



April 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 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 above is from 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.



*Master-Corporal Fils-Aime taking aim with his M203 Grenade Launcher on Ex HEAVY BALL in Valcartier.
Photo credit: Chief Warrant Officer James Quesnel.*

Greetings,

This issue proudly highlights a major personal achievement for one of our own up and coming young leaders: [RMR Soldiers Earn Primary Leadership Qualification](#) features Cpl Calixte's outstanding performance on the PLQ course, where he earned the Top Candidate award — a distinction that speaks volumes about his leadership, determination, and the high standards upheld by RMR soldiers. Bravo Zulu!

From coast to coast, there were numerous members of the regimental family who have been awarded the [King Charles III Coronation Medal](#) over the past month, kudos to all

of them - if you have photos to share, please send to info@royalmontrealregiment.com and we can look at making a compilation article.

We also salute the dedication of our NCOs who stepped up to make sure that collective and individual training continues at the proper level. Some recent efforts are detailed in [RMR Thanks NCOs for Volunteering](#), where RMR NCO's on class B contracts have contributed to the success of many field training exercises. Their willingness to volunteer their time is both crucial to the RMR's operational success and is appreciated by all ranks.

Rounding out this issue, we look overseas to Eede, Netherlands, where the Regiment's wartime contributions were formally honoured. A new plaque bearing the RMR's cap badge was unveiled at the site of the Bren-Gun Carrier Monument — a powerful reminder of our legacy, detailed in [RMR Cap Badge Plaque Unveiled at Liberation Ceremony in the Netherlands](#). A special thank you to Corporal Townsend for contributing a trip report which you can read in the article, as well as the photos for the story.

And finally, a big shoutout to our affiliated cadet units — the future of the regiment is in good hands. In the article, [RCACS 588 Éric Simms Wins the 2025 RMR Affiliated Unit Basketball Tournament](#), we celebrate the talent, teamwork, and esprit de corps on display during this spirited annual competition. Congratulations to all the cadets who competed and represented their units with pride. Thanks again to Captain Wylie for contributing the article.

Whether it's leading on course, mentoring the future, honouring the past, or building the next generation — the RMR continues to set the standard at home and abroad.

On behalf of Honorary Colonel David Bensadoun, Honorary Lieutenant-Colonel Isabelle Racicot, the Regiment's Commanding Officer, Lieutenant-Colonel Maciej Jonasz, 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, Intercom

Articles from the past month:



ROYAL YORKSHIRES RETURN ON OPERATIONS

Westmount, Quebec – 02 March 2025: After a demanding but successful deployment in Kosovo, the Royal Yorkshire Regiment—affiliated to The Royal Montreal Regiment—is now preparing for its next operational role. The 1st Battalion, based in Catterick, UK, recently returned from a United Nations peacekeeping mission as part of NATO's KFOR operation, where they were responsible for maintaining stability during a period

of heightened tension in the Balkans.

Now home, the battalion is entering an intensive training cycle to get back to “contingency readiness.” This means being on high alert and ready to deploy at short notice to meet Britain’s global operational commitments. According to Lieutenant Colonel Adam Beldon, Commanding Officer of the 1 YORKS, the regiment is shifting focus from peacekeeping back to warfighting—a demanding transformation that calls on all the training and professionalism the infantry can muster.

The return to readiness includes refreshing battlefield skills, increasing combat fitness, and fine-tuning interoperability with NATO allies. For the RMR, which maintains strong historical and ceremonial ties to the Royal Yorkshire Regiment, the return to high-readiness status is a reminder of the shared legacy and continued operational relevance of infantry soldiers on both sides of the Atlantic.

Whether in peacetime duties or preparing for deployment, the Royal Yorkshire Regiment’s example resonates with the RMR’s ethos. As both regiments continue to train for whatever comes next, their commitment to excellence and service stands firm.



588 Eric Simms Squadron Wins RMR Affiliated Unit Basketball Tournament

Article written by Captain John Wylie, UPAR – Montreal West.

Westmount, Quebec – 06 March 2025: On Saturday, February 15, 2025, cadets from RCACC 2806 Pointe-Claire (RMR), RCACC 2862 Westmount (RMR) and RCACS 588 Eric Simms gathered to compete against each other at the 2nd Annual RMR Affiliated Unit Basketball Tournament.

This year, RCACS 588 Eric Simms won the tournament, defeating RCACC 2806 Pointe-Claire (RMR) 22-12 in the finals.



Three RMR Soldiers Qualify on PLQ

Westmount, Quebec – 09 March 2025: The Royal Montreal Regiment (RMR) continues to develop its next generation of leaders, with several members recently

graduating from the Primary Leadership Qualification (PLQ) course. This demanding program is a critical milestone for non-commissioned members (NCMs) in the Canadian Army, equipping them with the skills necessary to lead troops effectively, so a hearty congratulations to Corporals Calixte, Fang and Razavi who took the course part-time between 28 September 2024 – 09 March 2025.

