

## Media Report 20 March 2020

This weeks media reports will cover and answer great questions veterans are still asking such as [Frequently asked questions regarding COVID-19 in Ottawa](#). Do you receive the War Veterans Allowance and find yourself in an unexpected financial situation? The Assistance Fund provides grants of up to \$1,000 (per calendar year) to help pay for an emergency that affects your health or safety **Benefits to Support you need, when you need it. Rehabilitation services and local Media Articles**

## Frequently asked questions regarding COVID-19

What are the symptoms of COVID-19?

According to the [World Health Organization](#) symptoms may include fever, cough, difficulty breathing, a sore throat, runny nose, muscle aches and headache. Keep in mind, those infected with COVID-19 can also have few or no symptoms – the Public Health Agency of Canada is currently investigating whether the virus can be transmitted to others from asymptomatic cases. At this point, experts believe it's possible but rare.

What do I do if I think I have COVID-19 symptoms?

If you have mild symptoms, call Ottawa Public Health at 613-580-6744 or your own health care provider. Before visiting your health care provider or a walk-in clinic, call ahead.

If you have severe symptoms, call your health provider. If you can't reach them, OPH advises that you visit the hospital emergency department and pay attention to special signage.

Who can access testing at the Brewer arena assessment centre?

The Brewer assessment centre is for those who have returned from international travel AND have symptoms associated with COVID-19, or those who've had contact with someone diagnosed with COVID-19 in the past 14 days AND are displaying symptoms associated with COVID-19. Don't bring healthy children or other community members (friends, neighbours, etc.) into the assessment centre. It's open from 9 a.m. to 8 p.m. every day.

## Should I seek testing if I'm not showing any symptoms of COVID-19, but think I might have the virus?

We put the question to OPH. They said: "The decision to test for COVID-19 is one that is based on a clinical assessment by health care providers. OPH offers support for health care providers in making the decision for testing." So it seems your best course of action is calling your own health care provider or OPH.

## What's the difference between quarantine, self-isolation and self-monitoring?

You won't really hear local authorities using the term "quarantine" unless it's in the colloquial sense. That's because officially, the Quarantine Act is applied at points of entry into Canada.

"When a traveller shows signs and symptoms of a communicable disease upon arrival in Canada, a border services officer is the first point of contact and he or she will conduct a preliminary screening of the traveler," OPH explains.

"If deemed necessary, a Public Health Agency of Canada quarantine officer will implement various control measures to prevent the introduction and spread of communicable disease."

More common are the terms "self-isolation" and "self-monitoring." According to OPH, the former refers to being instructed to separate yourself from other people, including those you live with, to try to prevent the spread of the virus.

"Self-monitoring" means watching yourself for symptoms of respiratory illness, including fever, cough and difficulty breathing. Only if symptoms develop, according to Canada's public health agency, you should stay home, limit contact with other people and call OPH.

## How do I know if I need to be self-isolating?

If you've been diagnosed with COVID-19 or you are awaiting the results of testing, you need to self-isolate until you are cleared by Ottawa Public Health.

All international travellers arriving in Canada are now being asked to self-isolate for 14 days. Those who've been in China's Hubei province, Iran or Italy are being instructed to do so.

If Ottawa Public Health or a health care provider has instructed you to self-isolate because you have been in close contact with someone who has COVID-19 or is being tested for the virus, do so for 14 days since your last known exposure and if symptoms develop, contact OPH at 613-580-6744.

### How do I self-isolate?

Stay home – that means no going to work, school or other public places. Don't use public transportation, taxis or ridesharing services.

Only accept visitors who you must see and keep visits short, Ottawa Public Health says. Avoid seniors and those with chronic medical conditions.

Stay in a separate room away from everyone else in your home and use a separate bathroom, as much as possible. Make sure any shared rooms have good airflow – open windows – and stay at least two metres from others.

Wear a mask that covers your nose and mouth when you're in a room with other people, if you can. If not, others should wear a mask when in the room with you. Avoid contact with pets if other people might be touching them as well.

Cover your coughs and sneezes and dispose of used tissues, wash your hands often with soap and water, and dry your hands with paper towel or a towel that no one else uses.

Clean all "high-touch" areas with a diluted bleach solution or household disinfectant at least once daily, and wear disposable gloves when doing so. You can do dishes and laundry using regular, sanitary methods. All waste can be bagged and disposed of normally.

Wear a mask if you leave the house to seek health care.

If I get COVID-19 and don't need to be in the hospital, how should I take care of myself?

