

Media Report 24 JULY 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. Due to ongoing and evolving COVID-19 pandemic, callers may experience increased wait times when calling the Government of Canada Pension Center. Callers may also experience dropped calls, as all telecommunication networks across Canada are presently facing capacity challenges. and local Media Articles and An illness or injury can have an impact on your ability to adjust to life after service. **If you have received a disability benefit, you may also qualify for the Additional Pain and Suffering Compensation—a tax-free, monthly benefit — payable for life.** Have you made an application for disability benefits from Veterans Affairs Canada and received a decision? If you disagree with that decision, you have the right to review or appeal it. The attendance allowance helps to cover the cost of hiring a caregiver to assist you in your day-to-day life. The amount you can receive is based on the level of care you need, from occasional to full-time supervision and care. **The amount of the allowance is based on a grade from 1-5 that reflects the nature of your disability.**

Sad passing of Rudy Levecque

After a long battle with Prostate cancer, Rudy Levecque passed away this past week, while a patient in the General campus of the Ottawa Hospital. There was a private ceremony, family only.

Our condolence to Hammy and Karen Hamalaine and family.

Our condolence to Hammy and Karen Hamalaine both on the Board on the Directors and family. They as well are grieving in Penticton BC his younger brother only brother passed at 55 yrs old.

- Subject: REVISED: Information on three initiatives impacted by COVID 19 / RÉVISÉ : Information sur trois initiatives liées à COVID-19

(le français suit)

Dear Stakeholders and Advisory Group members,

Stakeholder Engagement and Outreach is pleased to share with you information on three initiatives impacted by COVID 19.

COVID-19 IMPACTS: Veteran Families Survey

The True Patriot Love Foundation and the Vanier Institute of the Family are conducting a survey to gather information and insights about how Veteran families are feeling, what they are doing and what they are thinking about the future. They invite you to tell them how COVID-19 is impacting your family and invite you to share your experience, thoughts and ideas.

The [COVID-19 IMPACTS: Veteran Families Survey](#) is open to anyone who is a Veteran or a member of a Veteran family.

We encourage you to share the link with your networks and with Veterans and Veteran families you know. For more information, contact research@vanierinstitute.ca.

2020 Navy Bike Ride Goes Virtual

Each year, the Navy Bike Ride, held in the Ottawa, works to celebrate Canadian Veterans and the sacrifices that they made, while raising funds to support them and their families. In honour of those who have served in the Battle of the Atlantic, this year's Navy Bike Ride is dedicated to their remembrance and Veterans Affairs Canada is proud to be a supporting partner of this event.

During the Battle of the Atlantic 75 years ago, the Canadian Navy and Merchant Marine devoted their service and bravery, risking their lives to ensure critical supplies would reach their destination. This exhaustive effort saw more than 25,000 voyages undertaken, showing inspiring courage and resilience.

As our country now faces a new challenge, in battling the spread of COVID-19, the Navy Bike Ride has expanded, moving online. To honour those who have served Canada, while ensuring the safety of all Canadians we encourage the Veteran community, their families and friends, and the Canadian public to participate in a virtual bike ride. By registering at navybikeride.ca, you can cycle at your own pace and schedule, between 13 June, 2020 and 30 August, 2020. Each ride will help in reaching the 25,000 bike ride goal, to remember those essential voyages.

The proceeds from this important event will be donated to the [Royal Canadian Naval Benevolent Fund \(RCNBF\)](#), as well as [Support our Troops](#).

COVID-19: New Canada Border Services Agency Travel App

We would also like to take the opportunity to share for awareness that a new travel app, called ArriveCAN, is now available for use by travellers entering Canada.

The ArriveCAN mobile application and accessible [web app](#), developed by the Public Health Agency of Canada and the Canada Border Services Agency,

provides a digital way for all travellers entering Canada to easily and securely submit their information and complete a self-assessment of symptoms up to 48 hours before they arrive in Canada.

The ArriveCAN app is available for free on [Google Play](#) and [Apple App](#) stores. The use of ArriveCAN will help the Government of Canada communicate with travellers via push notifications, and for those travellers required to quarantine or isolate, to promote and verify their compliance with requirements under the Quarantine Act and to record any voluntary report of symptoms of COVID-19 during their 14-day quarantine period.

Sincerely,

Stakeholder Engagement and Outreach Team

Veterans Affairs Canada

vac.engagement.acc@canada.ca

À tous les intervenants et membres des Groupes consultatifs,

L'équipe de Mobilisation et sensibilisation des intervenants est heureuse de vous transmettre de l'information sur trois initiatives liées à COVID-19.

