy campaign.

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 providing free materials to supplement Quebec's curriculum.

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