

Media Report 03 JUNE 2022

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.

The Veteran Affairs Canada (VAC) disability benefits are offered by Veteran Affairs Canada to health support the well-being of those who have served in the armed forces. As of 2021, roughly 19% of veterans are served by Veterans Affairs Canada.

What Is Veterans Affairs Canada (VAC) Disability Program?

The Veterans Affairs Canada (VAC) disability program operates through the Bureau of Pensions Advocates. It is a [tax-free](#) monetary payment that is meant to support the welfare of qualifying veterans. Based on need, the amount beneficiaries receive depends on your entitlement level and your condition's severity. The more your disability reduces your quality of life, the higher the value of the benefit. This is determined through an assessment performed by VAC.

Who Is Eligible For The VAC Disability Program?

To qualify for this benefit, you must meet at least one of the following criteria:

- Be a member of the Canadian Armed Forces or a veteran thereof
- Be either a former or current Royal Canadian Mounted Police (RCMP) member
- Be a veteran of World War II or of the Korean War, including the Merchant Navy
- Be a qualifying civilian who served during World War II

If you fall into one of the above categories, have a [diagnosed disability or medical condition](#), and can prove that your injury originated from your service, then you should apply. To be eligible for the plan, you must meet all of the above criteria.

VAC Disability Payment Dates 2022

As with most government-issued benefits, you can register for [direct deposits](#) to receive the payment on the day the benefit gets issued. The VAC disability and pension payment dates for 2022 are as follows:

Benefit Payment Dates

January 28, 2022

February 25, 2022

March 30, 2022

April 28, 2022

May 30, 2022
 June 29, 2022
 July 28, 2022
 August 30, 2022
 September 28, 2022
 October 28, 2022
 November 29, 2022
 December 22, 2022

VAC Benefits

Depending on your situation, you can qualify for one of two types of benefits.

Compensation For Pain and Suffering

Compensation for pain and suffering comes in either the form of a lifetime monthly benefit or as a lump sum amount. The choice lies with the beneficiary, with specific amounts as follows:

Rate of Pain and Suffering Compensation (%)	Disability Extent (%)	Monthly Benefit (\$)	Lump Sum Amount (\$)
5	5-7	60.84	19,793.71
20	18-22	243.34	79,174.84
40	38-42	486.68	158,349.67
60	58-62	730.03	237,524.51
80	78-82	973.37	316,699.34
100	98-100	1,216.71	395,874.18

*The table above is a shorten sample, for the full list of rates [please click here](#).

Disability Pension

Disability pension provides a lifetime benefit, paid monthly. It increases depending on how severely your disability impacts your life. The VAC performs an assessment to determine the level that which the issue impacts your ability to function. This determines the class into which you get categorized. Additionally, if the qualifying veteran has any dependents such as children or a spouse, then the amount increases.

Class	Monthly Benefit (\$)		Additional Monthly Payments (\$)		
	Single Veteran	With Spouse	One Child	Second Child	Each Additional Child
1	3,019.53	754.88	392.54	286.85	226.46
5	2,415.62	603.91	314.03	229.48	181.17
10	1,660.74	415.19	215.90	157.77	124.56
15	905.86	226.47	117.76	86.06	67.94

20 150.98 37.75 19.63 14.34 11.32

If there is exceptional incapacitation, there is an additional allowance issued based on severity. The highest amount is \$1,598.45 and the lowest is \$532.84 per month. There are other benefits, such as Critical Injury and Death Benefits that address the immediate expenses paid after extreme circumstances.

CHECK OUT THESE OTHER DISABILITY PROGRAMS

Ontario Disability Support Program (ODSP) [Learn More](#)

British Columbia Disability Assistance [Learn More](#)

Nova Scotia Disability Support Program [Learn More](#)

New Brunswick Disability Support Program [Learn More](#)

Child Disability Benefit (CDB) [Learn More](#)

Registered Disability Savings Plan (RDSP) [Learn More](#)

How To Apply For The VAC Disability Program?

