



WORD FROM THE COMMANDING OFFICER

LCol Colin Robinson

"The RMR will produce high quality infanteers for service to Canada."

Welcome back – I'm glad to see the RMR's Intercom back from a long hiatus. The RMR's official newsletter which began on the troopship carrying our ancestors to War in 1914 has been resurrected at long last. The aim of the Intercom is to link the various parts of the extended RMR family and keep the many friends of the Regiment up to date on the goings on of the active battalion, the Legion, the Cadets, RMR museum, Messes, etc.

(Continued on page 2)

WELCOME BACK TO THE INTERCOM

Major Marc Lacroix

The INTERCOM is back! After a long hiatus, this quarterly publication is one of the ways the RMR family can stay connected, involved and alive. I hope this will be as interesting and fruitful today as it was when it was first published. For those who are interested in the INTERCOM's history, I've added an excerpt from our Regimental history, Vol I:

On the whole the voyage of the Contingent was uneventful. Lifeboat drills were frequent and much time was devoted to physical training, boxing, signalling, and deck sports of all varieties. On the Alaunia a spy scare caused the arrest of two men, both of whom, at a later date, were publicly exonerated. On the Andania an event of the voyage was the appearance of a Regimental paper, "The Fourteenth Battalion Bugler". The two issues of his journal, edited by Private C. D. B. Whitby, late of the Montreal "Gazette", with the assistance of Private H. G. Brewer, late of the Montreal "Star", were creditably produced and enjoyed a flattering circulation.

They contained, amongst other items, copies of the ship's log, challenges to men of the 16th Battalion for boxing and shooting matches, gossip of the voyage, verse, and a black bordered paragraph announcing the death of "Vic", a cheery pup of doubtful lineage who had served as the Victoria Rifles' semi-official mascot. In view of the talent displayed in producing "The Bugler," Private Whitby was requested to act as Regimental Historian and to preserve an unofficial record of the Battalion's adventures and vicissitudes on active service. Much to the Regiment's regret, private Whitby died as a result of wounds received at the Second Battle of Ypres, the history he had so faithfully compiled being destroyed by shell fire during the same engagement.

The INTERCOM belongs to us all, we make it what it is and what it is to become. If anyone would like to submit an article or a picture, let me know at Lacroix.me@forces.gc.ca. Enjoy!

A foreunner of the RMR Intercom, the 14th Battalion Bugler, was published in October 1914 aboard the SS Andania carrying the First Canadian contingent overseas.



7 Platoon at the Laval Ex, Apr 06.

7 PLATOON RMR, 2005-2006 TRAINING

Lt. David Zhang

"RMR soldiers received much recognition in their drive, spirit and determination"

Alas, the 2005-2006 training year is over and all of us here in 7 Pl have finished with a lot of great bruises and better stories. From CFB Farnham to jail, the past training year has been one filled with excitement and very interesting training in a diverse field of topics.

The year can effectively be broken down into three very distinct categories: Individual, RMR and B Company training. Under individual training, 7 Pl had an extraordinarily high percentage of our soldiers qualified NIAC. As a consequence, we had the opportunity to send soldiers to the James Bay Region as a part of POLAR STRIKE I (See Pte Belley's article enclosed – ed).

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WORD FROM CO*(Continued from page 1)*

Major Lacroix and Private Belley have done a commendable job at restarting the Intercom. It is due to their tremendous efforts that we have this today. If you have any articles that you wish to contribute, please forward them to the Editor, Major Marc Lacroix at lacroix.me@forces.gc.ca. The Regiment has changed a lot since the last time the Intercom was published in 1996; however most of the change has been for the better.

The RMR's recruiting efforts over the past few years have really paid off and the RMR is bigger than it has been in a long time (approximately 170 all ranks). Training is challenging, exciting and relevant to the contemporary operating environment that our soldiers find themselves in while serving in places such as Afghanistan. Our weapons and equipment are modern and the envy of armed forces around the world. The pay and benefits we soldiers enjoy today are excellent.

