



THE ROYAL MONTREAL REGIMENT

INTERCOM

WINTER 2008



WORD FROM THE COMMANDING OFFICER

1. Hard to believe that nearly a year has passed since our last edition - time flies when you're having fun soldiering with a great unit like the RMR! The Regiment certainly had another action-packed training year, with RMR members serving in exotic places like Wemindji, Afghanistan, Florida, Norway, Germany, and all points in between! While things move very quickly, we often forget how much we've accomplished together in a year. Some highlights from 2007:

a. February: The RMR had the largest number of soldiers from 34 GBC on the last two major Brigade-level exercises with 52 RMR participants in total. Pictures from both FTX are in this issue of the Intercom.

b. March: Sgt Yu makes the front page of the Maple Leaf after earning himself a coin from BGen Barabé who was impressed by Sgt Yu's drive on Ex KODIAK STRIKE.

c. April: Capt Gauthier awarded the CEFCON Commendation for his actions in Afghanistan.

d. May: RMR Hockey Team wins the Montreal Military Hockey League (MMHL) Championships. First time we've won the cup, hopefully not the last!

e. June: On a sad note, we lost a great soldier, leader and friend in June 2007: Sergeant Antoine "Tony" Hallé passed away on 18 June 2007 after a brave battle with cancer. He was a consummate professional who demanded a lot from his subordinates and always led by example. We will remember him.

f. July: The Ottawa nightlife-based economy received
(Continued on page 3)



Cpl Brent McNair at Kodiak Strike III

LEADERS IN THE MAKING LT NATHALIE GAREAU

As a new platoon commander in B Coy this year there were many challenges that I would have to face. The biggest of those challenges was the current shortage in junior leaders that the RMR currently faces. Within the platoon headquarters there are only 2 people out of 6, who currently hold the training and qualifications to hold their current position.

At the beginning of the year I found myself wonder-
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A forerunner of the RMR Intercom, the 14th Battalion Bugler, was published in October 1914 aboard the SS Andania carrying the First Canadian contingent overseas.

BIQ 0738 COURSE REPORT

PTE DREW RESENDES

The summer started just like any other should. We would wake up at 5 am and do PT for an hour. Our physical training was either a light jog around camp Vimy with the warrant or section competitions with the LT. Next in our routine was to rush twenty guys into a five man shower and get dressed within 30 minutes. And like every morning, we would be marched to get breakfast. At the cafeteria, we had only a half hour to get our food, eat it and wash up. At first we thought we would have enough time. But we soon realized that it took 15 minutes to get thru the line up and 5 minutes to wash up our things. So every morning we had to stuff down food and often miss washing our dishes just to make the timing. At first, we had trouble adapting to this new lifestyle but we soon learned a few tricks and started to stuff food down our pockets and eat in class. After breakfast, routine inspections were our next timing. The first few weeks we had trouble with getting everyone up to standard. But it didn't take long before our sections leadership started setting the standard for the rest of the platoon.

During this course we had a great crew of instructors. Our whole staff was regular force Vandoos, whom all had operational experience from tours in Bosnia, Haiti or Afghanistan. They became our mentors during our training.

The next weeks we trained on the C-7 rifle, C-9 and the powerful C-6 machine gun. Also, we learned about the



Pte Drew Resendes, the top candidate from 0738

M-72 mortar, M-203 grenade launcher, claymore and many important combat procedures. During our classroom periods we took advantage of our instructors' knowledge to get real life facts from their past operations. They would also let us in on a few of their war stories.

The day before our final exercise, we received our orders and a few supplies. We quickly learned that our 3 day operation was going to be harder than we thought. On our final night sleeping in tents, we excitedly squeezed clothes, extra kit, ration packs, shovel, dirt pick and several litres of water into our rucksacks. The next day after our morning routine, class 0738 went thru final preparation. We camouflaged our faces, got divided into our fire teams and placed in marching order. Not knowing much about where we were going or how much we would sleep we began to march out into the woods. Upon our arrival into the hide we quickly began digging a defence position. It was at this position were we would spend our first night battling sleep deprivation and the enemy. At first light the next morning, we were awoken by gun fire and had to fight for hours to defend our position.

Orders then came down that we had to proceed to a counter-attack on the enemy. So in preparation to this raid we first sent out reconnaissance patrols. These patrols were to find a route in and out of the enemies' defence position and to gather information on their activities in order to prepare our assault. This attack was well executed despite everyone's fatigue. As we marched back from our tasking we thought of the possibility of getting some sleep. But as soon as we returned a new mission was passed on



0738 soldiers beside a LAV-3

to us. We had to prepare an ambush that would take place at 3 am. So again we left for new “recce” patrols. By the time we return it was already dark and a lot of work had to be done.

