



R.M.R. INTERCOM

March 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.



Greetings,

The Royal Montreal Regiment continues to uphold its proud legacy, proving that the spirit of "*Honi Soit Qui Mal Y Pense*" lives on through rigorous training, dedication, and service. In this month's edition of the Intercom, we highlight the soldiers, Cadets, and veterans who exemplify the Regiment's unwavering commitment to service. **A big THANK YOU to CWO Quesnel for being so dedicated in providing images and story ideas for the Intercom!**

Before I get started explaining what you can expect to read in this edition, I want to highlight a lovely surprise that came in from a subscriber in the USA. During this tumultuous time when we often feel like we're reeling from the rather shocking political behaviours on display south of us, Dave's message was a great reminder of who are friends are. Ignore the bluster and noise, focus on the good people on both sides of the border.



WordPress <wordpress@royalmontrealregiment.com>
to me ▾

Thu 27 Feb, 16:37 (2 days ago)

You have received new contact form message.

----- Message Details -----

Name: Dave [REDACTED]

E-mail: [REDACTED]

Message:

A quick note from a Yank....
I stand with Canada. Have always been a bit of a "Canadaphile" and I receive your e newsletter

Now back to the Intercom!

From weapons proficiency to tactical readiness, RMR soldiers are sharpening their skills. In the article [RMR Members Qualify on the 81mm Mortar](#), troops master indirect fire support, reinforcing their battlefield effectiveness. Meanwhile, those training in [Close Quarters Battle](#) refine high-intensity engagement tactics—crucial for modern operations.

Beyond combat training, RMR's commitment to endurance remains strong. We have two articles this month with examples of the RMR Family thriving in the cold & the snow. First, the [RMR XC Ski Team Training Day](#) showcases soldiers embracing winter conditions, developing the resilience required to excel in all environments. Second, the two affiliated [RMR Army Cadet Corps \(2806 & 2862\) conducted a joint exercise](#) in Saint-Wenceslas with the Black Watch cadets.

As always, the Regiment thrives on its people. We recognize [Sgt Delutis](#) for his invaluable contributions, reflecting the selfless spirit of service that defines the RMR family.

Through training, competition, and camaraderie, the RMR stands ready—prepared to serve wherever duty calls.

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

On behalf of Honorary Colonel David Bensadoun, Honorary Lieutenant-Colonel Isabelle Racicot, the 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

Articles from the past month:



RMR Thanks Sergeant Delutis for Volunteering

Westmount, Quebec – 10 February 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.

Sergeant Delutis is currently serving full-time with the 34CBG École de combat.



10 more RMR members qualify on the 81mm mortar

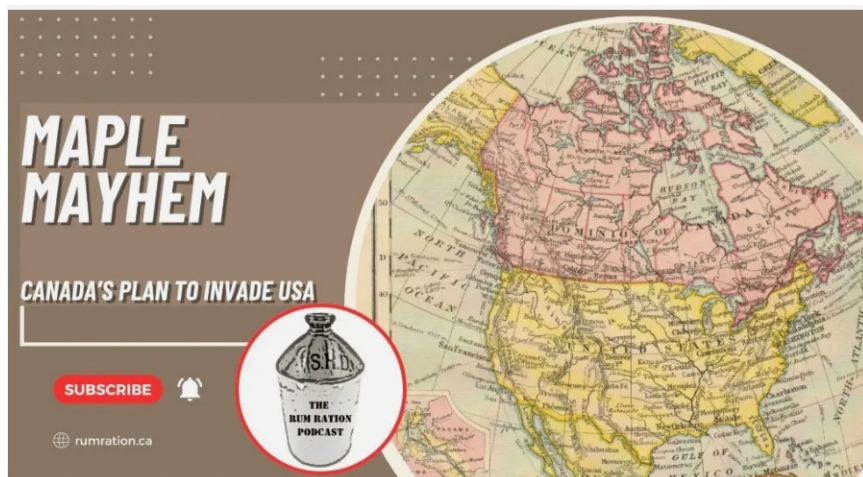
Westmount, Quebec, 18 February 2025 – Ten members of the RMR had the opportunity to train with the 2nd Field Artillery Regiment to operate the 81mm mortar in a variety of shooting tasks. Congratulations to the newly qualified RMR's: Captain Ray, Master-Corporals Mai and Skalkogiannis, and Corporals Aktas, Alfieri, Denver-Simard, Idio, Ksonzek, Nguyen, and Popp.



RMR XC Ski Team Training Day

Westmount, Quebec – 16 February 2025: Several members of the RMR have joined together to form a XC ski team and enjoyed a training event held on 15 February 2025 at the P'tit Train du Nord Linear Park.

They're seen here sporting their new RMR hoodies available for purchase from the kit shop (located within the RMR Museum).



Maple Mayhem – When Canada Planned to Invade the USA

Westmount, Quebec – 25 February 2025: Did you know Canada once had a plan to invade the United States? In the latest episode of the **Rum Ration Podcast**, the former RMR hosts explore the hosts dig into Defence Scheme No. 1, a bold (and slightly absurd) military strategy from the 1920s.

Designed as a hit-and-run attack, the plan involved Canadian troops storming into U.S. cities—Seattle, Portland, Fargo, and even Albany—before sabotaging key infrastructure and retreating north.

Of course, America had its own War Plan Red in the 1930s, outlining a takeover of Canada's major cities to preempt British intervention. While neither plan saw action, they highlight the “what ifs” of military history.

Pour a drink, tune in, and learn about the time Canada almost made Seattle an 11th province. [Listen now!](#)



RMR Soldiers Hone Close Quarters Battle Skills

Westmount, Quebec – 22 February 2025: This past weekend, Royal Montreal Regiment (RMR) soldiers took full advantage of their home turf, conducting Close Quarters Battle (CQB) training within the armoury under the careful supervision of recently qualified Urban Ops instructors Sgts Delutis and Dimayuga.

CQB is a critical infantry skill set, focusing on engaging threats in tight, confined spaces such as buildings, trenches, or urban environments. Unlike traditional battlefield tactics that emphasize distance and maneuver, CQB requires rapid decision-making, precise fire control, and seamless teamwork to clear rooms safely and effectively.

Training within the armoury provided an ideal setting for soldiers to refine their movements, practice room-clearing drills, and work on communication under pressure. Using controlled scenarios, teams rehearsed entry techniques, cornering strategies, and the split-second coordination required to neutralize threats without exposing themselves to danger.



CADETS BRAVE THE COLD FOR WINTER EXERCISE

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

Westmount, Quebec – 26 Feb 2025: WESTMOUNT – On the weekend of February 7-9, cadets from RCACC 2806 Pointe-Claire (RMR), RCACC 2862 Westmount (RMR) and RCACC 2497 The Black Watch (RHR) braved the cold during their Joint Winter Field Training Exercise in Saint-Wenceslas. This was a major event for the cadets, with the senior cadets having already spent a weekend training up to be ready to lead, instruct and supervise their junior cadets. The event was a huge success, with the cadets learning about how to properly set-up tents and build improvised shelters in the winter, how to stay warm through the proper layering of clothes and getting the chance to practice their snowshoeing skills.

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.

[Please DONATE to support the RMR Family](#)

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