

Media Report 25 March 2022

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. 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. 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.

New guide for doctors on caring for Veterans / Nouveau guide pour les médecins sur les soins aux vétérans

(le français suit l'anglais)

Dear Stakeholders,

Veterans Affairs Canada and the College of Family Physicians of Canada have collaborated to create *Best Advice Guide: Caring for Veterans* - a resource for family doctors and other primary care providers. The guide highlights special considerations for the health needs of Veterans while sharing best practices, practical tips, and resources.

The guide is available on the College of Family Physicians of Canada's [website](#).

Family doctors play an essential role in the health and well-being of Veterans. A doctor who understands the military experience and the challenges of life after service can have a significant impact on the health and well-being of Veterans and their families.

If you or someone you know is a health professional who treats Veterans, we kindly ask you to share this resource with your professional network. Veterans are also encouraged to share this resource with their primary care provider.

For general inquiries about the Guide, physicians can email the College of Family Physicians of Canada at healthpolicy@cfpc.ca.

Thank you for your ongoing engagement and participation.

Sincerely,

Stakeholder Engagement and Outreach Team

Veterans Affairs Canada
engagement@veterans.gc.ca

À tous les intervenants,
Anciens Combattants Canada et le Collège des médecins de famille du Canada ont collaboré pour créer le *Guide conseil pratique : Les soins aux vétérans* – une ressource pour les médecins de famille et les autres fournisseurs de soins de première ligne. Le guide met en évidence des considérations spéciales pour les besoins de santé des vétérans, tout en partageant les meilleures pratiques, des conseils utiles et des ressources.

Le guide est disponible sur [le site Web](#) du Collège des médecins de famille du Canada.

Les médecins de famille jouent un rôle essentiel dans les soins aux vétérans. Un médecin qui comprend l'expérience militaire et les défis de la vie après le service peut avoir une incidence importante sur la santé et le bien-être des vétérans et de leur famille.

Si vous ou quelqu'un que vous connaissez êtes un professionnel de la santé qui traite des vétérans, nous vous prions de partager cette ressource avec votre réseau professionnel. Les vétérans sont également encouragés à partager cette ressource avec leur principal fournisseur de soins.

Pour des questions d'ordre général au sujet du guide, les médecins peuvent envoyer un courriel au Collège des médecins de famille du Canada à healthpolicy@cfpc.ca.

Merci pour votre engagement et votre participation continus.

Cordialement,

L'équipe de mobilisation et sensibilisation des intervenants

Anciens Combattants Canada

engagement@veterans.gc.ca

The Veterans Review and Appeal Board is pleased to announce the release of our new website.

This new site has been in production for more than a year and was thoughtfully designed with special attention to accessibility, as well as the future needs of those we serve and the needs of our organization.

We are always seeking opportunities to strengthen our service to Veterans, Canadian Armed Forces and Royal Canadian Mounted Police members, and their families, and as new technologies and processes become available to us we are proud to integrate these new efficiencies.

The new features available throughout the website enable enhanced navigation capabilities with touchscreen devices and accessibility devices, such as screen readers.

Features that will support our service include:

- Intelligent screen scaling to the device being used (i.e. desktop computer, laptop, tablet, smartphone, etc.)
- Intuitive navigation for touchscreen devices
- Similar look and feel to other Government of Canada websites
- Improved overall site structure tailored to users of our site
- Built-in Twitter feed that mirrors real-time VRAB Twitter presence
- Design optimized for accessibility needs

Our new website can be found at the same address as our previous website (vrab-tacra.gc.ca) and all relevant content has been migrated to this new site. I encourage you to make yourself familiar with our new design and return often for new content such as new informational videos coming soon.

Thank you,

Christopher J. McNeil

The End of Russian Oil

By [Peter Zeihan](#) on March 18, 2022

This opinion piece is an adapted excerpt from Peter's upcoming book, [The End of the World is Just the Beginning](#). <https://us11.campaign-archive.com/?u=de2bc41f8324e6955ef65e0c9&id=f2872d6332>

Think the Europeans will need to get by without Russian crude? You are 100% correct. But you are not thinking anywhere *near* big enough.

Most of Russia's oil fields are both old and extraordinarily remote from Russia's customers. Fields in the North Caucasus are either tapped out or were never refurbished in the aftermath of the Chechen Wars, those of Russia's Tatarstan and Bashkortostan provinces are well past their peak, and even western Siberian fields have been showing diminishing returns since the 2000s. With few exceptions, Russia's oil discoveries of the last decade or three are deeper, smaller, more technically challenging, and even farther from population centers than the older fields they would be expected to replace. Russian output isn't in danger of collapsing, but maintaining output will require more infrastructure, far higher up-front costs, and ongoing technical love and care to prevent steady output declines from becoming something far worse.

While the Russians are no slouches when it comes to oil field knowledge, they *were* out of circulation from roughly 1940 through 2000. Oil technology came a long way in those sixty years. Foreign firms—most notably super majors BP and Shell, and services firms Halliburton and Schlumberger—have collectively done work that is probably responsible for half of Russia's contemporary output.

