

Your weekly Media Report 22 March 2019

[Canadian Military & Veteran Discount Guide: The Ultimate List](#)

Link to subject list: https://dealhack.ca/blog/canadian-military-discounts?fbclid=IwAR0KTmQAA8oDwlg52kV5fCwtp3e8MT_FPEnkCFm7Q364N-Dlqx8ve8ZTf8

[Pension for Life Upcoming changes for April 1](#)

Pension for Life comes into effect on April 1, 2019. It is a combination of benefits that provide recognition, income support and stability to members and Veterans who experience a service related illness or injury. This new suite of benefits will empower Veterans and CAF members living with a service-related injury and/or illness to determine the form of compensation that works best for them and their families. [Find out more.](#)

The first day to apply for the new programs is April 1, 2019

The last day to apply in My VAC Account for programs that are changing or ending is March 30, 2019.

Disability Award applications in process

If you have already submitted a Disability Award application and would prefer monthly payments instead of a lump sum award, we can hold your application until April 1, 2019 so it is processed under the Pain and Suffering Compensation. Please [contact us](#) if this is your preference.

If you have submitted your application through My VAC Account, we will put your application on hold and the 'Track your application' status for that claim will show as withdrawn or suspended. In this case, the status will direct you to contact the Department, however you do not need to contact us. On April 1, 2019, your status tracking will resume accordingly.

What is Pain and Suffering Compensation , this is the question Veterans are asking (questions answered below)

- What is the Pain and Suffering Compensation?

The Pain and Suffering Compensation is designed to recognize and compensate CAF members and Veterans for the pain and suffering they experience due to a disability caused by a service-related illness and/or injury. It is not intended to replace income, which is why the PSC is not taxable.

Based on the member or Veteran's assessed extent of disability, the PSC benefit potentially entitles Veterans up to a maximum of \$1,150 a month for life. Veterans and members can also opt to cash out their payments at any time. The intent is to provide the choice of how to receive this benefit, while encouraging recipients to continue the monthly payment.

- How many people will benefit from the Pain and Suffering Compensation benefit?

On April 1, 2019, an estimated 74,300 Veterans previously in receipt of the lump sum Disability Award will transition to the additional monthly amount; approximately 60% of these Veterans are expected to receive an additional monthly amount based on the new PSC monthly benefit rates. As of March 31, 2023, an estimated 97,300 Veterans will have received lump sum or monthly compensation from Veterans Affairs.

- What will the eligibility criteria be for the Pain and Suffering Compensation?

The Pain and Suffering Compensation is available to members and Veterans of the Canadian Armed Forces (CAF) who have a disability caused by a service-related illness and/or injury. The actual amount of the PSC will be determined by a Veteran's Disability Assessment. It's important to remember that these monthly payments are based on the member or Veteran's extent of disability, and that not all Veterans who receive the PSC will receive the maximum of \$1,150 per month.

- How do I apply for this compensation?

Details about the application process will be available closer to the expected release date (April 1, 2019). As specifics get confirmed, we intend to share it.

We will also issue a notification via My VAC Account. Our goal is to inform as many members and Veterans as possible about the benefits and services available to them and their families.

- What happens to the monthly Pain and Suffering Compensation payments if the Veteran passes away?

If a Veteran receiving the monthly Pain and Suffering Compensation dies before receiving the equivalent lump sum amount, the survivor and dependent children would receive the remaining balance as a lump sum.

- What is the maximum monthly amount that a Veteran can receive?

The maximum amount will be \$1,150 per month; the actual amount received depends on the extent of disability.

- How was the maximum monthly amount of \$1,150 determined?

The \$1,150 maximum monthly amount was determined to be an appropriate amount of monthly compensation for pain and suffering. If we look at an 18-year-old Veteran, for example, who will receive the maximum amount and will receive this benefit over their lifetime, if they choose to take the monthly option, they will receive over double what they would have received had they taken the lump sum payment.