If you are an eligible veteran and plan to apply for the VAC benefit, there are two main avenues to apply:

1. Using your My VAC Account, you can complete an online application. If you don't yet have an account, you can create a new one using a secure online service. The next step involves verifying your identity using personal information.
2. If you have any issues with the online service, you can call the toll-free number or visit Service Canada or Royal Legion and complete the application in person. You can download the forms, fill them out, and mail them in rather than completing an online application.

Additional Veteran Programs You May Qualify For

Regardless of whether you qualify for the VAC disability benefits, there are other Veteran support benefits you may be able to access. These include:

Critical Injury Benefit

The [Critical Injury benefit](#) has a cash value of \$78,989.83 that gets issued as a lump sum amount. It is entirely tax-free and is designed to address the immediate results of traumatic and severe injuries or diseases that resulted from service.

Rehabilitation Services

This service is a part of the Income Replacement Benefit and is meant to supply 90% of your gross, pre-discharge military salary. It is available while you participate in [Rehabilitation Services](#) through the VAC. The benefit provides a minimum income of \$51,419.23 yearly, before tax.

Clothing Allowance

If you receive a disability benefit for an issue that directly causes extra wear and tear on your clothing, then you can [qualify for this benefit](#). It also applies if you have a service-related disability that causes you to require specialty clothing. There are ten tiers for the benefit, each representing a different level of severity. The highest value of the benefit is \$226.41 and the lowest amount is \$25.10.

Treatment Benefits

[Treatment benefits](#) offer financial benefits and a variety of services to assist veterans in maintaining health. If you qualify, you can get a VAC healthcare card that covers medical out-of-pocket expenses for things like prosthetics and prescriptions. The actual amount of coverage depends on the severity of your issue.

Benefits For Survivors

Financial [support is provided for survivors](#) (spouse, children, etc.) of a pensioner receiving disability, a member of the armed forces, or a Veteran so died in serving.

If your spouse has passed away, you may qualify for the [Allowance For The Survivor](#) benefit.

Financial Advice

Veterans have access to various [support services to assist with financial management](#). There are services to assist with money management and financial planning. While there are many services online, you can also contact your local VAC office to receive assistance.

Additional Pain and Suffering Compensation

This [tax-free benefit](#) is issued to veterans who incur a permanent, service-induced disability. The extreme severity must pose a barrier to the veteran becoming established as a civilian after service. As with the other benefits, it varies based on how much the disability impacts the veteran. The minimum value is \$529.01 monthly while the maximum is \$1,587.02 per month.

Attendance Allowance

This benefit is meant to [compensate for the price of hiring a caregiver](#), whether full or part-time, to assist with regular activities. It varies from \$319.79 to \$1,998.03 per month, based on how severe the disability is. Attendance refers to the amount of time the caregiver spends tending to the needs of the veteran.

Exceptional Incapacity Allowance

A tax-free benefit issued monthly, the [exceptional incapacity allowance](#) is for serious injuries or illnesses that drastically impact the veteran's quality of life. Provided the veteran undergoes ongoing pain, emotional, mental, or physical, the benefit has a value of up to \$1,598.45. As with the other benefits, it is based on the severity of the issue.

ADDITIONAL READING



[Canada PRO Deposit Dates 2022](#)

[READ POST](#)



[Compassionate Care Benefits](#)

[READ POST](#)



[CPP Payments Schedule 2022](#)

[READ POST](#)

What Is The VAC VIP Program?

The [Veterans Independence Program \(VIP\)](#) is a benefit that is meant to assist veterans in retaining independence within their homes. It is a tax-free payment that can assist with costs such as landscaping, personal care, transportation, nutritional requirements, and other needs. The program coordinates with various registered service providers and reimburses them directly, requiring no out-of-pocket expenses. If the veteran uses non-registered providers, they can submit receipts for reimbursement. For situations where the veteran is awaiting payment, the VAC processes it along with their regular monthly benefit payments.

VAC Disability Benefit FAQs

Are VAC payments taxable?

While most VAC benefits are non-taxable, there are exceptions like the income replacement benefit. Veterans Affairs offers financial counselling, where you can determine the tax implications of the benefits. In most cases, there is no tax on the disability benefits at all.

Do veterans get paid for life?