The Western super majors have left. All of them. Just as the Ukraine War began, Exxon and BP and Shell have walked away from projects they've sunk tens of billions of dollars into, knowing full well they won't get a cent of compensation. Halliburton and Schlumberger's operations today are a shadow of what they were before Russia's previous invasion of Ukraine in 2014. Between future sanctions or the inability of the Russians to pay them with hard currency, those operations now risk winding down to zero. The result is as inevitable as it is damning: at least a 50% reduction in the ability of Russia to produce crude. (No. Chinese oilmen cannot hope to keep things flowing. The Chinese are worse in this space than the Russians.) The outstanding question is *how soon?*

Sooner than you think. It's an issue of infrastructure and climate.

First, infrastructure. All of Russia's oil flows first travel by pipe—in some cases for literally thousands of miles—before they reach either a customer or a discharge port. Pipes can't . . . dodge. Anything that impedes a single inch of a pipe shuts the whole thing down. In the post-Cold War globalized Order when we all got along, this was something we could sing-song-skip right by. But with the Russians dropping cluster bombs on civilian targets - as they started doing on Feb 28 - not so much. Whether the Russians destroy the pipes with their indiscriminate use of ordinance (like they damaged a radiation containment vessel at Chernobyl!!!) or Ukrainian partisans target anything that brings the Russians income, much of this system is doomed.

Second, climate. Siberia, despite getting cold enough to literally freeze your nose off in *October*, doesn't get cold *enough*. Most Russian oil production is in the permafrost, and for most of the *summer* the permafrost is inaccessible because its top layer melts into a messy, horizon-spanning swamp. What the Russians do is wait for the land to freeze, and then build dike-roads and drill for crude in the

long dark of the Siberian winter. Should something happen to consumption of Russian crude oil or any of the millions of feet of pipe that take that crude from wellhead to port or consumer, flows would back up through the literally thousands of miles of pipes right up to the drill site. There is no place to store the stuff. Russia would just need to shut everything down. Turning it back on would require manually checking everything, all the way from well to border.

The last time this happened was the Soviet collapse in 1989. It took millions of man-hours of help from the likes of BP and Halliburton – and thirty-two years – for Russia to get back to its Cold War production levels. And now, with war on in Ukraine, insurance companies are cancelling policies for tankers carrying anything Russian on Seas Black and Baltic while the French seize Russian vessels, and the Russian Central Bank under the strictest financial sanctions ever, it is all falling apart. Again.

Even in the sunshine and unicorn scenario that Putin duct tapes himself to a lawn chair and throws himself into a pool, and a random band of kindly kindergarten teachers take over the Russian government, we should not expect the energy supply situation in Russia to *begin* to stabilize before 2028, and for us to return to what we think of as the status quo before 2045.

In the meantime, the debate of the moment is expanded energy sanctions. Once everyone concludes that Russian crude is going away regardless, there's something to be said about pre-emptively sanctioning Russian energy before reality forces the same end result. Moral high road and all that. Bottom line: *Uuuuugh!* The disappearance of some four to five *million* Russian barrels of daily crude production will all by itself kick energy prices up to at least \$170 a barrel. A global energy-induced depression is in the wind.

But probably not an American one. In the bad ol' days before World War II there wasn't a "global" oil price. Each major country or empire controlled its own production and maintained its own - sequestered - market. Courtesy of the American shale revolution and preexisting legislation, the U.S. president has the authority to end American oil exports on a whim and return us to that world. An American export ban would flood U.S. refiners with relatively cheap shale oil. Those refiners will certainly bitch - their facilities have a taste for crude grades different from what comes out of Texas and North Dakota - but having a functional price ceiling within the United States of roughly \$70 a barrel will achieve precisely what Joe Biden is after: cheaper gasoline prices.

The rest of the world? They'll have to grapple with losing Russian *and* American crude *at the same time*. If the "global" price stays below \$200, I'd be shocked.

The first rule of geopolitics is place matters. To populations. To transport. To finance. To agriculture. To energy. To everything. The second rule is things can *always* get worse. The world is about to (re)learn both lessons, good and hard.

for future generations to remember and commemorate the sacrifices made by all Canadians who were part of the Allied victory in all theatres of war and about the role of Canada in preserving the freedoms we are privileged to enjoy today.

According to Clegg, we still have the opportunity to bring this development and all its related consequences to a halt before it causes permanent damage to the Juno Beach Centre, and this hallowed ground that is such an important piece of Canadian history.

"Lest We Forget "must be more than just words. The phrase means that we will do all that is necessary to honour our history, remember the valour of our soldiers who fought and died and memorialize the places that preserve the story of Canadian soldiers who put their lives on hold – or sacrificed them entirely – to fight for a better world.

Current world events remind us that some things are sacred, and we owe it to those who made the ultimate sacrifice to never forget.