Most importantly, what hasn't changed a bit is that the RMR continues to produce outstanding leaders and soldiers for service to Canada and is still setting the standard for other reserve infantry units to follow. In short, we have very little to complain about. Of course, being true RMR, we still complain a lot!

POLAR STRIKE I - UP NORTH**Pte Marc Belley**

Even after learning that Kodiak Strike III was cancelled, there were not too many volunteers for 34 Brigade's first venture up north. The final party was an enthusiastic group consisting of five privates. Privates Belley, Gagnon, Jakovets, Lachance, and Rutkowski packed all their winter kit and left for Wemindji on February 18.

The RMR was on the 2nd of four flights, and we got off the plane at around 1600 hours. During the short transfer from the Air Crebec plane to the bus that took us to the village, we realized how cold it really was. The temperature was hovering near minus 30 degrees celsius. Training began the day after arrival.

To get to our bivouac site, we marched a nice little 6 clicks with toboggans. Then we immediately started by setting up our platoon's HQ tent, as the RMR guys were going to be bunking with HQ for the duration of the exercise. Things moved slowly, as it was all our first time in really cold weather conditions. Some of us had only ever done the winter indoctrination, a few weeks earlier, which was not nearly enough to get us acquainted with winter.

*(Continued on page 3)***RMR 2005-2006 TRAINING***(Continued from page 1)*

As for RMR training, Ex CONCRETE KILLER was an example of a well planned, well executed exercise. A RMR initiative, headed largely by WO Jordan and Sgt Lee, the exercise itself commenced with the practical applications of theory learnt in classroom, as well as hours spent practicing drills such as room entries, clearing, even firing on the specially designed 'Quick Kill' program on the Small Arms Training System (SATS). The soldiers quickly realized the difficulties inherent in urban warfare, and thus the need for constant practice in order to quickly and accurately kill the enemy in that environment. Now the fun part of the exercise: the attacks. A "secret" civilian multilevel factory was rented and designed to simulate actual 'threats', which were then successively assaulted at section and platoon levels. There was smoke, there were explosions, there is also a Video! Enquire at your local Video store a.k.a RMR recruiting.



Ex Concrete Killer

Last, but certainly not least, were the numerous B Company exercises this year, which saw 7

Pl travel to numerous locations throughout the year. Assaults at Bromont Airport, Winter Endoc at Mirabel Airport, and one of the most interesting exercise sites I've ever seen; St. Vincent de Paul Penitentiary. Built in 1790, the 'Old Pen' in Laval was run down, dirty, smelly, and thus, perfect. Not only did the soldiers get great training value out of the exercise, further developing the urban operation skills they had learnt throughout the year, but many have also sworn they will never again go to another jail – which of course, is always great to hear for all the mothers out there. It would be fitting to note here that even at Company level, RMR soldiers received much recognition in their drive, spirit and determination; and for those that are avid readers of La Presse Newspaper, those are our soldiers in the April 1st edition of the paper.

The year's successes were in large part due the efforts and dedication of WO Jordan, who kept the militia-bullets-dealer away and meals in our stomachs, the section commanders who imparted their knowledge and experience onto the rest of us and all the B-Coy staff who took care of the administration, allowing us to train. Most importantly however, success was due to you, the soldiers who, rain, wind, snow or shine, showed the morale, resilience, and physical conditioning that makes RMR soldiers among the best I've ever come across. 7 Pl Forever!

Nemo Me Impune Lacesit



(Continued from page 2)

During the first night, we learned that using the Cole-

man stove is an art. To get them lit up, you need to spray some Nafta all over the burners, and then burn it. After repeating that a few times, the stove's pipes are hot enough to actually allow some Nafta to get through. The exercise was non-tactical, so the RMR guys were on 1-hour shifts to keep the stove and lantern going.

The following day consisted of learning how to build shelters and snow defences. We separated into two groups, a few of us building shelters with the Black Watch, the others doing the snow defences with 3rd Field Engineers. The shelter we built was a longhouse, basically a glorified hoochie about 2 metres high in the centre, with an opening for the smoke. We use our ground sheets to make the ceiling, with a skeleton of logs and a floor of pine.