The monthly amount is important to us because we want to ensure that individuals have this payment on a monthly basis, for life. Instead of dividing the lump sum into monthly payments, we are offering Veterans the opportunity to receive more, which will hopefully encourage them to choose the monthly option.

We also looked at comparable jurisdictions, such as Australia, when we were determining the monthly maximum, and we found that \$1,150 is a comparable amount in other jurisdictions.

- If you choose the monthly payment option but want to take the money as a lump sum payment at a later date, are you able to?

Yes. You can choose to cash out the benefit and receive the balance owing, which is the difference between the monthly amount already paid and the applicable lump sum amount.

- Why would someone want to choose the monthly option for the Pain and Suffering Compensation?

The monthly payment option provides compensation and stability on a long-term basis, especially for younger members and Veterans with service-related disabilities. Each Veteran can make a personal decision that best meets their individual needs.

VAC encourages Veterans to seek independent financial advice in order to determine the best option for them. Veterans Affairs Canada will pay up to \$500 for Veterans to access financial counseling or advice services from a provider of their choice.

- Does the monthly payment option work out to more money over a Veteran's lifetime than the lump sum option?

The monthly payment is for life, so it depends on whether a Veteran's life is longer or shorter than their predicted life expectancy.

- What about Veterans who received a lump sum Disability Award payment before April 1, 2019?

Members and Veterans who received a Disability Award (DA) may benefit from the new Pain and Suffering Compensation (PSC), by way of an additional monthly amount. This monthly amount is paid to the member or Veteran, and is an amount paid above and beyond the DA lump sum they received. Those who are eligible for this payment will have the calculation automatically done and their individualized amount will be payable for life. No re-assessment of the member's or Veteran's extent of disability is required.

- If I want to take advantage of the monthly option, do I have to pay back the lump sum I was awarded to Veterans Affairs Canada?

No. In order to benefit from the introduction of the Pain and Suffering Compensation, VAC will provide Veterans who have already received the Disability Award since 2006, the opportunity to potentially receive a monthly amount.

The calculation considers:

- 1.The amount that the Veteran already received from VAC;
- 2.The monthly amount the Veteran would have received so far (had a monthly payment option been available); and
- 3.A life annuity calculation, which takes into consideration individual circumstances to calculate any offsets to the monthly payment.

- Are age and sex considered?

No. There is no distinction made based on age or sex in any benefit under Pension for Life. For the purpose of the Additional Monthly Payment (for those who have previously received a Disability Award) the actuarial calculation used to convert lump sum amounts into monthly amounts must incorporate mortality rates because life expectancy for each individual could vary.

- Where can I get financial advice to help me make a decision on which option (lump sum or monthly payment) to select?

There are many agencies that provide financial advice including banks, private companies and community-run groups. Veterans can make a choice based on their own preference.

Veterans Affairs Canada will pay up to \$500 for Veterans to access financial counselling or advice services from a provider of their choice.

- Are older Veterans disadvantaged by the creation of the new Pain and Suffering Compensation?

No. Veterans are able to choose if they would like to receive the Pain and Suffering Compensation as a monthly payment or lump sum, whichever option works best for them. To

help with this choice, Veterans Affairs Canada will pay up to \$500 for Veterans to access financial counselling or advice services from a provider of their choice.

- Why is there a discrepancy between the Pain and Suffering Compensation and the Disability Pension amounts?

The Pension Act should not be compared to the Pain and Suffering Compensation alone. The Pension Act monthly payment should be compared to the Pain and Suffering Compensation + Income Replacement Benefit + wellness programs. The PSC alone is not meant to provide lifelong financial support.

The two benefits are very different, which makes it hard to compare. The disability pension provided for both economic and non-economic support to injured Veterans. However, in most cases it was insufficient financially, nor were there wellness programs to assist Veterans to re-establish into post-service life. Whereas, the Pain and Suffering Compensation is meant to recognize a Veteran's pain and suffering related to a disability caused by a service-related illness or injury only. The Income Replacement Benefit addresses the lost income experienced by a Veteran because of their illness or injury.