We had to tare down our hides, pack our kit, get cleaned up and changed all this was done in pairs. While one man was covering his arcs the other was working on his kit and having a bite to eat. Before we knew it, it was our last day of exercise. We left our position around 1 am and began a long march with all our kit towards our objective. We finally arrived at the ambush position after getting lost a few times. We had to maintain complete silence and minimal movement to avoid detection but after

two days without sleep this was the hardest part of the exercise. When “H” hour arrived, we gave it our best to follow our instructions and move as quickly as we could to retreat. On the march back there was barely any daylight. We would grasp the tack vest of the person in front of us in fear of passing out. When we returned we knew it was almost over and we had all successfully complete the course. One thing we all had in common was the taught of taking a shower. It was indeed the first thing we did when we got back.

After all the hard work we put in to complete this course, we were all proud of what we have done and were anxious for the final parade. We sacrificed a lot during this course: our habits, our privacy, seeing our friends and family but in the end it was worth it, to be qualified soldiers.

(Leaders in the Making - Continued from page 1)

ing how I would run the platoon with such an inexperienced staff. It did not take long before those put into leadership positions stepped up and took on the challenge of leading their buddies. Now that the current section commanders are attending their PLQ and other courses, I will once again find myself with new junior Cpl's as section commanders but there is one difference now; I have no doubt that those placed in such positions will step up to that challenge to the best of their abilities. Whereas at the beginning I was worried about such a situation now I see that it gives those Cpl's the chance to see what that job entails and perhaps motivates them to get their qualifications and once again step up to the plate to take up new challenges.

(Word from CO - Continued from page 1)

a boost when 22 members of the RMR were tasked to perform drill (not exactly an RMR specialty...!) on Parliament Hill. Ottawa may never be the same...

g. August: RMR takes the top spots on the Basic Infantry Qualification course in Valcartier. Pte Sarfati and Pte Resendes both were # 1 on their serials and were honoured for their achievements by BGen Préfontainie. Of course, the #2 spots were also RMR... we set all the standards...

h. September: The RMR hosted the first exchange with our newly named sister Regiment, 1st Bn The Yorkshire Regiment. Thanks to all of the helpful RMR who ensured that the Brits remained too blurry eyed to really see the sights...

i. October: Capt Talarico awarded the Sector Commander's Commendation for his excellent recruiting results

Sgt. Chung Yu,
as seen in “The
Maple Leaf”, after
Kodiak Strike III



over the past few years.

j. November: Record attendance at the RMR's Westmount Cenotaph parade on 11 Nov 07. The JRC also unveiled a tasteful memorial to the late Sgt Tony Hallé. The RMR Hockey Team presented its victory banner to the Regiment. It will be hung in the parade square with pride.

k. December: The RMR has already recruited 47 members into the RMR since 01 April 07. and over 70 members have qualified for the RMR Fitness Challenge.

2. Wow – a busy year and guess what? We've got an even busier one planned for 2008! Take the time over the holidays to rest, relax (stay fit, naturally) and spend time with your loved ones. I look forward to soldiering with all of you in 2008! Merry Christmas and Happy New Year to all.

3. Honi Soit Qui Mal Y Pense.

HOCKEY NIGHT IN MONTREAL

WO ALAN VINCENT

November 11th 2007 was a proud moment for the RMR, but more particularly for members of the RMR hockey team. During the Armoury rededication at this year's Remembrance Day ceremonies our Commanding Officer, LCol C. Robinson and Team captain, Sgt B. Castonguay unveiled the banner that will be displayed upon the Armoury wall to commemorate the RMR Ball Hockey Teams Championship winning season in 2007.

With the 2007/2008 Season already underway, things are looking good for the RMR team. Already bolstering 5 wins and zero losses, the team has set out to do what LCol Robinson asked of them at the unveiling of the banner, "to set the standard". With victories over the likes of HMCS Donnacona and the RMR team's arch-rivals, 712 Comms Sqn, the team has demonstrated that they mean to go the distance once again this season.

The motivated team has been conducting regular practices; Taking advantage of the lighter schedule they have this half of the season. Cpl B. McNair has stepped up to introduce beneficial drills and scrimmages, with the aim of improving the already talent heavy RMR team.