When we attempted to sleep in it, our fire was creating so much smoke that after a few hours we had to stop it, lest we all die of intoxication. One of the Rangers tried to help us with our fire, but to no avail. We then lit our stoves and lanterns inside the longhouse.

On another night we slept inside a real 50-man longhouse with a wood-stove in the middle. Keep in mind that outside it is about minus 30, yet inside it was above freezing. We were walking around comfortably inside in T-Shirts and

2 platoon, of which the RMR was part of at Polar Strike I, learning how to ice fish from Rangers.

all woke up ready and refreshed for another day.

We spent the next day learning about Rangers and their culture. Basically we learned how to ice-fish, build tepees, setup snares and traps and other interesting things that Rangers do up north to survive. This was the most interesting part of the exercise, we actually got to hang around a lot with the Rangers and we learned a lot of good things. This part of the exercise is what will hopefully allow us to independently survive next year, more on that later.

The last day we shot .303s from World War II. These are bolt-action rifles with iron sights. The Rangers use them to hunt. We all had five shots to shoot at the snow defences, which survived our attacks very well. We also had the chance to shoot some C7.

General Barabé was on site to give us his spiel about the next Polar Strike, and asked us what we thought of the exercise. Basically next year, they would like to have soldiers independently try to survive for a few days. Rangers would be on hand to help with snares and traps, if we can't do it ourselves. We will have to make our own snow shelters, and live for a few days on what we can scrounge up. Needless to say, I'll be the first to put my name on the list for Polar Strike II!

ÉQUIPE D'HOCKEY RMR

UNE SAISON À SE RAPPELER

Sgt. Bruce Castonguay (Capt de l'équipe)



Équipe hockey RMR 05-06

La saison 05/06 est maintenant chose du passé pour la formation du RMR. Cependant elle restera probablement en mémoire. L'équipe régimentaire, avec un dossier de 11 victoires et 5 défaites, a connu sa meilleure campagne depuis les quatre dernières années en terminant deuxième de la division Ouest et quatrième au classement général.

Le retour au jeu du Cpl M. Talarico, après une année d'absence a grandement contribué au succès de l'organisation. Ce dernier a conclu le calendrier avec une fiche de 11 victoires et une moyenne de buts alloués de 3,19. Il est le seul gardien de la LHMM à avoir pris part à toutes les rencontres et à avoir réalisé trois blanchissages. Il a part ailleurs mérité le trophée remis au meilleur gardien du circuit et celui du joueur le plus utile lors de la partie d'étoiles en décembre 2005. Le Cpl S. Masson et le Sdt A. Jakhovets ont aussi représenté le RMR lors de cette partie, ainsi que le Cpl R. Nay dans l'uniforme du 51 Amb.

La venue de sang neuf n'est pas étrangère non plus à

REGIMENTAL MUSEUM

Mr. Nino Lambertucci

All members are invited to the museum to try the touch screen computer, which contains the history of the Regiment from WWI, WWII, and Peacekeeping, with a great mix of still photos and running narratives.

In addition, returning RMR members from Afghanistan have provided us with a CD containing photos of Canadians on deployment. Great pics!

Ron and I will be attending the annual Organization of Military Museums (OMMC - www.ommc.ca) museum

l'amélioration de l'équipe qui ont du composé avec la perte de certains joueurs, dont leur défenseur vedette, le Cpl T. Watson. L'arrivée de jeunes joueurs dont les Sdt A. Jakovets, Sdt D. Kumar, Sdt B. Mc Nair et Sdt J. Mc Gillivray, ont grandement aidé à donner un second souffle aux vétérans de l'équipe. Nous aurons même bénéficié de l'ajout du Cplc J.S. Lavigne et du Capt P. Leroux en fin de saison pour appuyer une solide défensive déjà en place, puisque le RMR la formation à avoir accordé le moins de but cette saison.

De plus, la combativité du Cpl T. Bonnell a été un exemple de motivation tout au cours de l'année. Son acharnement en attaque et en zone défensive lui a permis de terminer en tête des marqueurs du club. Il a aussi remporté, trois semaines de suite, le titre du joueur du match.