SONDAGE SUR LES CONSÉQUENCES DE LA COVID-19 : les familles des vétérans

La Fondation La Patrie gravée sur le cœur et l'Institut Vanier de la famille mènent un sondage pour recueillir des renseignements et des commentaires auprès des familles des vétérans afin de savoir comment elles se portent, ce qu'elles font et comment elles entrevoient l'avenir. Ils vous invitent à leur dire quelles sont les conséquences de la COVID-19 sur votre famille et vous invitent à partager votre expérience, vos réflexions et vos idées.

[Sondage sur les conséquences de la COVID-19 : les familles des vétérans](#) est ouverte aux vétérans et aux membres de la famille des vétérans.

Nous vous encourageons à partager le lien avec les gens de votre réseau ainsi qu'avec les vétérans et leur famille. Pour de plus amples renseignements, veuillez nous écrire à l'adresse recherche@institutvanier.ca.

Le Défi-vélo de la Marine 2020 passe en mode virtuel

Chaque année, le Défi-vélo de la Marine, qui se déroule à Ottawa, vise à honorer les vétérans canadiens et à souligner les sacrifices qu'ils ont faits, tout en recueillant des fonds pour les soutenir ainsi que leur famille. En l'honneur de ceux qui ont servi lors de la bataille de l'Atlantique, le Défi-vélo de la Marine de cette année est dédié à leur mémoire, et Anciens Combattants Canada est fier d'être partenaire de cette activité.

Durant la bataille de l'Atlantique il y a 75 ans, les membres de la Marine canadienne et de la marine marchande ont offert leur service dévoué et fait preuve de bravoure, risquant leur vie pour veiller à ce que les fournitures

essentielles atteignent leur destination. Ils ont ainsi effectué plus de 25 000 trajets lors de cette période, faisant preuve d'un courage et d'une résilience inspirants.

Alors que notre pays doit relever un nouveau défi, celui de vaincre la propagation de la COVID-19, le Défi-vélo de la Marine a pris de l'ampleur, passant en mode virtuel. Pour honorer ceux qui ont servi le Canada, tout en assurant la sécurité de tous les Canadiens, nous encourageons les membres de la communauté des vétérans, les membres de leur famille et leurs amis, ainsi que le grand public canadien à participer à une randonnée à vélo virtuelle. En vous inscrivant au defivelomarine.ca, vous pouvez pédaler à votre propre rythme et selon votre disponibilité, entre le 13 juin 2020 et le 30 août 2020. Chaque randonnée sera comptabilisée pour atteindre l'objectif de 25 000 randonnées à vélo, en l'honneur de ces trajets qui ont joué un rôle essentiel.

Les profits de cette activité importante seront versés à la [Caisse de bienfaisance de la Marine royale canadienne \(CBMRC\)](#), ainsi qu'à [Appuyons nos troupes](#).

COVID-19 : Nouvelle application ArriveCAN de l'Agence des services frontaliers du Canada

Nous aimerions également profiter de l'occasion pour vous informer qu'une nouvelle application de voyage, appelée ArriveCAN, est maintenant disponible pour les voyageurs qui entrent au Canada.

L'Agence de la santé publique du Canada et l'Agence des services frontaliers du Canada ont développé l'application mobile et l'[application Web](#) ArriveCAN. Ces outils visent à permettre à tous les voyageurs entrant au Canada de soumettre facilement leurs renseignements numériques de façon sécuritaire et de remplir l'auto-évaluation de symptômes jusqu'à 48 heures avant leur arrivée au Canada.

Vous pouvez télécharger gratuitement l'application ArriveCAN à partir des boutiques [Google Play](#) et [Apple App](#). Cet outil permettra au gouvernement du Canada de communiquer avec les voyageurs au moyen d'avis et, pour les voyageurs qui doivent se mettre en quarantaine ou s'isoler, de promouvoir et de vérifier le respect des exigences de la Loi sur la mise en quarantaine, en plus de signaler toute divulgation volontaire de symptômes de la COVID-19 pendant leur période de quarantaine de 14 jours.

Cordialement,

L'Équipe de mobilisation et sensibilisation des intervenants

Anciens Combattants Canada

vac.engagement.acc@canada.ca

Attendance Allowance

Attendance Allowance is an additional tax-free monthly assistance to individuals who:

- have a Disability Pension of 1% or more or receive Prisoner of War compensation;
- are totally disabled, whether by reason of military service or not; AND
- need help with daily living tasks.

The amount payable is based on the degree of attendance needed for your day-to-day personal care.

Attendance allowance

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Quick links

1. [About this program](#)
2. [Do you qualify?](#)
3. [How to apply](#)
4. [Additional information](#)
5. [Frequently asked questions](#)

If you have a serious disability you may need the help of a caregiver on a daily basis. The attendance allowance helps to cover the cost of hiring a caregiver to assist you in your day-to-day life.