The team has added a few new faces to their ranks, including Pte C. Drakes and Pte S McMillan. Both join the team

with a fair amount of skill and more importantly, speed. They are sure to be an asset when matched up with returning play makers Cpl A. Jakhovets and MCpl PT. Nguyen. The RMR team is also glad to see the return of two veterans in WO D. Ho and WO C. Jordan. This season also hosts the return of the persistent fore-check of players like Cpl S. Masson and MCpl JS. Lavigne or the ever dangerous defensive and offensive skills of both Capt P. Leroux and last years Play Off MVP and RMR 2008 All Star nomination, Pte N. Chartier. Other team's offensive line-ups are sure to complain upon seeing the return of Cpl M. Talarico as the RMR goaltender. The team will however miss the strong offence of Cpl D. Hanna, who will be sitting out the remainder of the season due to a serious ankle injury sustained during game one of the season. Filling up the teams roster are consistent veterans Lt P. Paulin, WO AP. Vincent, Cpl G. Biezing, Cpl N. Giliaka and Pte E. Rentoulis.

All in all the RMR team is on the right track to retaining its Championship title, however the season is far from over with what is sure to be some tough games ahead of them when facing strong teams like 4R22eR, FusMR or 712 Comms Sqn.

Support for the RMR team is always appreciated and will surely aid the players on their quest to win their second MMHL cup. See below for a list of remaining games. We hope to see you there!

2008 RMR HOCKEY SCHEDULE

10 Jan 2008	Start time: 20h30	Played at the RMR	vs. Donnacona
17 Jan 2008	Start time: 20h30	Played at the CGG	vs. CGG
24 Jan 2008	Start time: 19h00	Played at 4R22eR	vs. 4R22eR
7 Feb 2008	Start time: 19h00	Played at the RMR	vs. 34 CER (3Fd Engr)
14 Feb 2008	Start time: 19h00	Played at the RMR	vs. 712 Comms Sqn
6 Mar 2008	Start time: 19h00	Played at 34 CER	vs. 34 CER (3Fd Engr)
13 Mar 2008	Start time: 19h00	Played at the CGG	vs. 51 Svc Bn
20 Mar 2008	Start time: 20h30	Played at the RMR	vs. 6R22eR
27 Mar 2008	Start time: 20h30	Played at the RMR	vs. FusMR
3 Apr 2008	Start time: 19h00	Played at the RMR	vs. RdeMais/Medics
10 Apr 2008	Start time: 20h30	Played at the RMR	vs. 4R22eR

WE WILL REMEMBER

CDE GREG BIEZING

Every year the RMR sends a guard to participate in Pointe-Claire's Remembrance Day parade. Each year we renew our ties with the city that has granted us Freedom of the City. The last few years I have had the privilege of standing sentry around the cenotaph. Something I enjoy



Legion member beside a Canadian soldier tomb.

and take great pride in. However, this year has marked me more than any other. This year the words "We will Remember" have even more meaning to me today than ever before. Remembrance Day to me now has a more personal face.

While standing on sentry at the cenotaph hundreds of thoughts go through your mind. You're staring at the same spot on the ground, feeling the annoying discomfort in your lower back and try to hide the uncontrollable shakes in your legs. To overcome all this physical discomfort you try to focus elsewhere than the small trickle of rain going off your helmet and down your back. Personally I thought of close friends currently serving in Afghanistan, how it already cost us one friend of the regiment in BlackWatch's Cpl Jason Warren and the all too soon loss of the RMR's own Sgt Tony Hallé. I can't help but think of the sacrifice of the over 60 Canadian soldiers who gave their lives in Afghanistan these last few years but I quickly remind myself by the sheer loss of Canadian Soldiers during both Great Wars where hundreds and thousands were lost overnight for our freedom. I can't help but feel humbled at the number of dead at the Somme, Vimy Ridge or Paschaendale. Even closer to home, the 1192 RMR names in our book of the dead behind the regimental plaque.

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IN MEMORIAM

Sgt. Antoine Hallé - 1983 - 2007



Sgt. A. Hallé

Sergeant Hallé passed after a lengthy battle with cancer on June 18, 2007. He had joined the RMR in May 2000 and quickly rose through the ranks to the rank of Sergeant. Leadership was the hallmark of his service: He constantly sought to improve himself and the performance of his unit, no matter the difficulties he faced. A dedicated

instructor and a solid field soldier, Sergeant Hallé certainly "set the standard" within the Regiment for making things happen. In fact, some of his happiest moments, as he told the RSM and I during a visit on Tuesday, were when he was with his peers in Valcartier instructing the next generation of soldiers.