Drink lots of fluids and eat a balanced diet. Rest and sleep as much as you can, and try a humidifier or hot shower for a sore throat or cough.

### Should I be travelling right now?

If you're planning to leave the country, cancel or postpone your travel plans. That's according to Canada's top doctor, Dr. Theresa Tam. Also, don't get on a cruise ship.

### Should I go to work?

At this point, OPH only suggests that people who are sick should stay home. Some workplaces have implemented work-from-home or other policies designed to reduce the chance of COVID-19 infection. Speak with your employer about the plan in your workplace.

Those who have been directed to self-isolate should definitely not go to work.

For those who qualify, [the federal government has waived the one-week waiting period for claiming EI benefits.](#)

Many workplaces also have their own leave policies and provisions for employees.

### Is there a running list of coronavirus-related closures and cancellations in Ottawa?

Yes. Our newspaper [has a running list](#) on our website.

### Should I leave my house?

That's up to you, but no one official is advising you against it at this point. But OPH does note you shouldn't wear a mask if you're healthy – it could provide a false sense of security, and there's a risk of infection if you wear and dispose of a mask improperly.

Make sure you wash your hands frequently, with soap and water, for at least 20 seconds. Use alcohol-based hand sanitizer in a pinch. Keep unwashed hands away from your face.

[I want to know more about COVID-19 – where should I go?](#)

Ottawa Public Health is instructing residents to visit its [COVID-19 webpage](#) and then call TeleHealth at 1-866-797-0000 if they still have questions.

Other official resources include: the Province of Ontario [COVID-19 webpage](#), and the Government of Canada [COVID-19 webpage](#).

If you need mental health support, you can reach out to the Distress Centre of Ottawa at 613-238-3311.

#### ALSO IN THE NEWS

[Long wait lines as Ottawa's first COVID-19 assessment centre opens](#)

[City government looking at protocols for more workforce teleworking during coronavirus pandemic](#)

[COVID-19 testing to be limited to focus on sickest, most vulnerable in Ontario: associate medical officer](#)

### Due to the impact of COVID-19, VRAB has suspended Review Hearings effective March 17, 2020 to March 27, 2020

Due to the impact of COVID-19, VRAB has suspended Review Hearings effective March 17, 2020 to March 27, 2020. This was a very difficult decision, but these are unprecedented times. We are following best practices for the health and safety of all Canadians to do our part to prevent further spread of the virus.

We are working diligently to determine possible solutions, other than in-person hearings, that will help to manage this important service. We understand that Veterans, CAF and RCMP members and their families rely on us to make decisions in a timely manner.

We appreciate your patience and support throughout this challenging time. May you and yours stay safe and healthy as we continue to watch COVID-19 evolve. We will get through this together.

Thank you,

Chris and Jack

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Bonjour:

En raison de l'impact de COVID-19, le TACRA a suspendu les audiences de révision du 17 mars 2020 au 27 mars 2020. Cette décision a été très difficile à prendre, mais il s'agit d'une période sans précédent. Nous suivons les meilleures pratiques pour la santé et la sécurité de tous les Canadiens fournies afin de faire notre part pour prévenir la propagation du virus.

Nous travaillons avec diligence pour déterminer des solutions possibles, autres que les audiences en personne, qui aideront à gérer cet important service. Nous comprenons que les vétérans, les membres des FAC et de la GRC et leurs familles comptent sur nous pour prendre des décisions en temps opportun.

Nous apprécions votre patience et votre soutien tout au long de cette période difficile. Puissiez-vous et le vôtre rester en sécurité et en bonne santé alors que nous continuons de regarder COVID-19 évoluer. Nous allons passer à travers cela ensemble.

Merci,

Chris et Jack

Christopher J. McNeil

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This message from CFMWS leadership is intended for all  
CFOne members.

Ce message de la direction des SBMFC est destiné à tous les  
membres UneFC.

The continued spread of Coronavirus (COVID-19) in Canada and around the world has understandably raised concerns for you and your families. The well-being of our members and employees is of the deepest concern to us. Your safety remains our top priority as this situation continues to evolve.

We are taking important steps to help you stay protected.

We are continuing to track the situation closely. To ensure that our practices align with the latest recommendations we are following the latest guidance from local, provincial and federal health authorities, including the Public Health Agency of Canada.

We are ready to serve you.

We understand your concerns during this time, so we're taking extra steps to keep our spaces safe for you and our employees.