Veterans can, in situations where they require assistance, receive monthly payments for life. Or veterans can choose to take a lump sum at any point.

What is Pension for Life?

Pension for Life combines benefits such as [income support](#) and recognition programs to encourage the wellbeing of Canadian Armed Forces members and service veterans, provided they live with a disability related to service in the military. It combines Pain and Suffering Compensation, Additional Pain and Suffering Compensation, and Income Replacement.

What happens to the veteran's family if they pass?

If a veteran dies while receiving a monthly pain and suffering benefit, and has not received the equivalent value of the lump sum amount, it transfers to beneficiaries. Surviving spouses and dependent children receive the remainder in the form of a lump sum payment.

Are survivors and surviving dependent children eligible for the Pension for Life?

Yes, the surviving spouses and dependent children can qualify for certain Pension for Life benefits. These include the Pain and Suffering and Income Replacement Benefits.

Final Notes

Whether you are a qualifying veteran or know someone who may benefit from these services, it can help to understand how VAC disability benefits work. The easiest way to access financial assistance is to use the online portal to reach your veteran's account and apply within the portal. Once you begin the application process, the VAC office guides you through the remainder of the process. By taking advantage of the programs available to you as a veteran, you can claim the benefits you earned while serving your country.

Information Sessions on Canada Emergency Response Benefit (CERB) Repayment Letters

The Canada Revenue Agency (CRA) is standing by to assist Canadians who may have received correspondence indicating that they will now have to repay some or all of the COVID-19 individual benefits that they received during the pandemic. Some of your clients and community members may have received a COVID-19 individual benefit from the CRA or from Employment and Social Development Canada (ESDC) that they were not entitled to and that they now need to repay. The CRA is responsible for collecting debts owed to both CRA and ESDC and has designed expanded payment terms to provide clients with more flexibility for repayment. The CRA will work with individuals to tailor a flexible approach based on unique situations.

As part of its response to the COVID-19 pandemic, the Government of Canada selected an attestation-based approach to enable rapid delivery of benefits to millions of Canadians. This relied on individuals determining if they were eligible for benefits based on established criteria. It was expected that some individuals would later be found to be ineligible and be required to repay those amounts. In order to protect the integrity of Canada's Covid-19 benefit programs, the CRA and ESDC are making sure that those who received Covid-19 benefits were, in fact, entitled to them.

To support **social service providers and community organizations working with clients who received a CERB repayment letter**, the CRA, with support from ESDC, is hosting information sessions on **June 7 and 8, 2022**.

Registration:

- [English information session on CERB repayment letters - June 7 at 1:00 pm EDT](#)
- [French information session on CERB repayment letters - June 8 at 1:00 pm EDT](#)

For more information, please visit:

- [Canada Emergency Response Benefit \(CERB\) with CRA: Return or repay a payment](#)
- [Collection of individual COVID-19 benefits issued by the Canada Revenue Agency \(CRA\)](#)
- [Collection of the Canada Emergency Response Benefit \(CERB\) issued by Service Canada](#)

- [Have you received a letter related to COVID-19 benefits? Don't worry, we are here to help!](#)

Stay connected

To find out what's new at the Canada Revenue Agency (CRA):

- Follow the CRA on [Facebook](#)
- Follow the CRA on Twitter – [@CanRevAgency](#)
- Follow the CRA on [LinkedIn](#)
- Follow the CRA on [Instagram](#)
- Subscribe to a CRA [electronic mailing list](#)
- Add our [RSS feeds](#) to your feed reader
- Watch our tax-related videos on [YouTube](#)

NATO NEWS AND THOUGHTS [From SHELLDRAKE] FRIDAY 3 JUNE 2022

SELECTED EXTRACTS From: Geopolitical Futures (comments@geopoliticalfutures.com)

Europe Bans Russian Oil

Russian oil ban. The European Union has reached an agreement [to ban some 75 percent of Russian oil imports](#). The decision is the first step toward reducing imports by as much as 90 percent by the end of the year, European Commission head Ursula von der Leyen said.

