

Media Report 22 Dec 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

NATO Veterans Organization of Canada Presidents Christmas Message 2023

The gift of love.
The gift of peace.
The gift of happiness.
May all these be yours at Christmas.

On behalf of myself and the Board of Directors, thank you for all your support and guidance this year. We were able to conduct a successful General Meeting virtually on 2 December and have elected a Board of Directors - eight veterans.

We remember the Christmas's of years past, as does every generation of soldier, sailor and airmen. And we'll raise a glass to each other and one to those who will spend their Christmas on a deployment far, far away from home. The people we love have been a source of constant strength and support for many years, and we thank every military family for their own service and sacrifice. And when duty called, knowing the love of family who await at home is what got us veterans through.

Merry Christmas to all – veterans and their families and to the Brother/Sisterhood of our youth and to those who serve today. We can never stop preparing for the future, because it's not going to wait for us.

The Christmas holiday affords each of us time for gratitude and introspection. We can take stock of all we have accomplished for our Veterans, and all that remains to be done. May this wonderful time of the year touch your hearts in a special way. Wishing you all much happiness not just today, but throughout the New Year.

Randy
Randy Stowell, CD
National President

Parks Canada announced free admission for Veterans / Parcs Canada a annoncé l'entrée quotidienne gratuite pour les vétérans et vétéranes

Hello / Bonjour,

Parks Canada announced free admission for active members and Veterans of the Canadian Armed Forces and their immediate families starting 1 January 2024. Please refer to [Parks Canada](#) for additional information.

Parcs Canada a annoncé l'entrée quotidienne gratuite pour les membres et les vétérans et vétéranes des Forces armées canadiennes et leur famille immédiate, à compter du 1er janvier 2024. Veuillez vous référer à [Parcs Canada](#) pour plus d'informations.

Thank you / Merci,

Engagement and Events Team / L'équipe de la Mobilisation et Évènements

Veterans Affairs Canada / Anciens Combattants Canada

advisorygroups-groupesconsultatifs@veterans.gc.ca

Caregiver Recognition Benefit

Quick links

1. [About this program](#)
2. [Do you qualify?](#)
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About this program

Having a disability sometimes means you need ongoing care to remain in your home. The Caregiver Recognition Benefit recognizes the important role a caregiver delivers on a day-to-day basis by providing them with a tax free, monthly benefit.

Do you qualify?

You should apply for the Caregiver Recognition Benefit if:

- you have a VAC Disability Award or Pain and Suffering Compensation;*
- you need ongoing care as a result of the physical, mental or cognitive health condition(s) for which your Disability Award or Pain and Suffering Compensation was approved;
- you need one of the following:
 - a level of care and supervision consistent with admission to an institution;
 - daily physical assistance or ongoing direction and supervision for at least four of your activities of daily living (See: [What are activities of daily living?](#)); or
 - daily supervision and are not safe when left alone;
- your caregiver is over the age of 18, plays an essential role in providing or coordinating your ongoing care, and is unpaid;
- you are not a permanent resident of a nursing home or long-term care facility; and,
- you are a former Canadian Armed Forces member.

* If you have a disability pension (or POW compensation) of 1% or more, you could receive this support through the [Attendance allowance](#).

How to apply

Before you apply

As part of your application, your caregiver will be asked to attest to providing you care, provide proof of identity (e.g. driver's license), and sign the application.

Fill out the application form with your caregiver. Both of you must sign the form.

To receive this benefit, you may be requested to participate in an additional health assessment. We will contact you if this is required.

You can expect a decision within eight weeks of submitting your application. If approved, your caregiver will begin to receive the benefit within nine weeks.

Apply online

If you're registered for My VAC Account, you can apply online using the web form, which makes applying easier. If you aren't registered, you can [register now](#).

A rectangular button with a green border and a dark green background. The text "My VAC Account" is written in white, bold, sans-serif font in the center of the button.

My VAC Account

Apply by mail

Download the application form. Then, mail your completed form directly to:

Veterans Affairs Canada
PO Box 6000
Matane, QC
G4W 0E4

[Go to form](#)

Get help with your application

Our staff can assist you.

- Call us toll-free at **1-866-522-2122** (Monday to Friday, 8:30 a.m. to 4:30 p.m. local time)
- Send us a My VAC Account secure message
- Schedule an in-person appointment using our online booking form or by calling **1-866-522-2122**

Please note our service locations offer in-person services **by appointment only**.

Additional information

Find out more

See the [current rates](#).

Please note: you must inform VAC if your needs or circumstances change.

VAC may also review or re-assess your situation once you're in the program.

If your caregiver changes, you need to inform us as soon as possible and you will need to submit a new application.

Related programs

Caregiver Zone - Online support and resources for those who care for Veterans.

VAC Assistance Program – Get support right now from a mental health professional by calling 1-800-268-7708.

Peer Support - There are peer support networks for members or Veterans of the CAF or the RCMP living with an operational stress injury (OSI).

LifeSpeak - LifeSpeak is a self-help website with videos and information about mental health, nutrition and more.

Pastoral Outreach - Spiritual support when Veterans or their families are dealing with end of life issues or bereavement.

Disability Benefit - Compensation for your service-related injury or illness.

Attendance allowance - Monthly payments if your health needs require personal care support.