In terms of accomplishments, those of us privileged to have served with him stand in his long shadow. By 23, he had completed a Bachelors degree and was completing his Master's degree in Architecture at U of M. He won the "RSM's Trophy" for being the Top NCO in the Regiment in 2006, and received an accelerated promotion to his current rank. He was also engaged to be married to Emilie Belley.

A tremendous supporter of the Regiment, he remained true RMR in spirit and body until the very end. He will be greatly missed.

John McConachie - 1921 - 2007

Comrade John McConachie, President of Branch 14 (RMR Association) Royal Canadian Legion, a pillar of the Regiment has left us peacefully September 19. Beloved and most cherished father of Rosemary (Jim), Robert (Colleen), Barbara (Maurice), and Linda (Jean), dear grandfather and great-grandfather to their children.

THE ARMY WAY

PTE SARAH MACRURY

After years of deliberation, dissuasion, and simply finding the right time in my life, I finally decided to join the Canadian Forces. I felt that I was ready for something new in my life, and I was unquestionably ready for the challenge of what lay ahead.

I chose to complete the 3 months of basic training this past summer, I figured it would be smart to get them all completed back to back, instead of breaking the courses up and coming back next summer to finish them. I completed my Basic Military Qualification (BMQ), Soldier Qualification (SQ) and Basic Infantry Qualification (BIQ) in an 11 week stretch, and a challenge it was.

BMQ was, mentally, the hardest course. It was the first one, and my first military experience. Honestly, the course wasn't very physically demanding, the "culture shock" was the hardest thing to adapt to. The marching, the discipline, the bootlaces were all things that I had to get used to. I survived the four week course pretty easily. Little did I know the next three weeks would prove to be the most challenging I would face all summer.

In my eyes SQ was the "make it or break it" for most people. It consistently required physical and mental perseverance, team work and a strong will to succeed. The instructors where not there to baby us nor were they there to be a friend or a shoulder to cry on. They were there to teach us, instilling in us values and knowledge that would follow us throughout our military careers. Although the instructors made us pay for our mistakes on a regular basis, they sometimes showed signs of compassion. The elements on the other hand showed us no mercy when we were out in the field for exercises.

Digging trenches was an adventure like no other. We dug, perfected, and defended our trenches for 24 hours while the rain came pouring down on us and the mosquitoes fed. Several people couldn't handle the pressure and fell along the way. I did my best to stay focused on my ultimate goal. I wasn't going to let anything deter me, and nothing did. I must say that the SQ course felt like the longest 3 weeks ever.

When BIQ rolled around, I knew I was almost there. So close, yet so far. Knowing that there were only a few weeks left was exhilarating, but because it had already been 7 weeks of training, it was becoming harder to stay motivated. The days felt even longer than usual, the food tasted worse than ever before and homesickness was starting to set in. Our instructors had told us that on the infantry course they become more like mentors rather than just people telling us what to do. It was definitely something to be happy about, but only really happened during our final exercise in the field.

That last exercise was the final challenge. We had to put everything we had worked for, all that knowledge into effect. In those final 4 days we had to overcome sleep deprivation, the rain, the cold nights, we had to help those who were close to quitting, and most of all, push through the toughest of times and come out on top, ready for more. In those final days the instructors did become our friends and all the hard work, dedication, physical and mental perseverance, finally made perfect sense.

Looking back on my summer, I wouldn't change a thing. I learned so much about myself. I pushed myself to the limit and beyond. Through all the blood, sweat and tears, I made some lifelong friends. No, it isn't easy. Yes, it is pretty hard. At the end of the day, though, becoming a reservist has made me a better person in so many ways.



Fully-qualified Depot Coy members transferring to Bravo Coy.

DEPOT COMPANY

2LT CARL OLIVIERI

Depot Company has seen a lot happening during this post-summer period. The first hurdle to overcome was the loss of the company's 2IC, Capt Finner, who signed a civilian contract to work in Afghanistan. Luckily for us, Capt Talarico stood up to the plate and took Capt Finner's place. Not long after that, we lost our OC, Capt Siket, for six weeks to a NATO Partnership for Peace (PfP) exercise in Albania. Capt Talarico always being the man to step up to a challenge, gladly took the place as acting OC even though his responsibilities already far outweigh what should be expected of anyone. On that note, Brig Gen Barabé presented Capt Talarico with a commendation in the field of human resources for his extraordinary work in recruiting.