About this program

The attendance allowance helps to cover the cost of hiring a caregiver to assist you in your day-to-day life. The amount you can receive is based on the level of care you need, from occasional to full-time supervision and care.

The amount of the allowance is based on a grade from 1-5 that reflects the nature of your disability.

Do you qualify?

You should apply for attendance allowance if you:

- Have a disability pension of 1% or more or receive Prisoner of War compensation
- Are totally disabled, whether your condition was service-related or not

- Need assistance with [activities of daily living](#) (such as eating, bathing, dressing, or moving)
-

How to apply

Before you submit

In most cases, you do not need to submit an application for this allowance. Your case manager will apply for you based on the medical questionnaire you submitted as part of your disability benefits application.

If you believe that you, or someone you know, is eligible for this allowance you can [contact us](#) or your case manager. You can also apply online, or by mail or in person.

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](#).

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.

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

Additional information

Find out more

For more details about how grades for the attendance allowance are determined, see [Table 2 – Grade Levels – of the Table of Disabilities](#).

If you know your grade, the Attendance Allowance [rates table](#) shows the amount by grade.

Learn more about what qualifies as [totally disabled](#).

Related programs

[Disability pension](#): A monthly benefit to Veterans who have a service-related injury or illness.

[Prisoner of War compensation](#): Monthly compensation if you were taken prisoner or detained by enemy forces.

[Exceptional incapacity allowance](#): A monthly benefit when your disability is causing a major financial impact on your life.

[Clothing allowance](#): A monthly benefit when your disability causes wear and tear on your clothing or the need for custom-made clothing.

Frequently asked questions

How much could I receive?

The amount you receive depends on the nature of your disability. A grade level between 1 and 5 is assigned depending on the impact your disability has on your ability to live independently. Grade 1 is the highest grade. See the [current rates](#).

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 [attendance allowance policies](#).

Caregiver Recognition Benefit

A monthly payment increased annually by the Consumer Price Index. The current payment is \$1,043.46 per month.

[Read more about the Caregiver Recognition Benefit...](#)

Veterans Independence Program

This [PDF chart](#) shows the maximum VIP amounts.

[Read more about the Veterans Independence Program...](#)

Clothing Allowance

Grade	Amount
1	\$218.28
2	\$174.58
3	\$130.98
4	\$87.28
5	\$77.55
6	\$63.04
7	\$58.18
8	\$48.46
9	\$38.82
10	\$24.20

The Clothing Allowance is provided if you are receiving a disability benefit for a condition that causes wear and tear on your clothing or requires you to wear specially-made clothing.

Pain and Suffering Compensation

Extent of disability (%)	Monthly benefit	Lump sum amount
5	\$58.59	\$19,063.94
20	\$234.37	\$76,255.76
40	\$468.74	\$152,511.53
60	\$703.11	\$228,767.29
80	\$937.48	\$305,023.06
100	\$1,171.85	\$381,278.82

View the complete [Pain and suffering compensation rate table](#).

Read more about [Disability benefits...](#)

Income Replacement Benefit

This income replacement provides 90% of your gross pre-release military salary while you are participating in Rehabilitation services. This ensures a pre-tax income of at least \$49,523.40 per year.

[Read more about the Income Replacement Benefit...](#)

Canadian Forces Income Support

Maximum per month			
Veteran or Survivor	Veteran with Spouse/Partner	Additional amount for each dependent child	Orphan
\$1,653.81	\$2,462.62	\$366.68	\$785.99

[Read more about the Canadian Forces Income Support...](#)

War Veterans Allowance

Maximum per month					
Veteran or Survivor	Veteran or Survivor (blind)	Veteran with Spouse/Partner	Veteran with Spouse/Partner (both blind)	Additional amount for each dependent child	Orphan
\$1,653.81	\$1,715.21	\$2,464.61	\$2,525.81	\$262.30	\$785.99

Important note to Veterans and qualified civilians:

If you had wartime service and your income is higher than the maximum level because you or your spouse/common-law partner receive OAS benefits, in certain cases, you may qualify for treatment benefits.