Les moments forts du calendrier resteront sûrement



Cpl Talarico, meilleur gardien & joueur le plus utile.

les deux victoires sur la puissante machine offensive du 712 Comms avec qui le RMR entretient une très forte rivalité. Ces deux parties remportées par la marge de deux buts, furent les seules défaites de l'Escadron et auront été surnommées les Affrontements de Waterloo. Malheureusement, c'est cette même équipe qui nous aura empêché d'accéder à la finale en se sauvant avec une victoire de 5 à 3 en finale de division. La semaine auparavant, le RMR avait facilement éliminé le 4R22R.

Donc c'est avec impatience que j'attendrai la campagne 06/07 au sein d'un club en confiance, solide et prometteur. Ce n'est pas le leadership et l'expérience qui feront défaut au sein de l'organisation du RMR où la majorité des joueurs ont récolté plus de dix points en saison régulière. Que le mot se passe: Les places disponibles au prochain camp d'entraînement, seront sûrement très limitées!

training course to be held at the Southern Alberta Institute of Technology this year. We will bring back a full report on this trip in the next issue of the INTERCOM.

With the purchase of a new scanner and a PC we will be commencing a project where we will digitalize all of our 2,000+ WWI and WWII photos. A great amount of history will soon be available on DVD. We have also been asked by the Directorate of History and Heritage (DHH - www.forces.gc.ca/hr/dhh) to provide them with a list of our top 10 artefacts. They hope to take photos of artefacts from museums across Canada and then create a special web site for students, historians, etc. Drop by and see us!

HONORABLE MENTION



Colonel Hameè, CO from 86-89, was recently awarded the U.S. Bronze Star for his Meritorious service in Afghanistan. (More below)



L'Adjud Michel Denis et son équipe remportent le bronze au Brésil en parachutisme.
www.skyhawks.forces.gc.ca

RMR IN THE NEWS

The RMR currently has three members serving overseas:

Captain Gauthier (below)

Captain Siket

Captain Petrelli



Capt. Petrelli (Former WO in the RMR) seen here with PM Harper during his visit to Afghanistan.



Two former RMR COs are currently serving in Afghanistan. Col Hamel (CO from 86-89, recently awarded the U.S. Bronze Star) on the left and LCol Petrolekas on the right (CO from 99-02).



FORMER RMR CO WINS BRONZE STAR!

Pte Marc Belley

The Royal Montreal Regiment has always trained excellent officers in the past. Recently, on February 11 06, Colonel (Chuck) Hamel has been awarded the Bronze Star Medal (BSM). It is the first to a serving RMR member, but is actually the second BSM awarded to an officer having served as an RMR.

Colonel Hamel can be seen in the picture (above) receiving this prestigious award. He also received another medal, the South West Asian Service Medal (SWASM) in recognition for our participation in Operation Enduring Freedom (OEF) with Combined Forces Command Afghanistan (CFC-A).

That's not all! Colonel Hamel also received another award, which he called his most gratifying one. "The most personally gratifying, however, was the Certificate of Appreciation and a Ministry of Interior plaque that was pre-

sented by Minister Zarar at the end of the PRT Executive Steering Committee Meeting on Thursday, in front of all the Ambassadors, COMISAF, COMCFC-A, UNAMA SRSG, and many other dignitaries. Luckily there were no photographers because I actually blushed during that presentation."

The Bronze star is one of the highest merits awarded to people who serve the U.S. Army in any capacity. This is the second time someone related to the RMR has won this award, the first time being in WWII. Mr Needham explains the event like this: "When the Battalion was broken up in England during the Second World War, Captain Clark Middleton-Hope was one of four RMR officers (plus a Company of men) transferred to the 21st Canadian Armoured Regiment (Governor General's Foot Guards). During the campaign in North West Europe, Clark was awarded the Bronze Star."

Congratulations to Colonel Hamel for winning this prestigious award, which shows the true spirit of the Royal Montreal Regiment.

VISIT THE RMR WEBSITE AT WWW.ROYALMONTREALREGIMENT.COM

Get the latest news, discuss on the forums, browse the picture galleries and more at the RMR's new site.