Cindy Clegg

info@savejunobeach.ca

[Save Juno Beach](#)

1-800-393-5734

Compensation for illness or injury

Financial payment provided for a service-related illness or injury.

Disability benefits

Compensation to recognize that your injury or illness is a result of your service.

Critical injury benefit

A lump-sum payment that recognizes the immediate impact of the most severe and traumatic service-related injuries or diseases.

Caregiver recognition benefit

A monthly payment for an informal caregiver, such as a family member or friend, who provides you with daily personal care support.

Additional Pain and Suffering Compensation

Monthly payments in recognition of any severe and permanent disability, related to your military service, which creates a barrier to life after service.

Exceptional incapacity allowance

Additional monthly payment for a disability pensioner if your illness or injury impacts your quality of life.

Attendance allowance

If you receive a disability pension you may qualify for payments to help cover the costs of an attendant.

Clothing allowance

If you receive a disability pension you may qualify for a monthly tax-free clothing allowance.

Rehabilitation Program: Let's chat! / Le programme de réadaptation : parlons-en!

Adapting and improving for Veterans during COVID-19

Since the pandemic began, we have reached out to over 20,000 Veterans. While offices remain closed, you can continue to connect with us through [My VAC Account secure messaging](#) or by calling 1-866-522-2122.

Here are some other ways we have adapted to better serve you during the pandemic:

- [Operational stress injury clinics](#) group therapy sessions are offered online.
- [Career transition services](#) continue to be delivered virtually.
- Vocational rehabilitation providers are offering virtual assessments tailored to each Veteran's unique situation
- Certain prescription requirements have been waived and coverage for virtual health services is extended.
- Some health assessments are taking place virtually, allowing our health professionals to provide more accessible services.

To stay up to date with the latest information, bookmark and visit the Government of Canada's [Coronavirus page](#).

Resources for homeless Veterans

[An estimated](#) 3,000 to 5,000 Veterans experienced homelessness in Canada in 2019, and together we can change this.

Staff at Veterans Affairs offices across the country are available to help Veterans who are experiencing homelessness, and connect them with organizations in their communities that work to solve homelessness.

VAC also offers immediate supports like the [Veterans Emergency Fund](#), which can provide funds quickly for urgent and unexpected needs. These can include essentials like food, shelter or medical expenses while we identify long-term needs and look for more long-term solutions.

Further support for low-income Veterans includes:

- the [Canadian Forces Income Support](#), a monthly payment to help low-income CAF Veterans, survivors and dependent children
- the [War Veterans Allowance](#), a monthly payment to Second World War or Korean War Veterans who have a low household income.

There are also support systems for homeless Veterans offered by other organizations such as:

- [The Royal Canadian Legion](#) provides financial assistance to serving and former CAF members, RCMP and their families who are in financial distress
- [Support our Troops](#) provides extra support due to challenges arising from CAF service, and
- [Veterans Emergency Transition Services \(VETS\) Canada](#) helps to secure housing, food and customized supports.

How you can help

If you or someone you know is experiencing homelessness or are at risk of becoming homeless, the first step is to contact a [local area office](#) by calling us at 1-866-522-2122.

Free and confidential professional mental health support is also available for Veterans, their families and caregivers toll-free, 24/7 through the VAC Assistance Service, at 1-800-268-7708 or 1-800-567-5803 (TTD/TTY).

Engagement

McGill seeking Canadian Veterans to participate in cannabis use study

The [MissionVA](#) program from McGill University is developing new strategies to improve the health of Veterans who deal with physical and mental health issues. McGill is looking for Veterans to participate in an anonymous cannabis use study. Your experiences as a user, positive or negative, are invaluable to researchers.

Currently, knowledge of medical cannabis treatment for conditions like chronic pain, stress, poor sleep and post-traumatic stress disorder is largely driven by trial and error. By participating in this study, you can help researchers find better ways to use medical cannabis to improve the health and well-being of your comrades, their family members and other Canadians.

Visit the [Active Veterans website](#) to share your experience by completing a brief and anonymous online survey. For more information, call 1-800-461-3006. McGill will not collect your name nor contact information while conducting this study.

.IN THE MEDIA

[Save Juno Beach campaign needs your voice](#)

[Operation Nanook-Nunaliut sees military personnel meet and exceed challenge](#)

[Guerre en Ukraine: un bataillon exclusivement composé de combattants canadiens](#)

[Ontario improving day job protection for military reservists](#)

[Zone d'exclusion aérienne: une «ligne rouge qu'on ne peut franchir», dit Joly](#)
[Canada looks to reinforce Arctic sovereignty through diplomacy, military, says minister](#)

[Trudeau open to increased military spending](#)

[How Russian operations jeopardize Ukrainian reactor safety](#)

[MOD: Russia has confirmed use of thermobaric weapons](#)

[Alors que la guerre gronde, l'Otan s'entraîne en Norvège à secourir l'un des siens](#)

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](#)

Base Gagetown — [Gagetown Gazette](#)

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](#)