

Media Report 17 Nov 2023

This weeks media reports will cover and answer great questions veterans are still asking and local Media Articles and An illness or injury can have an impact on your ability to adjust to life after service. We all need healthcare services. The Treatment benefits program provides coverage for a variety of benefits and services to help you get—and stay healthy

The Ontario Teachers Pension Plan announces their Indexing yesterday. The Federal Government Pensions are always the same....so , on 1 Jan 2024 your pension will see a significant increase!!!

Your 2024 inflation rate .The 2024 inflation rate is 4.8%. All pension credits will receive 100% inflation protection.

NEXT NVOC MEETINGS

NVOC meeting will be on Monday 02 Dec 2023, 10 to 1200 hrs this will be the AGM meeting. All board members will wear uniform with medals

Our next NVOC meeting in 2024 will be on Saturday 15 Jan 2024, 1000 to 1200 hrs

After the NVOC AGM on the 2nd of Dec 2023 we would like to end the year with a seasonal holiday luncheon.

Invite:

Saturday 16 December 2023

1200 to 1400 hours (Noon to 2pm)

3 Brewers at Kanata Centrum

OC Transpo Direct to parking lot transport

Parking is Free

Handicap access 100 %

Clothing allowance

If you buy special clothes to accommodate your disability you may qualify for this allowance. For example, you may wear a brace, splint, or prosthetic that requires specially-made clothes, or that causes extra wear and tear. You can also use the monthly allowance to pay for your damaged clothes to be mended.

The amount of the allowance is based on a grade that reflects the nature of your disability.

To receive this allowance you must have a disability benefit for a condition that can impact your clothing.

Apply online

If you are registered for My VAC Account, you can submit your application for this benefit online. If you aren't registered, you can [register now](#).

[My VAC Account](#)

Mail or in person

Download the application form. Then, drop it off at a [VAC office](#). You can also mail your completed application directly to the address listed on the form.

[Go to form](#)

Get help with your application

The staff at any [VAC office](#) can assist you, or call us at **1-866-522-2122**.

Find out more

For more details about grades see the Clothing allowance [Table of Disabilities](#). If you know your grade, the Clothing allowance [rates table](#) shows the amount by grade.

Related programs

Attendance allowance: monthly payments if your health needs require personal care support.

Exceptional incapacity allowance: Disability pensioners who are exceptionally incapacitated may qualify for this tax-free monthly allowance.

Disability tax credit (DTC)

The DTC helps reduce the income tax that people with physical or mental impairments, or their supporting family members, may have to pay. It aims to offset some of the costs related to the impairment. Learn more about this non-refundable tax credit available through the [Canada Revenue Agency](#).

If I apply for the benefit and get declined, can I appeal?

Yes. If you are not satisfied with a decision you may apply in writing for a review. Learn more about your [review and appeal options](#).

Are there policies for this program?

Yes. Read more about the [Clothing allowance policies](#).

FOR YOUR INFO

[Veterans' Care Survey — Closing soon!](#)

CMEA

This article was originally posted on Sept. 24, 2023. The survey closes on Dec. 1, 2023, for those veterans 55 and over, who would like to take part in a research project. See details below. [Read More](#)

[Engineers presented with Meritorious Service Medals](#)

CMEA

Her Excellency the Right Honourable Mary Simon, Governor General and Commander-in-Chief of Canada, presented 55 Meritorious Service Medals (M.S.M.), during a ceremony at Rideau Hall on Thursday, Nov. 9. [Read More](#)

Les génies militaires reçoivent des médailles pour service méritoire

AGMC

Son Excellence la très honorable Mary Simon, gouverneure générale et commandante en chef du Canada, remettra 55 Médailles du service méritoire (M.S.M.), lors d'une cérémonie qui aura lieu à Rideau Hall. [Lire Plus](#)

Live streaming

CMEA

The Professional Development Day will be live-streamed and recorded, as will our National General Meeting the following day. You will need to register to gain entry for each event. Details will be published in the coming days. [Read More](#)

Diffusion en direct

AGMC

La Journée de développement professionnel sera diffusée en direct et enregistrée, tout comme notre Assemblée générale nationale du lendemain. Vous devrez vous inscrire pour pouvoir participer à chaque événement. Les détails seront publiés dans les prochains jours. [Lire Plus](#)

Associate Deputy Minister visited RPOU(W) HQ in Edmonton

Article by: Captain Kyle Ho, Real Property Operations Unit (West)

In mid-October, the Real Property Operations Unit Western Region (RPOU(W)) HQ hosted the Associate Deputy Minister Natasha Kim. Recently appointed to the position, she was eager to learn about the infrastructure portfolio and discover some of the local challenges impacting Edmonton operations. [Read More](#)

IN THE MEDIA

Lest we forget: Headstone project helps Afghanistan veteran find peace

Indigenous soldiers determined to carry on family legacies

L'histoire difficile des soldats autochtones ne freine pas leur engagement

CAF member: Remembrance Day is important to commemorate fallen soldiers, and those still serving

Who were the forgotten soldiers of Ross Bay Cemetery?

Weyburn woman honoured to represent War Mothers on Nov. 11

Jour du Souvenir: les militaires en exercice et visibles

First World War postcard project connects past to present

Lest we forget — A young soldier's last letter home from somewhere in France

L'armée exerce ses aptitudes au combat à Rouyn-Noranda

Base/Wing — Newspaper

14 Wing Greenwood — [The Aurora](#)

17 Wing Winnipeg — [The Voxair](#)

22 Wing North Bay — [The Shield](#)

CFB Halifax — [The Trident](#)

4 Wing Cold Lake — [The Courier](#)

CFB Edmonton — [The Western Sentinel](#)

CFB Esquimalt — [The Lookout](#)

CFB Valcartier — [The Adsum](#)

CFSU Ottawa — [The Guard](#)

CFB Kingston — [Garrison News](#)

CFB Shilo — [The Shilo Stag](#)

CFB St Jean — [The Servir](#)

19 Wing Comox — [The Totem Times](#)

3 Wing Bagotville — [The Vortex](#)

8 Wing Trenton — [The Contact](#)

CFB Borden — [The Citizen](#)

CFB Petawawa — [The Petawawa Post](#)

Base Gagetown — [Gagetown Gazette](#)