- I want to receive monthly PSC payment instead of a lump sum award. Is it possible for you to hold my Disability Award (DA) application in progress (first application, departmental review and/or reassessment claim) until April 1, 2019 so that it can be processed under the Pain and Suffering Compensation?I

Yes we can hold your DA application until April 1, 2019. You will need to contact us to advise us to put your application on hold. Once you advise of this change we will move your claim to a new queue that will begin to be processed after April 1, 2019.

- How will the process work if I put my application on hold?

We will enter a Service Standard Start Date (SSSD) when the Department receives a completed application form and all supporting documentation. So, if on April 1, 2019.

- we have all supporting documentation, your claim will be moved to a new queue with a SSSD of April 1, 2019.
- we are missing information, your claim be put in the queue when all the supporting documentation is received.

If you have submitted your application through My VAC Account, we will put your application on hold and the status tracking for that claim will either show withdrawn or suspended and you will also be directed to contact the Department. You do not need to contact us. On April 1, 2019, your status tracking will resume accordingly. You also may get a status tracking notification if you have signed up for these.

- What will happen to my claim on April 1, 2019?

Your first application, departmental review or reassessment claim will be re-established and processed accordingly.

Veterans ask, What is this additional monthly amount I keep hearing about?

Additional Monthly Amount

- What is this additional monthly amount I keep hearing about?

With the introduction of Pension for Life on April 1, 2019, all members and Veterans who have received a Disability Award (DA) since April 1, 2006, will have their cases reviewed to see

whether they would have received more under Pension for Life's new Pain and Suffering Compensation (PSC) had it been available at the time they received their DA.

If they would have received more through the Pain and Suffering Compensation, they will receive an additional monthly amount.

- How do you determine who gets an additional monthly amount?

We will use a calculation from the Department of Finance to determine your additional monthly amount. The amount you receive will depend on:

- Your disability assessment percentage(s),
 - Your age as of 1 April 2019,
 - A life annuity factor (based on Veteran populations), and
 - The date you received your Disability Award(s).
- Who can expect to receive an additional monthly amount?

Members and Veterans who received a Disability Award (DA) between April 1, 2006 and March 31, 2019 may receive an additional monthly amount. This monthly amount is paid to the member or Veteran, and is an amount paid above and beyond the DA lump sum they received.

Everyone will have their cases reviewed to see whether they would have received more under the new Pain and Suffering Compensation had it been available at the time they received their lump sum Disability Award. Those who would have received more will automatically have their additional monthly amount confirmed, and then paid for life. No re-assessment of the member's or Veteran's disability is required.

- When will I know if I am going to receive an additional monthly amount?

You will have access to a notice on My VAC Account and a letter mailed out in January. The notice will tell you:

- 1.If you will receive an additional monthly amount; and
- 2.The estimated range of your payment.

- What is an annuity?

An annuity provides guaranteed income for the rest of your life, no matter how long you live.

The most important thing to understand is that calculations are based on life expectancy rates in the Veteran community and that although they appear to be smaller payments compared to a lump sum, you can receive these payments over longer periods of time.

- Does the "life annuity factor" take age and sex into consideration?

Yes. The calculation used to convert lump sum amounts into monthly amounts must incorporate mortality rates because life expectancy differs depending on your sex.

Please note: Age and sex are only considered in the additional monthly amount calculation. No other benefit under Pension for Life takes age and sex into consideration.

- Am I able to convert the additional monthly amount into a lump sum payment?

No. The additional monthly amount is above and beyond what you would have received as a lump sum Disability Award (DA) payment. It is only available as a monthly payment for life.

- Why wouldn't I receive an additional monthly amount with the new Pension for Life?