REGIMENTAL HISTORY

FRANCIS SCRINGER, VC

LCol Richard Garber



Lt.-Col. F. A. C. Scrimger, V.C.

Lieutenant-Colonel Francis Alexander Carron Scrimger, VC, BA, MDCM, FRCS(C), FACS, was born in Montreal on February 7, 1880, and attended McGill University. He graduated in Medicine in 1905 and won an appointment to the Royal Victoria Hospital. In 1912, he joined the Canadian Army Medical Corps, and two years later he became the medical officer for the Montreal Heavy Brigade of the Canadian Garrison Artillery.

In August 1914, then a Captain, Scrimger enlisted in the First Contingent of the Canadian Expeditionary Force as medical officer for the 14th Battalion – the Royal Montreal Regiment (signing his own attestation papers that he was fit for overseas duty). The Battle of Second Ypres, which started on April 22, 1915, marked the first use of lethal chlorine gas as a weapon in the history of warfare. But it was the overwhelming German artillery and ground forces that drove through the allied lines. The Canadian stand cost 6,000 casualties, a full one-third of the First Canadian Division.

On April 25th, Scrimger set up his Advanced Dressing Station in Shelltrap Farm, an old structure near the front, which was surrounded by a small moat. He had some 30 to 40 patients under his care. The situation grew steadily worse as a heavy German artillery bombardment began to fall near the farm. While suturing and binding wounds, Scrimger warily eyed crates containing 350,000 rounds of small-arms ammunition that were staked next to his patients.

Realizing the dangerous situation, Scrimger organized the evacuation of the wounded to the rear, but one of his patients, Captain H. F. McDonald, had a serious head wound. Any movement before he was stabilized would likely kill him. Scrimger chose to stay behind. The shells fell around them and then began to land on the farm. The slight, 5-foot-7-inch doctor, who weighed only 148 pounds, shielded McDonald's prone body while he worked over him. During the bombardment, the building was demolished and set on fire, but both Scrimger and McDonald survived the whirling shrapnel and exploding ammunition. Blinded by the smoke and heat of the fire, Scrimger pulled the larger, unconscious infantry officer onto his back and staggered out of the building. German infantry were advancing

on the farm and the only escape was to cross the moat to the rear. Lurching to safety with McDonald on his back, Scrimger passed through the barrage, moving from shell hole to shell hole for cover. Hiding in a nearby ditch throughout the rest of the day, they avoided the enemy infantry. Captain McDonald later testified that each time the shells exploded around them, "Captain Scrimger curled himself round my wounded head and shoulder to protect me from the heavy shell fire, at obvious peril to his life. He stayed with me all that time and by good luck was not hit." Scrimger was later able to direct the evacuation of McDonald and several additional wounded soldiers.

The 34-year-old Scrimger became one of four Canadians to receive the Victoria Cross, the Empire's highest award for bravery, during the Battle of Second Ypres.

To have served from start to finish throughout the war is fairly unique in itself, but Scrimger has a curious connection to one of the most famous poems in Canadian history. From his school days at McGill, he had known John McCrae, who wrote "In Flanders Fields" during the Second Battle of Ypres. It is said that McCrae, upon scribbling the famous poem in a few minutes, read it over, crumpled it up, and threw it away. Scrimger picked it up and convinced McCrae to send it to Punch magazine, where it was eventually published. However, the retrieval of the poem has also been attributed to another friend of McCrae's, E. W. B. Morrison; but, as Scrimger's biographer notes, Scrimger lived by a very strict code of morals and ethics, and he would never have allowed the oft-repeated story to stand should it have been untrue.

Scrimger returned to Montreal after the war with his battlefield surgical experience. In 1921, he joined McGill University as a lecturer in clinical surgery. He continued to practice and teach medicine for another two decades, eventually acquiring a reputation as one of Canada's finest surgeons. Scrimger died in 1937 and is buried in Mount Royal Cemetery.