Money problems in China. [A cash crisis is emerging at four rural Chinese banks](#). Deposits at Yuzhou Xinminsheng Village Bank, Shangcai Huimin County Bank, Zhecheng Huanghuai Community Bank and New Oriental Country Bank of Kaifeng have been frozen since April 18. Chinese regulators have not confirmed the amount of money that has been frozen, but depositors claim the figure is tens of billions of yuan. The Chinese government is also facing a growing shortfall of cash. [The estimated funding gap](#) is about 6 trillion yuan (\$900 billion) – roughly 2.5 trillion yuan in decreased revenue due to tax refunds and weaker economic production, and another 3.5 trillion yuan of lost land sales revenue.

Turkish diplomatic activity. During a phone call over the weekend, [Turkish President Recep Tayyip Erdogan and Russian President Vladimir Putin discussed](#) the war in Ukraine, regional issues and bilateral relations. Elsewhere, Russian Foreign Minister Sergey Lavrov agreed to visit Turkey with a military delegation on June 8 to explore the creation of a security corridor for agriculture exports. Later, [Erdogan spoke with Ukrainian President Volodymyr Zelenskyy](#) to discuss food security and security cooperation and said he was ready to mediate any potential negotiations between Ukraine and Russia.

Taskforce China. Japan's Foreign Ministry [has established a new strategy team](#) to coordinate diplomatic policies on China and to analyze Chinese movements. The new team will also conduct research on China's legal system and administrative bodies. This comes as Chinese President Xi Jinping is seeking to retain his leadership and as U.S.-China relations deteriorate.

Russian Mideast tour. [Russian Foreign Minister Sergey Lavrov arrived in Bahrain](#) for talks with the prime minister and foreign minister to discuss the prospects for bilateral trade and economic relations, security issues in the Middle East and North Africa, and the situation in Ukraine. Lavrov will visit Saudi Arabia next.

Tajikistan and Iran. [Tajik President Emomali Rahmon paid a two-day official visit to Iran](#) to discuss bilateral and regional ties. Officials signed some 16 documents during the visit, including [a long-term cooperation program on trade and economic development](#).

China rebuffed. Over the weekend, [10 Pacific island nations rebuffed China's push for a wide-ranging regional security pact](#), citing concerns that the proposal would pull them into Beijing's orbit. The pact would have Beijing train regional police forces, become involved in cybersecurity, expand political ties, conduct sensitive marine mapping and gain greater access to natural resources on land and in the water.

Turkey vs. northern Syria. [Turkey intends to completely eliminate terrorist groups in northern Syria and Iraq and can launch operations to that end whenever it wants to](#), President Recep Tayyip Erdogan said on Sunday after reports emerged that Turkey was shelling northern Syria. [He also accused the United States](#) of continuing to supply weapons, tools, equipment and ammunition to groups in northern Syria that Ankara considers terrorist organizations.

Israel and UAE FTA. Israel and the United Arab Emirates [have signed a free trade agreement](#) that covers food and agricultural products, cosmetics, medicines and medical equipment. Israel believes the agreement will lead to a tax exemption for 96 percent of bilateral trade.

Israel military practice. [Israeli special operations forces are in Cyprus](#) conducting weeklong exercises focusing on a potential war with Hezbollah. Meanwhile, the Israeli air force is holding an exercise that simulates airstrikes on Iranian nuclear facilities.

NATO NEWS AND THOUGHTS [From SHELLDRAKE]

SELECTED EXTRACTS From: Geopolitical Futures

(comments@geopoliticalfutures.com)

Quad summit. Leaders from the four members of the Quad security grouping –

Australia, India, Japan and the United States – [said they would oppose attempts to “change the status quo by force” in the Indo-Pacific](#) during a summit in Tokyo on Tuesday. Though their joint statement following the meeting avoided referencing China and Russia directly, it implicitly referred to the activities of both countries.

Grain controls. Moscow is looking to increase control of its grain exports. [According to Russian daily Kommersant](#), it wants all members of the Eurasian Economic Union to introduce quotas and duties on the export of grain to third countries, concerned that Russian grains could be reexported to other markets. It also may extend restrictions on supplies to the EAEU, in effect until June 30, despite its expected record wheat harvest.