Approximately 36% of those who have already received a Disability Award will not get an additional payment.

Depending on your age, the amount of your Disability Award and the date it was received, you may have received the same or more through the Disability Award than you would have received through the Pain and Suffering Compensation had it been available at the time you received your Disability Award. In that case, you would not receive an additional monthly amount.

The Disability Award you already received will not be impacted in any way.

- Should I wait to apply for the new Pain and Suffering Compensation if I have an injury or illness, or should I apply now for a Disability Award?

It depends what option – monthly payments for life or a single lump-sum payment – works best for you and your family.

Health benefits are also not available until a decision is made so we recommend that you apply as soon as possible to ensure you have the supports you need.

Please note: if you apply for a Disability Award and your claim is approved:

- Before April 1, 2019, you will receive your Disability Award as a lump sum and, if eligible, the additional monthly amount.
- After April 1, 2019, you will be approved under the new Pain and Suffering Compensation and be given a monthly payment with the option to cash out as a lump sum.
- How can I learn more about the additional monthly amount?

More information about the additional monthly amount is available online at www.veterans.gc.ca/additional-monthly-amount.

AMA Notice on My VAC Account and letter being sent by mail:

- I received a notice in My VAC Account/letter by mail that provides me a range I may receive as an additional monthly amount. Why is it a range and not the exact amount I'll receive?

At this time, we are unable to calculate the exact amount until the Pension for Life benefits come into effect on April 1, 2019. We feel that providing some information is better than providing no information. To help you plan, we calculated – based on the information we have in our system – the range in which we expect your additional monthly amount payment to be.

- The notice/letter tells me that the calculation is based on my disability percentage(s). How can I find out what those are?

Your additional monthly amount calculation was based on all of your disability percentages (i.e. Disability Award amounts) that you've received to date.

- I received a Disability Award (DA) but I did not receive a notice on My VAC Account or letter by mail about an additional monthly amount. Why?

Send us a message on My VAC Account or call us (toll-free) at 1-866-522-2122.

- How can I find out more about my additional monthly amount?

The final, specific details about your additional monthly amount will be available in April 2019. At this point, we have provided as much information as we can about your additional monthly amount payments.

- What if my condition gets worse OR if there are changes to my Disability Award between now and April 1, 2019?

Any changes to your Disability Award will be factored into your official additional monthly amount calculation on April 1, 2019. One of the reasons that we can only provide a range at this time is because changes can occur to your condition.

- What can I do to stay up-to-date on my additional monthly amount?

Have you registered for [My VAC Account](#) ? If not, that is something we can do today if you are interested.

Once you are registered for a My VAC Account you can also apply online for VAC benefits and services, upload documents to support applications, track the status of applications, receive online correspondence (forms and letters), view a summary of VAC benefits, and connect directly with VAC staff through secure messaging.

- I'm unable to sign up for My VAC Account, how can I find out about my additional monthly amount?

If you are unable to sign up for My VAC Account please call us (toll-free) at 1-866-522-2122.

Veterans Affairs Canada promulgated a new partial entitlement policy ref Hearing Loss

This is something Veteran's needs to have a look at

This is from Legion Command Service Officer -

If you are in receipt of partial entitlement (20,40,60,or 80%) for hearing loss, you should contact a RCLegion command service officer to review your file. Because on Feb, 23 2018 Veterans Affairs Canada promulgated a new partial entitlement policy. The new policy provides guidance in awarding partial or full disability entitlement benefits for: Disability arising from both service-related and non-service-related injury or disease (causation); -Disability arising from non-service-related injury of disease that was aggravated by service (aggravation);and- Disabilities arising from a consequential relationship (consequential).

Where it is determined that a hearing loss was documented during service, or at the time of discharge, and/or service is reasonably found to be the initiating factor causing the current hearing-loss disability, then full entitlement to disability benefits may be awarded. If the first injury/event factor to cause a hearing loss is service related, then causation is considered and full entitlement is awarded. There would be no need to consider other possible contributing factors.

