

Hi, just a reminder that you're receiving this email because you have expressed an interest in Fondation RMR Foundation. Don't forget to add [info@royalmontrealregiment.com](mailto:info@royalmontrealregiment.com) to your address book so we'll be sure to land in your inbox!

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**Sept  
2018**



*Fondation RMR Foundation*

The Royal Montreal Regiment Foundation  
4625 Ste-Catherine Street West  
Westmount, Quebec H3Z 1S4  
[royalmontrealregiment.com](http://royalmontrealregiment.com) | [rmmuseum.com](http://rmmuseum.com)



RMR soldiers completing the BACK BREAKER challenge, 26 August 2018

# The INTERCOM

*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 "Intercom" ("n" intentional) was born. The current "Intercom" is published on an ad-hoc basis and is intended to keep the friend & family of the Regiment up to speed with the accomplishments of the current serving members of the Regiment and all affiliated organizations.*

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Greetings,

The Regiment kicked off their collective training year last weekend in Farnham, with all ranks present qualifying Level Three on the Personal Weapons Test (PWT), including run downs and night shoot supplement. The next morning they boarded buses and headed off to Owl's Head where friend of the Regiment, David Bensadoun, had organized a 12-km hilly forced march route for them. Upon completion of the forced march competition (affectionately known as BACK BREAKER and [won again by Pte Morneau](#), details below), the Bensadouns welcomed the RMR into their home for a short CO's parade and a BBQ. All in all a [very pleasant experience](#) that the Regiment is grateful to have been treated to!

At the start of the summer there were eight (8) soldiers promoted to Master-Corporal - what a fantastic infusion of fresh junior leadership! The junior leaders quickly made their mark, as one of the newly promoted Master-Corporals won an award for being [recognized as the best instructor in Valcartier at the battle school](#). Congratulations to MCpl Lamb for setting the standard, please read all the details in the article below.

As noted in our last edition, the "Last 100 Days" of the First World War began a century ago in August 1918. The RMR will be actively commemorating the courage and sacrifice made by our forefathers who led the way in battle, with two informal battlefield tours involving a dozen or so RMR Association members, and a formal ceremony being held in Cagnicourt. Maj Talarico and MCpl O'Driscoll will represent the Regiment at the ceremony in Cagnicourt, and there should be an article in next month's Intercom.

The RMR Museum will also be marking the centenary of the end of WW1 with an exhibition to be held at Westmount's Victoria Hall in November. Details will be forthcoming.

As well, in a bid to ensure that the sacrifice and efforts of Quebecers involved in military conflict over the past century, the RMR Foundation has helped produce an education program: ["Je Me Souviens"](#) is a Canada Company education program created in collaboration with the Royal Montreal Regiment (RMR) Foundation and le Royal 22ieme Regiment (R22eR). Providing free teaching materials to supplement the new Quebec history curriculum and to help students have a greater knowledge of Quebec's role in military conflicts throughout the last 100+ years, and ultimately to help them understand the long-term impacts of war upon all facets of our peaceful society.

**REMINDER:** The RMR Association (Branch 14) is hosting the annual RMR reunion 'Smoker' TODAY **Saturday 01 September 2018** at the **Kahnawake Marina**. Please drop by if you can, we'd love to see you.

Please take a moment to read this selection of the accomplishments 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 regimental family who are battling illness or disease.

On behalf of Honorary Colonel Andrew Molson, the Regiment's Commanding Officer,



Lieutenant-Colonel John Shone, and the Regimental Sergeant-Major, Master-Warrant Officer Stephen Leroux, please accept our continued best wishes.

*Honi Soit Qui Mal Y Pense.*



LCol (ret'd) Colin Robinson, CD  
Honorary Lieutenant-Colonel  
The Royal Montreal Regiment



## *Two times a Winner!*

### **Private Morneau earns the CO's Challenge Trophy again**

Owl's Head, Quebec - 26 August 2018: Private Morneau won the RMR's infamous "Back Breaker" competition on Sunday, which was held on civilian land near Owl's Head this year. He completed the 12 kilometre forced march, on hilly terrain and in full gear (tactical vest, rucksack, helmet, weapon, and gas mask), in one hour and 42 minutes - the exact same time as he did last year on a 13 kilometre flat course! For the Back Breaker competition, a minimum weight of 35 kg is carried by each participant. This earned him the Commanding Officer's Challenge Trophy, for the second year in a row. Congratulations to Private Morneau - way to set the standard!



## RMR NCO sets the standard

### MCPL LAMB EARNS "BEST INSTRUCTOR" TROPHY IN VALCARTIER

Westmount, Quebec - 27 August 2018: The RMR is pleased to report that Master-Corporal Christopher Lamb was awarded the "Best Instructor (rank of MCpl)" from the 2nd Division Training Centre in Valcartier this summer. Employed as a section commander on the Infantry course, MCpl Lamb clearly set the standard!

[Read the full citation here](#)

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## A 'BACK BREAKER' to remember!

### CO uses opportunity to formally badge new infanteers into the Regiment

Westmount, Quebec - 29 August 2018: On Sunday 26 August 2018, the soldiers of the RMR were fortunate to be welcomed to a private residence in the Eastern Townships to conduct our annual 'BACK BREAKER' forced march competition. David Bensadoun and his wife Isabelle Poirier, along with their children and a group of friends who were apparently press-ganged into running the grills, welcomed the Regiment to their home for a post-march BBQ.

The RMR's Commanding Officer, LCol John Shone, took full advantage of the situation to conduct a short parade where he awarded the CO's Challenge Trophy to Private Morneau for winning the BACK BREAKER march (again!), badged seven newly qualified infanteers into the Regiment, formally recognized MCpl Lamb for winning the "best instructor" trophy this summer in Valcartier, and presented MCpl Randall-Coss with a RMR Command Team Challenge Coin for his outstanding service this summer as an instructor in Valcartier. All in all, a very busy day!

[Read the full article and see more photos here](#)



The JMS logo is intended to incorporate the major elements of Quebec society found in 1914, with the Fleur-de-lys predominant as the unifying symbol. The project name "Je Me Souviens" is also the provincial motto and emphasizes the JMS mission of helping students learn their history.

## *'JE ME SOUVIENS' COLLABORATION ANNOUNCED*

### **An Education Program**

Westmount, Quebec - 01 September 2018: The Royal Montreal Regiment (RMR) Foundation is pleased to announce that their "Great War Education Program" has been expanded greatly and is officially renamed "Je Me Souviens".

[Je Me Souviens](#) (JMS) is a Canada Company education program created in collaboration with the Royal Montreal Regiment (RMR) Foundation and le Royal 22ieme Regiment (R22eR). Providing free teaching materials to supplement the new Quebec history curriculum and to help students have a greater knowledge of Quebec's role in military conflicts throughout the last 100+ years, and ultimately to help them understand the long-term impacts of war upon all facets of our peaceful society

Using first-hand examples from two storied Quebec infantry regiments (RMR & R22eR) that represent all Quebecers, the program is aimed at students in the second cycle of secondary School (Sec IV) and was created to complement the new Quebec Ministry of Education curriculum. It is expected that both students and teachers across Canada will find the material of use..

[Learn about JMS here.](#)

## **Contact**

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## **Stay Connected**

The RMR Foundation is a non-profit incorporated body, 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*

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*Regimental Family."*

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Family.**