In a ceremony held on October 17, 2005 at the Canadian War Museum, the medals belonging to Lieutenant-Colonel Scrimger, consisting of the Victoria Cross, the British War Medal 1914–1920 and the Victory Medal 1914–1919, were donated to the museum by his descendants, the Fraser, Corbett-Thompson and Wootton families. The ceremony was attended by several serving and former members of the RMR, including, Cpts Al-Khairy and Marinier, Sgt Rambarransingh, LCol Garber and Cpl Fernberg, a curator at the museum.



Captain Scrimger carrying a severely wounded officer to safety under heavy shell-fire.



BACKBREAKER 2005

Capt Guy Marinier

A small but otherwise enthusiastic group of RMR members trained from 1 June to 31 August in preparation for the 13 km RMR Ruck March that was held 10 September, 2005. Our Commanding Officer, LCol. Robinson planned and coordinated this training to encourage all RMR members to get properly prepared before the annual march. Although family and friends were welcome to join us in this endeavour, not many did. This is unfortunate because this completely voluntary preparatory training was held along the banks of the Lachine Canal, and ended at the St-Ambroise Terrace with refreshments for all. Thus preparing everyone present for both the Ruck March, and the Smoker thereafter.

If practice makes perfect, it unfortunately does not bring back youth. I am discovering this fact the hard way, every day. So to you young lads, enjoy your youth while you have it, it will not last forever. That being said, I did not do so badly for a paper pusher. I came in the middle of the pack completing the march in 2 hours 8 minutes. A friend remarked "not to bad for an old geezer". Being a French speaking person, and not wanting to know exactly what a geezer is, I took it as a complement deciding that a "geezer" must be a very refined, awfully distinguished, and exceptionally mature gentleman. Let it be known that the preparatory train-



ing definitely helped me to bring down my completion time, undoubtedly helped me endure the pain, and unquestionably accelerated my recuperation time afterwards.

Physical fitness is not only required of us in the infantry, but necessary if you want to live life to the fullest. Physical activity will contribute greatly to your health. We should all know by now that a well balanced life is composed of good eating, exercise, family and friends. The more we do, the better we feel. So be active and include physical activities into your life, if you haven't already.

Congratulations to Private Delano Rivas for completing the march in 1 hour 42 minutes, the fastest time for the 2005 edition of this event. It is good that many of our members take physical fitness seriously. Let's all aim to beat that time next year.

Before I sign off, I want to thank the CO for planning and coordinating the much needed training. It was both very enjoyable and helpful. Hopefully some other soul will pickup the torch for next year's march. Also, thank you to Corporal Gregory Biezing for organising and leading the 17:00 hour group. It was always fun to have a beer with them before the start of our training at 18:00 hour. There is nothing like a little "golden fuel" to get you going. In moderation of course!

Honi Soit Qui Mal Y Pense

SOME THINGS NEVER CHANGE

Cpl Greg Biezing

I often wonder how many people in the regiment could name all 25 battle honours. How many could name 10? Or even 5? When I was young I joined the RMR cadet corps and remember having to recite all the RMR battle honours but never really knew what happened at places like Passchendaele, Thiepval or the Leopold Canal. At the ripe old age of 12 I pictured steep cliffs, huge mountain refuges or giant fortresses each with their own moat. I wonder if some people have the same perception today.

"For evil to win it takes for good men to do nothing". In this case, ignorance is the evil. So a few months ago I decided to join the Royal Canadian Legion not because Branch 14 needed some new blood or the \$1.75 beer the Legion sells but simply because it was a chance to answer a higher calling, one of remembrance.

At my first meeting I was impressed from the be-



ginning. The professional manner in which the meeting was conducted, the generous contributions they made to different organizations and of course the camaraderie. What surprised me the most was how familiar it all seemed. For some reason I always pictured members of the Legion to have been super soldiers, 10 feet tall, strong like fifteen men, able to leap tall buildings in a single bound but truth be told I quickly realized they are people just like you and me who share a common bond and who answered a higher calling, one of remembrance.