Prior to Feb 23, partial entitlement was awarded where the disability was the result of both service and non-service related factors. When it is discovered that partial entitlement has been granted for causation, the department will initiate a departmental review on the minister's own motion and provide full entitlement. In cases where entitlement was granted by Veterans Review and Appeal Board, the department does not have the jurisdiction to do a departmental review unless the case has been referred back to Veterans Affairs Canada. Members or veterans in receipt of partial entitlement for a hearing-loss disability can contact a command service officer to review their file by calling 613-591-3335 or toll-free at 1-877-534-

4666 to speak with a service officer. They can also e-mail veteransservices@legion.ca or visit the web site [Home – The Royal Canadian Legion](#) to contact a local command service officer.

Hope this will apply to some members and they can get proper compensation

[5th Anniversary of the end of the Canadian mission in Afghanistan ceremony / Cérémonie du 5e anniversaire de la fin de la mission canadienne en Afghanistan](#)

Veterans Affairs Canada will mark the 5th Anniversary of the end of the Canadian mission in Afghanistan with a public ceremony at the National War Memorial. The ceremony will be held on Sunday March 31st, 2019 at 11 am. You are welcome to attend. If you wish, you may bring a wreath to lay after the official ceremony.

Anciens Combattants Canada commémorera le 5e anniversaire de la fin de la mission canadienne en Afghanistan. La cérémonie publique aura lieu au Monument commémoratif de guerre du Canada le dimanche 31 mars, 2019, à 11 h. Vous êtes bienvenue à la cérémonie. Si vous le souhaitez, vous pouvez amener une couronne et la déposer après la cérémonie officielle. Michèle Connelly Program Advisor/Conseillère de programme , Commemoration/Commémoration, 66 Slater Street/66 rue Slater , Ottawa ON , K1A 0P4 , 613-995-9403

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Dear Stakeholders and Advisory Group members. The Honourable Lawrence MacAulay, Minister of Veterans Affairs, and the Honourable Harjit S. Sajjan, Minister of National Defence, issued the following statement marking International Day for the Elimination of Racial Discrimination.

<https://www.canada.ca/en/department-national-defence/news/2019/03/minister-of-national-defence-and-minister-of-veterans-affairs-mark-international-day-for-the-elimination-of-racial-discrimination.html>

L'honorable Lawrence MacAulay, ministre des Anciens Combattants, et l'honorable Harjit S. Sajjan, ministre de la Défense nationale, ont publié la déclaration suivante soulignant la Journée internationale pour l'élimination de la discrimination raciale

<https://www.canada.ca/fr/ministere-defense-nationale/nouvelles/2019/03/le-ministre-de-la-defense-nationale-et-le-ministre-danciens-combattants-canada-soulignent-la-journee-internationale-pour-lelimination-de-la-discrim.html>

[First Chinese-Canadian recruit to air force dies in Richmond, age 101](#)

<https://www.richmond-news.com/community/first-chinese-canadian-recruit-to-air-force-dies-in-richmond-age-101-1.23661397>

[Mr George Takei learns about Japanese Canadian history while touring Vancouver's Japantown](#)

<https://www.straight.com/news/1216326/human-rights-activist-george-takei-learns-about-japanese-canadian-history-while-touring >

[Military launches Indigenous culture program at Valcartier](#)

<https://montrealgazette.com/news/quebec/canadian-military-launches-indigenous-culture-program-at-valcartier>

[Veterans win \\$100 million settlement](#)

Canadian Military Family Magazine

Recently, the Canadian government reached a settlement for a class action lawsuit with Canadian veterans. The suit revolved around low-income veterans with disabilities whose financial aid benefits were being clawed back by the government. The defendants alleged that it was discriminatory for the government to claw back the financial aid from those who received disability pensions for injuries sustained while in uniform. [READ MORE](#)