#### Personnel Support Program (PSP)

Following the lead of the local Base or Wing Commander, we stand ready to modify our local fitness and recreation services. Visit [www.CAFconnection.ca](http://www.CAFconnection.ca) to see what's available in your community. (To be updated in the next 24 hours)

#### Military Family Services

Family Information Line: 1-800-866-4546 (International 00-800-771-17722). 24/7 Any time. Any where. Please visit [www.CAFconnection.ca](http://www.CAFconnection.ca) for up-to-date information on your local MFRC. (To be updated in the next 24 hours)

#### SISIP Financial

SISIP Financial Branches will be open with reduced hours. We are well prepared to continue to offer services remotely. Contact your local SISIP Financial Branch ( <https://www.sisip.com/en/locations> ) or the SISIP Financial Client Centre at 1-800-267-6681.

## CANEX

Some of our CANEX locations will be operating with reduced operating hours. Others will be closed until further notice. You can visit [www.canex.ca/ustorelocator/location/map/](http://www.canex.ca/ustorelocator/location/map/) for store hours and closure updates.

## Support Our Troops

Services remain available to help CAF members and their family cope with the challenges arising from military services. Visit [www.supportourtroops.ca/Get-Support](http://www.supportourtroops.ca/Get-Support).

We're here for you.

If you have any further questions, you can contact our Member Customer Service Centre at 1-855-245-0330 or email at [service@cfmws.com](mailto:service@cfmws.com). They can provide you with information about hours of operation and closures. You may experience slower than usual response times due to a high volume of calls. Rest assured that we are committed to providing you with the best service we can as we navigate the current situation.

In times like these, we can all work together to ensure our community stays strong. Social distancing does not have to mean isolation from our community. We can care and connect with one another in other ways such as through video chats, phone and texting. Please use your local public health resources and engage us at CFMWS by the methods listed above. When we act as one CAF community we can be incredibly strong.

We're ready to support your welfare through these trying times.

## MESSAGE TO ALL NVOC MEMBERS from the National President, NATO Veterans Organization of Canada

: This Covid 19 virus situation seems to be accelerating rather worryingly and because most of us are of the age that is considered most vulnerable, the Board of Directors has made a decision to delay the General Meeting. Subject to future events the NVOC General Meeting will be held Saturday, 16 May at 1000hrs. Location Kemptville Legion. The Meeting is an obligation by our Charter and this meeting was to have a vote by members to (1) confirm the Board of Directors; and (2) End the Flag Project and to return contributions. Announcements of the voting results will be presented at the May Meeting.

The March Board of Directors' meeting that is scheduled for the 30 is also cancelled.



The NVOC organization does work under rules and procedures that our original members set up for us. We are an organized group of Military Veterans who seek to have a better future that appreciates Canadians who have served in the military – We have a dedicated Board of Directors that does meet monthly – all Ranks and all Services. Our membership is small but we are all veterans – We have both retired and we have serving members – Men and Women on the Board of Directors.

So What?

NVOC Veterans are a small number within the National veterans community ( less than 650 thousand veterans – perhaps 110 thousand veterans and surviving spouses have a pension?). Most military veterans with less than 12 years service have no recognition for their service.

The ideas of support for RCMP Members being accepted into our Organization has been raised? Something for us all to ponder. The idea of a Medal for Canadians who decide to volunteer to serve in their Nations Military is an ongoing and long standing idea. We support this idea

How does Canada recognize and advocate for veterans? We work on that every day. There are like minded Associations with whom we share efforts – The Legion; ANAVETS; CAVUMP; Canadian Aboriginal Veterans amongst others.

This email is sent to say that Our General Meeting will be delayed until May - because of the serious threat from this Virus.

Your opportunity as members to raise your concerns – at the General Meeting or by email or telephone.

Call Me. 613-269-3374 [Home]. The Saint Patrick's Day “Drink of the Day” is the Quarantini – it is a normal Martini but you stay at home and drink alone!

Randy

National President

NATO Veterans Organization of Canada

## Special discounts and benefits to active Canadian Armed Forces members and veterans, as well as their spouses

The list currently includes more than 80 brands conveniently broken down into 10 categories. You can also save or print the list to use as a handy reference.