[Read more about the War Veterans Allowance...](#)

Disability Pension

Class	Monthly Rate		Additional Monthly Amounts		
	Single	Spouse	One Child	Second Child	Each Other Child
1	\$2,911.04	\$727.76	\$378.44	\$276.54	\$218.33
5	\$2,328.83	\$582.21	\$302.75	\$221.24	\$174.66
10	\$1,601.07	\$400.27	\$208.14	\$152.10	\$120.08
15	\$873.31	\$218.33	\$113.53	\$82.96	\$65.50
20	\$145.55	\$36.39	\$18.92	\$13.83	\$10.92

[Read more about the Disability Pension...](#)

[View the complete Disability Pension rate tables](#)

Exceptional Incapacity Allowance

Grade	Amount
1	\$1,541.02
2	\$1,284.15
3	\$1,027.33
4	\$770.58
5	\$513.69

[Read more about the Exceptional Incapacity Allowance...](#)

Additional Pain and Suffering Compensation

Grade	Monthly amount
1	\$1,528.50
2	\$1,019.00
3	\$509.50

[Read more about the Additional Pain and Suffering Compensation...](#)

Critical Injury Benefit

The Critical Injury Benefit is a \$76,077.58 tax-free lump-sum award to address the immediate impacts of the most severe and traumatic service-related injuries or diseases sustained by Canadian Armed Forces members.

[Read more about the Critical Injury Benefit...](#)

Death Benefit

The death benefit is a one-time, tax-free amount of \$381,278.82 paid to a spouse or common-law partner and any dependent children if a CAF member dies while in service.

[Read more about this assistance...](#)

Education Training Benefit

This program offers funding for college, university, technical education or short-term programs.

Years of Service (authorized paid days)	Maximum Amount
6 years	\$41,738.24
12 years	\$83,476.48

You can use \$5,217.28 of this benefit to participate in one-time courses aimed at certification, professional designations, or professional development.

[Read more about the Education Training Benefit...](#)

Les Forces armées canadiennes veulent réprimer les comportements haineux

La Presse

Les Forces armées canadiennes ont donné de nouveaux ordres au personnel militaire au moment où le haut commandement se fait reprocher de s'être montré laxiste envers les comportements haineux dans les rangs.

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Study aims to bolster mental health of military personnel and their families

University of Calgary

While the conventional image of Canadian Armed Forces personnel is that of individuals who are stoic, steadfast and unflappable, the reality can often be quite different when it comes to mental health. Many grapple with personal wellness as a result of trauma experienced during their time in the military, and these struggles frequently have a significant impact on their family members.

[READ MORE](#)

City of London creates list to track homeless veterans

Global News

The City of London is taking a big step toward addressing the issue of veteran homelessness in the city. London's Homeless Prevention and Housing Team has been recognized by "Built for Zero Canada" for being the first community in Canada to reach a Veteran Quality By-Name list. The list of 20 names gives the Homeless Prevention team idea of all of the veterans struggling with homelessness in London.

[READ MORE](#)

La lieutenant-général Christine Whitecross cède le commandement du Collège de défense de l'OTAN

45e Nord

Le jeudi 16 juillet, le Collège de défense de l'OTAN a célébré la remise du diplôme du cours principal 136 et la passation de commandement du LGEN Christine Whitecross (CAN F) au LGEN Olivier Rittimann (FR A). Le Lgén Hans-Werner Wiermann (DEU), directeur général de l'État-major militaire international (DGIMS), était l'invité d'honneur.

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Veterans building models and sharing stories

CTV News

Veterans met up at the Kingsway Legion to build models and to talk to fellow veterans about their shared experiences. The group is part of Operation VetBuild, a support group run by Canadian veterans. The group focuses on promoting mental well-being in a relaxed atmosphere.

[READ MORE](#)

Duck Boat: The World War II DUKW still has some quack (they helped beat Hitler)

The National Interest

Throughout the United States, it is still possible to take a "Duck Boat" tour in a vintage World War II vehicle that is able to go from road to river and back again. Meet the DUKW, a type of transport that was designed to get artillery, supplies and most notably Allied soldiers ashore during the Second World War. The DUKW moniker came from its maker General Motors' manufacturing code: D for the 1942 model, U for amphibious, K for all-wheel drive and W for dual rear wheels.

[READ MORE](#)

La vie après la guerre : l'histoire d'Hélène Le Scelleur

Radio-Canada

Hélène Le Scelleur garde de profondes séquelles de son passage en Afghanistan. L'ex-capitaine au sein des Forces armées canadiennes est revenue au pays avec un stress post-traumatique qui lui a coûté son poste. La vétérane revient sur cette transition douloureuse entre la vie militaire et la vie civile, nous parle des défis de la parentalité lorsqu'on est militaire et des embûches rencontrées depuis son déploiement à Kandahar, en 2007.

[LIRE PLUS](#)

Sappers integral to rural bridge building project

Defence Web

The partnership involving government via the national defence force and a national department as well as a private sector company has seen another speedily installed bridge connect isolated communities in the Eastern Cape. The Department of Public Works and Infrastructure (DPWI) Welisizwe (meaning help the nation cross over) program connects far-flung rural communities with essential services including transport.

[READ MORE](#)