Additional Pain and Suffering Compensation - Monthly payments if you are experiencing barriers to establishment in life after service due to a service-related permanent and severe impairment.

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.

Legion of Honour

CMEA

In 2014, to mark the 70th anniversary of the invasion of Normandy, the French government began the process of honouring Canadians who participated in assisted with the liberation of France. To date, nearly 1,200 Canadian veterans have received the French National Order of the Legion of Honour. As France prepares to mark the 80th anniversary of D-Day next year, the country is working with the Canadian government to identify more veterans who qualify for the honour. If you know of any veteran, Army, Navy or Air Force who fought in the Battle of France, please let us know at history.heritage@cmea-agmc.ca.

[Perley and Rideau Veterans Health Centre Christmas Party for Korean War Veterans](#)

CMEA

The Korean War Veterans at the KVA Canada Unit 7 in Ottawa have a tradition they have followed for decades. Every year, they join with the Korean Embassy to host and entertain their comrades who are in long-term care at Ottawa's Perley and Rideau Veterans Health Centre. This year His Excellency Woonsoon Lim, South Korea's Ambassador to Canada, led his embassy team to the Centre where a happy evening unfolded for the veterans. [Read More](#)

[2023 CMEA Bursary Awards announced — Updated with photos](#)

CMEA

The CMEA Bursary Selection Board has announced this year's nine recipients. Here are photos of our recipients. If your photo is not here, please send a copy to communications@cmea-agmc.ca.

IN THE MEDIA

[Sask. Second World War veteran honoured with France's highest order of distinction](#)

CTV News

Eighty years ago, Jim Spenst went over to France to serve in the Second World War. But this week, French dignitaries came to him for a special ceremony. Spenst, 97, is the most recent Canadian to officially receive France's highest order of distinction – the insignia of Knight of the French National Order of the Legion of Honour. [Read More](#)

[Résidents permanents dans l'armée canadienne : Seulement 77 enrôlements en un an](#)

La Presse

C'est bien peu de militaires en action pour une campagne qui avait été annoncée le 5 décembre 2022 dans le but de donner un nouveau souffle au recrutement. D'autant plus que le Canada s'attendait à accueillir 465 000 nouveaux résidents permanents en 2023. [Lire Plus](#)

[You can send your thanks virtually to veterans this holiday season](#)

Durham Radio News

Once again, the Canadian Armed Forces (CAF) are encouraging people to show their appreciation to veterans and active members this holiday season. The annual "Write to the Troops" campaign is now happening online. You can post a message of thanks, and it will be added to a list of shout-outs from across the country. [Read More](#)

[Veterans food bank seeks help filling shelves](#)

St. Albert Gazette

Chris Casey is a big-hearted guy who wants everyone to have a good Christmas. As a member of St. Albert Legion Branch No. 271, he is particularly concerned about veterans. Casey regularly volunteers at the Veterans Association Food Bank of Edmonton, which manages a warehouse in Edmonton's west end. Inspired by the volunteer spirit, he is instrumental in hosting food drives at St. Albert's Legion for the veterans' food bank. [Read More](#)

[Ottawa appuiera un « système de responsabilisation » pour enquêter sur l'armée israélienne](#)

Radio-Canada

La ministre des Affaires étrangères Mélanie Joly a indiqué que le Canada appuierait éventuellement un « système de responsabilisation » pour enquêter sur la conduite militaire d'Israël dans sa guerre avec le Hamas. Elle n'a toutefois pas précisé les contours de ce « système de responsabilisation ». [Lire Plus](#)

[Canadian Army needs to spend \\$220 million to replace gear donated to Ukraine, says general](#)

Northern News

The Canadian Army will need to spend \$220 million to replace the equipment it has donated to Ukraine, but in some cases it will take years to acquire weapons similar or the same as to what was given away. [Read More](#)

[Armed Forces captain named one of Canada's top 10 most influential Hispanics](#)

New Canadian Media

Ever since Capt. Rey Garcia-Salas joined the Canadian Armed Forces, he wanted to learn more about the Latin American soldiers' role in the defence of Canada in World War I and II. His determination paid off and this year, he published his research in a book titled *Latin American Soldiers in Canada Remembrance Book Vol. 1* in which he identified approximately 1,500 Latino military members and 500 civilian employees in Canada's Armed Forces. [Read More](#)

STAY IN TOUCH WITH THESE CF NEWSPAPERS

Base/Wing — Newspaper

14 Wing Greenwood — [The Aurora](#)

22 Wing North Bay — [The Shield](#)

4 Wing Cold Lake — [The Courier](#)

CFB Esquimalt — [The Lookout](#)

CFSU Ottawa — [The Guard](#)

CFB Shilo — [The Shilo Stag](#)

19 Wing Comox — [The Totem Times](#)

8 Wing Trenton — [The Contact](#)

CFB Petawawa — [The Petawawa Post](#)

17 Wing Winnipeg — [The Voxair](#)

CFB Halifax — [The Trident](#)

CFB Edmonton — [The Western Sentinel](#)

CFB Valcartier — [The Adsum](#)

CFB Kingston — [Garrison News](#)

CFB St Jean — [The Servir](#)

3 Wing Bagotville — [The Vortex](#)

CFB Borden — [The Citizen](#)

Base Gagetown — [Gagetown Gazette](#)