[Canada, Austria pledge almost \\$50 million in assistance to Syria, neighbouring Nations](#)

Urdu Point

Canada has pledged over \$50 million in aid to Syria and its neighbours, while Austria has said it would give about \$10 million to help with the countries' reconstruction efforts. The United Nations urged the international community to recognize the humanitarian crisis is still looming over Syria and its neighbors and asked nations to support the millions of displaced Syrian refugees with financial assistance. [READ MORE](#)

[Prolongation de la mission militaire canadienne en Ukraine pour repousser la Russie](#)

Radio-Canada

La ministre canadienne des Affaires étrangères, Chrystia Freeland, et le ministre de la Défense nationale, Harjit Sajjan, annoncent la prolongation de deux missions militaires du pays qui devaient se terminer à la fin du mois. Le Canada réitère son engagement envers l'OTAN de contribuer à la lutte contre l'agression russe en Europe de l'Est et aussi contre le mouvement djihadiste au Moyen-Orient. Ottawa prolongera ainsi sa contribution de 500 soldats à la coalition internationale contre Daech en Irak, et ce jusqu'à la fin du mois de mars 2021. [LIRE PLUS](#)

[Canada extending military missions in Ukraine, Iraq](#)

Globe and Mail

Canada is extending its military missions in Ukraine and Iraq, the federal government has announced. Speaking to reporters in Ottawa, Foreign Affairs Minister Chrystia Freeland and Defence Minister Harjit Sajjan revealed the government's plans to extend Canada's 200-strong military training mission in Ukraine to the end of March, 2022. The ministers said that while Ukraine's defence and security forces continue to make considerable progress, continuing insecurity in the region underscores the importance of Canada's presence there. [READ MORE](#)

[Homes for Heroes Foundation is laying the groundwork for its next village for veterans in Edmonton](#)

Canadian Military Family Magazine

With Calgary's first tiny homes village expected to open this summer, the Homes for Heroes Foundation is laying the groundwork for its next village for veterans in Edmonton, AB. Just recently, the Foundation received approval from Edmonton's City Council for a lease rate of \$1 a year for 20 years for land in the Evansdale community of Edmonton. [READ MORE](#)

[ICEMAN: une compétition qui n'aura jamais si bien porté son nom](#)

Journal Adsum

Il gela à pierre fendre les 27 et 28 février alors que se tenait la quatrième édition de la compétition ICEMAN. Mais rien ne pouvait se mettre en travers du désir de vaincre des 700 braves qui ont participé à ce défi nordique militaire. [LIRE PLUS](#)

[Cooking trophy to honour Canadian Forces' first black chief warrant officer](#)

CBC News

In the late 1940s, Hubert Reginald Johnson was earning \$1.25 a day for 10 hours of work in a lumber mill. After just one month, the young man from Jordantown, N.S., man realized he was in a dead-end job with few other opportunities around. He decided to leave that job and entered the Canadian Army Reserve in 1949. Two years later, he entered the army full-time and trained as a cook. In 1973, Johnson was promoted and became the first black chief warrant officer in the Canadian Forces. That same year he was also made a member of the Order of Military Merit for his volunteer work in his community. [READ MORE](#)

[Indian Army exercises with African states to counter China's influence](#)

Jane's 360

The Indian Army launched a 10-day training exercise with 17 African states on 18 March in a bid to expand its military and strategic reach across Africa. Officials said the inaugural "Africa-India Field Training Exercise — 2019," which was conducted at Pune, western India, was focused on providing participants with instruction in demining procedures and UN peacekeeping operations. [READ MORE](#)

[Mechanical mine clearance systems market manufacturers segment analysis 2019-2025](#)

Warren Daily

Mechanical demining is known as the method of removing land mines with effective use of mechanical equipment. This process is faster and safer as compared to manual demining. Europe is projected to remain the dominant regional market throughout the forecast period. [READ MORE](#)