- Canadian Forces (CF) Appreciation Program: The CF Appreciation Program offers discounts to all military personnel and their families. It includes a variety of discounts from major brands and businesses. Deals are being added regularly so keep yourself updated by visiting the website. Sign up for a free CF One card to be eligible for these discounts
- Black Diamond Pro: CAF members can apply for Black Diamond's Pro Purchase Program to receive special store discounts (source).
- Gerber Gear: Veterans of the CAF can sign up for the Gerber Gear Program to exclusively receive discounts and free shipping. Restrictions apply (source).
- Law Enforcement & Armed Forces (LEAF): The LEAF purchase program grants discounts to CAF members who purchase at DS Tactical (source) and Triggertech (source).
- Leatherman Pro: Active duty members of the Canadian military can get special discounts when they apply to Leatherman's Pro Program (source).
- Lockhart Tactical: Lockhart Tactical offers a 10% discount to members of the Canadian military when they sign up for the Honor Program. Registration is free and valid ID is required (source).
- Medex Supply: Medex Supply offers a discount program to active and retired Canada Armed Forces members who can verify their eligibility online (source).
- Oakley Forces: Oakley Forces offers its products at a direct rate for military personnel. You must first register online with your valid military ID to be approved for the program (source).
- Outdoor Research VIP: Outdoor Research VIP offers discounts on outdoor equipment and gear. Complete an online application to sign up for their discounts (source).
- Tandy Leather: Tandy Leather's Military Appreciation Program offers special discounts and benefits to active Canadian Armed Forces members and veterans, as well as their spouses (source).
- Location-specific discounts and deals for tickets can be found at CAF Connection (use the drop-down in the top left-hand corner to select your community).
- List of insurers who can offer discounted car insurance rates to military personnel in Canada can be found using

### •EXAMPLES:

- The online version of this guide can be viewed at: <https://dealhack.ca/blog/canadian-military>
- The Dealhack Canadian Military and Veteran Discounts List is the result of our quarterly survey of brands that offer discounts to all members of the Canadian Armed Forces. Every 3 months, our team independently verifies

each and every discount on this list. We also add more brands to the list regularly when we come across them.

•[https://dealhack.ca/blog/canadian-military-discounts?fbclid=IwAR0I6RXIcIsNQyqz3RoFd\\_803SRiNysK8PaLhr82STb3RTCA6u2S0CZH3wY](https://dealhack.ca/blog/canadian-military-discounts?fbclid=IwAR0I6RXIcIsNQyqz3RoFd_803SRiNysK8PaLhr82STb3RTCA6u2S0CZH3wY)

## **Assistance Fund**

.About this program

The Assistance Fund provides grants of up to \$1,000 (per calendar year) to help pay for an emergency situation that affects your health or safety. Assistance Fund cash grants are only for genuine emergencies and unexpected circumstances which create a need that can't otherwise be met.

For example, you can use the Assistance Fund for the following needs:

- Home/shelter: repair damage to your home caused by something outside your control such as fire, flood, wind damage, vandalism or accident,
- Clothing: replace clothing lost or destroyed in an emergency,
- Health: pay for aids or services necessary for your health and safety, or your dependants' health and safety, when payment is not available from other sources, or
- Essential appliances: these are household appliances essential for the health or safety of you or your dependant(s).
- Debt: pay debt resulting from an emergency, or that failure to pay would result in an emergency.

The most you can receive from an Assistance Fund grant is \$1,000 in a calendar year.

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## **Do you qualify?**

You should apply for the Assistance Fund if you:

- receive a War Veterans Allowance,
- live in Canada, and
- need money for an emergency.

An emergency is a threat to your immediate health or safety, such as a flood or fire.

You and your spouse can apply for an Assistance Fund grant if you both meet the qualifications.

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## How to apply

### 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](#).

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### Mail or in person

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

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### Get help with your application

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

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# Additional information

## Related programs

[War Veterans Allowance](#): monthly assistance to Second World War or Korean War Veterans, based on income.

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## Frequently asked questions

### 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](#).

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### Are there policies for this program?

Yes. Read more about the [Assistance Fund policy](#).

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## IN THE MEDIA

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### [Veterans Affairs Canada launches consultation to improve outreach to Veterans and families](#)

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Canadian Military Family Magazine

Veterans Affairs Canada (VAC) is launching a consultation to ensure that all Veterans and their families are fully aware of the range of benefits and services available to them. Both VAC and the Government of Canada hope that this consultation will ensure that everyone who has served in the Canadian Armed Forces understands methods to access support. [READ MORE](#)

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## Coronavirus: Canadian Forces cancel major joint exercise with U.S. Army

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Global News

The Canadian Armed Forces announced the cancellation of the Maple Resolve — an annual international exercise in Canada that is designed to prepare a brigade and its soldiers for deployment — over the spread of the novel coronavirus. “I have decided to cancel EX MAPLE RESOLVE. While this may impact our higher-level warfighting ability short-term, it will protect the force and keep us poised to conduct operations. I am very happy how our Army is responding to COVID-19, and together we stand #StrongProudReady,” Lieutenant General Wayne Eyre said on his official Twitter account. [READ MORE](#)