The meeting went like clockwork and quickly concluded as we immediately dismissed for the mess. I sat down across a man who told me stories of a 1938 RMR hockey team who had a player drafted by the Boston Bruins, a story about a Maj Barre barrack inspection that required using a weapon pull-through to clean the keyholes if they were to get their weekend. We exchanged war stories for tour stories and best of all stories of tricks played on fellow RMR brothers.

(Continued on page 8)

SOME THINGS NEVER CHANGE*(Continued from page 7)*

It dawned on me that nothing has really changed. Sure we have Gortex instead of wool, the weapons today are cooler, we still have an RMR hockey team, my recruit course instructors found lint in a light bulb socket to cancel my night off and I still enjoy orchestrating a practical joke or two.

It wasn't until a few days later that it dawned on me. I

RMR KITSHOP *(open tues night, 1900)*

RMR T-SHIRT	GRAY ON BLUE	\$15.00
RMR T-SHIRT	YELLOW ON MAROON	\$15.00
RMR T-SHIRT	BLACK ON GREY	\$15.00
RMR GOLF SHIRT	NAVY BLUE	\$40.00
RMR CAP BADGE		\$12.00
OFFR. CAP BADGE	CLOTH	\$24.00
OFFR. COLLAR DOGS	CLOTH (PAIR)	\$31.00
OFFR. MESS KIT	CROWN (EACH)	\$9.00
OFFR. MESS KIT	PIPS (EACH)	\$9.00
OFFR. COLLAR DOGS	METAL (PAIR)	\$12.00
SHOULDER TTILES	LARGE (PAIR)	\$14.50
ALL RANKS	(PAIR)	\$8.00
BUTTONS - ALL SIZES		\$1.20
RMR BELT AND BUCKLE		\$22.00
BERETS	RIFLE	\$17.00
RMR SILK TIES		\$35.00
TIE CLIP		\$4.75
RMR BLAZER CREST	LARGE EMBROIDERED	\$20.00
RMR BLAZER CREST	MEDIUM EMBROIDERED	\$12.00
RMR CREST	SMALL	\$4.00
LAPEL PIN		\$3.00
LADIES BROACH		\$12.00
RMR PLAQUE		\$35.00
RMR REGT. HISTORY VOL. III		\$15.00
RMR FLAG	FULL SIZE	
RMR FLAG	DESK SIZE W/STAND	\$3.00
FLASHLIGHT		\$20.00
NOTE PADS	WATERPROOF	\$5.00
RMR HISTORY CD	VOL I & II ON CD	\$35.00

HEADLINERS

- Sgt Camille Gives Birth & Receives promotion!
- RMR Website gets facelift! Visit the new site today at royalmontrealregiment.com.
- About a dozen soldiers from B Coy are going away to Ottawa for a summer of C.G.
- RMR Fitness challenge is still on! Get your pin before the year ends.

was hanging out in the JRC sharing the same stories that were told only days earlier. I was passing on the stories, passing on the “torch” and memories of our veterans. Needless to say the conversation carried on with each owns version of “Maj Barre’s barrack inspection” or practical jokes. I think in its simplest fashion that is what the Legion is all about, remembrance.

In conclusion I would like to individually challenge each person and each mess to join and support Branch 14 Royal Canadian Legion. After all remembrance and regimental history should start from the top down. Branch 14 usually meets the 3rd Friday of each month and it usually last less than 2 hours (including mess time). There is no logical excuse not to join as well make time for a hockey game or favorite TV show. Just because we live in a society that needs to be reminded of the sacrifice let us make sure the Royal Montreal Regiment always remembers and does not need to be reminded.

THE BACK PAGE**FROM THE EDITOR**

We wish to thank all the contributors who made this issue possible. Particular thanks go out to EXECUTIVE PROMOTIONS and LCol Toby Glickman for providing professional printing services. If you want to submit an article please contact Maj M Lacroix, DCO RMR.

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UPCOMING SOCIAL EVENTS**Regimental Activity**

14 May 2006 - Chruch Parade. Family members are encouraged to attend. A rose will be distributed to all mothers.

- Back Breaker training is beginning for the summer. Check out the site for updates.
- Want your news here or on the website? Email it to fearan@gmail.com