Congratulations to Corporal Calixte for earning the coveted Top Candidate spot, way to set the standard!

The PLQ is designed to challenge candidates both mentally and physically, covering everything from leadership theory and decision-making under stress to drill, discipline, and field operations. Graduates emerge from the course ready to assume leadership roles within their units, setting the example for those they will lead.

The RMR has a proud history of producing exceptional leaders, and this latest group of graduates follows in the footsteps of those who came before them. Their achievement is not just a personal milestone but a testament to the regiment's commitment to continuous development and operational excellence.



2806 (RMR) Cadets Compete in Biathlon

Article written by Captain John Wylie, UPAR – Montreal West.

Westmount, Quebec – 12 March 2025: For the second consecutive year, RCACC 2806 Pointe-Claire (RMR) competed in the Montreal Zone Biathlon Championships held on January 24 – 26, 2025 at the Myriam Bédard Biathlon Centre. This year, there corps sent 3 competitors to the event – all of them being 1st time competitors. Cadet Deng finished in 2nd place and Corporal Ramlau finished in 4th place in the Junior Girls 4.5 km Sprint, and both qualified for the Provincial Biathlon Championships scheduled to take place on February 21 – 23, 2025 at Myriam-Bédard Training Centre in Saint-Gabriel-de-Valcartier.



Five More RMR's Graduate BMQ

Westmount, Quebec – 19 March 2025: Five RMR's graduated from Basic Military Qualification course 2301, with **Sergeant Tom Delutis being recognized by the Commander of the Battle School for his excellence as an instructor**. 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.



RMR CAP BADGE PLAQUE UNVEILED AT LIBERATION CEREMONY IN NETHERLANDS

Honouring the Battle of the Leopold Canal and the Liberation of Eede

Westmount, Quebec – 30 March 2025: On March 13, 2025, members of The Royal Montreal Regiment (RMR) travelled to Eede, Netherlands, to participate in a ceremony commemorating the RMR's role in the liberation of the region during the Second World War. The event centred on the unveiling of new regimental cap badge plaques to be mounted on the town's Bren-Gun Carrier monument—an initiative first proposed by the Royal Regina Rifles (RRR) to honour the units involved in the bitter fighting during the Battle of the Leopold Canal.

Representing the RMR were members of each mess: Major Dexter Ruiz-Laing represented the Officers' Mess, Warrant Officer Jonathan Carson represented the Warrant Officers' and Sergeants' Mess, and Corporal Kenton Townsend represented the Junior Ranks Club. Also attending were members of the Royal Regina Rifles and representatives from the town of Eede.

The idea to add cap badges to the monument was first discussed in 2023, with planning and coordination extending into early 2025. With the help of the RMR Foundation, who generously supported the RMR's participation and associated costs, the Regiment confirmed its role in the event. On 13 March 2025, the ceremony unfolded with dignity and reflection—underscoring the enduring ties between Canada and the Netherlands forged through shared sacrifice in wartime.



RMR Thanks NCO's for Volunteering

Westmount, Quebec – 24 March 2025: The RMR's Commanding Officer, Lieutenant-Colonel Maciej Jonasz, and the Regimental Sergeant-Major, Chief Warrant Officer James Quesnel, have been formally recognizing RMR members who are on Class B callouts and are volunteering their time to help out the unit with training, administrative, and/or operational duties.

This extra service that they perform is above and beyond what they get paid for by the Canadian Armed Forces, and while this has been occurring for generations, it is nice to see some well-deserved recognition being given. The RMR Foundation has donated gift boxes containing exclusive RMR merchandise for these volunteers and Honorary Colonel Bensadoun donated Aldo gift cards.



Exercise HEAVY BALL 2025

Westmount, Quebec – 26 March 2025: The Royal Montreal Regiment (RMR) deployed to CFB Valcartier this past weekend for a range exercise where on Saturday they got to fire the C22 Pistol, the M203 Grenade Launcher, and the 66 mm M-72 Light Anti-armour Weapon (LAW) rocket launcher.

The C22 Modular Pistol, recently adopted by the Canadian Armed Forces, is a modern 9mm sidearm designed for reliability, safety, and adaptability. Featuring a modular frame and ambidextrous controls, it accommodates various hand sizes and mission needs. Its lightweight design and improved ergonomics make it an ideal replacement for the aging Browning Hi-Power. During the RMR's range weekend in Valcartier, soldiers appreciated the C22's smooth trigger pull, precision, and user-friendly features in live-fire scenarios.

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*** military history education program providing free materials to supplement Quebec's curriculum.

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royalmontrealregiment.com



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