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## La force terrestre de l'armée annule son grand exercice annuel en Alberta

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Journal Métro

L'armée de terre canadienne annule l'un de ses plus importants exercices d'entraînement en raison de la COVID-19. Tenu chaque année en mai à la base militaire de Wainwright, en Alberta, l'exercice «Maple Resolve» est le plus important événement d'entraînement annuel de la force terrestre de l'armée. L'exercice implique des milliers de soldats non seulement du Canada, mais aussi de pays alliés comme les États-Unis, la Grande-Bretagne, l'Australie et la France. [LIRE PLUS](#)

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## Canada orders military members on leave abroad to return home, self-isolate

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CBC News

Canada's top military commander has issued updated orders requiring all members — regular force and full-time reservists — now on leave outside of the country to return to Canada immediately, CBC News has learned. Once back, they will be required to report to their primary bases and self-isolate for 14 days before returning to duty. The new directive, a copy of which was obtained by CBC News, does not affect troops deployed on operations in the Middle East, Europe or in other parts of the world. It is confined strictly to those who are travelling for pleasure or on non-essential duty. [READ MORE](#)

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## Military, police end blasting in Kinburn

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West Carleton Online

Deerwood Estates residents are sighing a big breath of relief as military training at a nearby quarry has cancelled planned blasting previously scheduled for Friday, March 20. Since roughly 2008, the Department of National Defence (DND) and its contractors have used the Thomas Cavanagh Kinburn Quarry at 3492 Grants' Side Rd. for explosives training purposes. In 2008, the Ontario Municipal Board agreed to add small arms, rifles and explosives testing to the quarry's permitted uses. [READ MORE](#)

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## RCAF to receive new snow clearing equipment

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Royal Canadian Air Force

Defence Minister Harjit S. Sajjan recently announced that six Royal Canadian Air Force main operating bases will be receiving new runway snow clearing equipment. Three companies have been awarded a contract to provide a total of 27 snowplows, 22 snow blowers, 28 runway sweepers, and 9 aircraft de-icer trucks for distribution among 19 Wing Comox, British Columbia; 4 Wing Cold Lake, Alberta; 17 Wing Winnipeg, Manitoba; 8 Wing Trenton, Ontario; 3 Wing Bagotville, Québec, and; 14 Wing Greenwood, Nova Scotia. [READ MORE](#)

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## Les troupes du 2R22eR qui devaient participer à un exercice aux États-Unis rentrent à Valcartier

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45e Nord

Les troupes du 2R22eR qui devaient participer à un exercice dans l'État de New-York rentrent à Valcartier. Un convoi de douze véhicules militaires logistiques à roues était parti de la Base militaire Valcartier pour la Base militaire américaine Fort Drum, dans l'État de New-York, le 10 mars. [LIRE PLUS](#)

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## Here's how the military could help treat and contain the coronavirus pandemic

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Military Times

As governors across the U.S. activate their National Guard units to help with coronavirus response, questions have been raised about how the military could be called in to help with relief efforts, as troops so often do in the face of natural disasters. Former Vice President Joe Biden and Sen. Bernie Sanders, I-Vt., both suggested in a Democratic presidential debate Sunday that they would mobilize units in response, but with few details on how those troops would be employed. [READ MORE](#)

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## Inside the survivalist bunker where some wealthy people hope to ride out coronavirus

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Vanity Fair

A pandemic, like any other crisis, has a way of exposing the chasm between the haves and have-nots, and perhaps the deepest trench right now is the one between the one percenters self-quarantining in dramatic and expensive fashion — and the rest of humanity. While most of us scroll social media and stay glued to cable news, Peter Thiel has a New Zealand hideaway and Jeff Bezos reportedly rules over 300,000 acres in West Texas. We've all probably heard about them, but did we ever really think we'd see them put to use? [READ MORE](#)

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## Le général Vance songe à l'avenir des Forces armées canadiennes

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Le Soleil

Le général Jonathan Vance dit qu'il lui reste encore beaucoup de travail à faire. Il y aura bientôt cinq ans que l'ancien premier ministre Stephen Harper a nommé le général Vance au poste de chef d'état-major de la Défense, faisant de lui l'un des commandants en chef comptant la plus longue ancienneté dans l'histoire du Canada. [LIRE PLUS](#)