Early this fall following our 13km forced march (EX back Breaker) we ceremoniously transferred 18 newly qualified infants to B Coy. Six SQ qualified soldiers are also parading with B Coy following Back Breaker. Excellent summer performance by members produced by Depot Coy made the RMR proud as several of our members topped the charts on

(Continued from page 5)

As you all know on September 19th, 2007, the RMR's own Comrade John "Mick" McConachie, President of Branch 14 (RMR) Royal Canadian Legion, a pillar of the Regiment passed away. Not only has the passing of this WWII veteran left ripples throughout the Regiment but through the next generation of soldiers as well. A spit-fire of a man, full of energy and emotion who always shot from the hip and told a story that left you with a smile. I had the honour of being on the colour party during his funeral and what struck me the most was that you could see Mick's face, mannerisms and crooked grin throughout

the courses. Of the several Basic Infantry Qualification serials held this year, Pte Sarfati and Pte Robati finished a respective first and second on serial 0732, and Pte Resendes and Pte Guité-St-Pierre also finished a respective first and second on serial 0738. The top BMQ (Basic Military Qualification) candidate this summer was Pte Lawless. We are very proud of the accomplishments these members have made in true RMR style. Congratulations to all members who completed their training this past summer.

This year, the Regimental Indoctrination Course (RIC) is being run approximately once a month on Tuesday evenings and generally consists of a very ambitious schedule of physical training (PT) period, followed by lessons on some of the topics that follow: history lessons, weapons, urban ops (theory), and lectures from members coming back from operational tours. Other activities planned include FATs training and rappelling.

Depot Coy's strength is presently 66 recruits and 12 staff. Many more new recruits are coming down the pipeline and we are looking forward to continuing another great year of training. Let's keep setting the standard, HUA!

his entire family. I knew then and there that this man would never be forgotten. I could see him in every family member I spoke.

On a lighter note, RMR's Royal Canadian Legion Branch 14 has rallied its troops and continues to soldier on. A small trickle of people have joined this rejuvenated Branch 14 in hope to continue what yesterday's brother's-in-arms have started year's ago.

We will Remember

HONORABLE MENTIONS

CAPT TALARICO

The commendation is in the field of Human Resources for Captain Talarico's work in recruiting. The award was presented by Brig. Gen. Barubé.



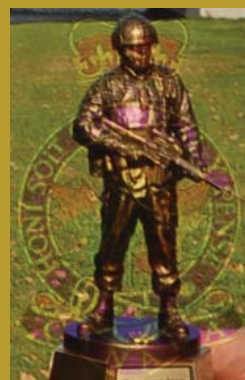
CAPT GAUTHIER

Capt Gauthier received the CEFCEM's Commendation from LGen Gauthier (no relation) for his work as a PSYOPS planner in Afghanistan in 2006.



PTE D. POPOVICI

Pte Popovici obtained the CO's Challenge Forced March Trophy with a time of 1h34m.



KODIAK STRIKE: WELCOME TO SUNNY FLORIDA



(On this page, From left-to-right): Cpl Mc-Nair enjoying some downtime. - Cpl Mas-son ready to engage - Part of The RMR Pl at Kodiak Strike. Sgt Lee. - Pte. Partamian on the C9. - Pte Blachford.

(On opposite page): Cpl Wladiuk, enjoying a warm ration. Pte. Partamian. Cpl Wladiuk again, and again on the C6. RMR Section enjoying their extra day of R&R.



POLAR STRIKE II: VISIONS OF WEMINDJI



Thanks to Cpl Wladiuk for providing the pictures.

THE BACK PAGE

PROMOTIONS

LT GAREAU
MCPL AZBUKIN
CPL DE LUCA
CPL DUMA
CPL JAKHOVETS
CPL LAVOIE
CPL LE COUFFE
CPL PARENT
CPL SADEGHIAN ARAGHI
CPL TURNER
CPL VESCIO
CPL WEREMKO
CPL WLADYSIUK

off the mark.com by Mark Parisi



The RMR at Polar Strike II, during their extra day of R&R. Thanks, Air Force!

SOCIAL ACTIVITIES

OFFICERS' MESS

Jan 1 Levée;
Feb 21 CIA Meeting; and
Mar 18 St. Patrick's Party.

Also

Liars' Dice Tournament
Spring Dining-In

Editor: Cpl Marc Belley

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RMR WEBSITE

<http://www.royalmontrealregiment.com>

A great resource for all things related to the Royal Montreal Regiment from mess events to an interactive web forum where everyone can join the discussions. Visit us today!