Tense trip. Chinese Foreign Minister Wang Yi [met with the United Nations high commissioner for human rights](#) in Guangzhou on Monday. The commissioner will also visit Xinjiang, where China is accused of committing human rights violations against the Uyghur minority, in the first visit to the region by a U.N. diplomat in 17 years.

Partnership. Britain and Lithuania pledged to increase defense and economic cooperation during [talks between their top diplomats on Monday](#). Britain’s foreign secretary said the cooperation declaration they signed would address threats to both countries, including from Russia and China.

Investing in Belarus. Belarus said it received its largest inflow of foreign direct investment since 2014 in the first quarter of this year, totaling \$1.8 billion. [Russia was its main contributor](#), increasing its investments by 24.4 percent compared to the first quarter of 2021, to \$330.3 million. Investments from European Union countries also increased markedly, by 46.3 percent, to \$965.2 million.

Debrief. Azerbaijani President Ilham Aliyev [spoke by phone](#) with Turkish President Recep Tayyip Erdogan to discuss the result of Aliyev’s recent meeting with Armenian Prime Minister Nikol Pashinyan. Aliyev called the talks positive.

Sea patrol. Russia’s Defense Ministry said Russian Tu-95MS and Chinese Hong-6K long-range bombers conducted a joint patrol flight over the Sea of Japan and the East China Sea. Russian Su-30SM fighter jets escorted the bombers while South Korean and Japanese jets partially shadowed the exercises.

Chinese food supplies. Brazilian and Chinese officials will discuss increasing Brazilian food exports to China during [high-level talks on Tuesday](#). Beijing is looking for guaranteed suppliers for items like corn, meat and other vegetable products.

Assessment. Pilots and technicians from the Argentine air force [visited China's National Aero-Technology Import & Export Corp.](#) to assess JF-17 Thunder jets for a possible purchase. Argentina is interested in buying at least 12 of the jets.

Pyongyang Sees Biden Off With Missile Tests. The tests came after the U.S. president ended a tour of the region.

North Korea **fired three missiles**, including what is thought to be its largest intercontinental ballistic missile, on Wednesday. The tests came after U.S. President Joe Biden ended an Asia trip in which he agreed to new measures to deter the nuclear-armed state. In response, the United States and South Korea held combined live-fire drills, including surface-to-surface missile tests involving the U.S. Army Tactical Missile System and the South's Hyunmoo-2 short-range ballistic missile.

Long time no see. Turkish Foreign Minister Mevlut Cavusoglu is visiting Israel and the Palestinian territories, the first such trip to the area by a Turkish foreign minister in 15 years. Ankara intends to discuss the restoration of bilateral contacts, expansion of economic ties, the Palestinian situation and construction of an Israeli-Turkish natural gas pipeline to Europe.

Chinese student protest. University students in Beijing have been allowed to leave closed campuses and return home. The decision came after students at Beijing Normal University gathered on campus to protest pandemic restrictions. The protests followed Vice Premier Sun Chunlan's pledge to implement tougher measures to eliminate infections outside Beijing's controlled areas.

India-Japan defense ties. Japanese Prime Minister Fumio Kishida and Indian Prime Minister Narendra Modi reaffirmed their commitment to building a "free and open Indo-Pacific" by beefing up bilateral defense ties. They also agreed to conduct their first joint air drill.

Checking in. Uzbek President Shavkat Mirziyoyev initiated a phone call with Russian President Vladimir Putin about expanding trade and economic cooperation. They also discussed issues in the Eurasian Economic Union and on the international and regional scene.

Boundaries. The deputy prime ministers of Armenia and Azerbaijan held their first meeting on Tuesday on delimitation of their border. A day earlier, Azerbaijan's president and Armenia's prime minister set up commissions for the negotiations.

Defensive buildup. Poland asked to buy six additional Patriot missile defense systems from the United States, according to the Polish defense minister.

Differing accounts. Chinese State Councilor and Foreign Minister Wang Yi and German Foreign Minister Annalena Baerbock exchanged views on furthering bilateral ties, according to China's readout of the call. Beijing offered expanded cooperation in smart manufacturing, information and communication technologies and electric vehicles, Wang said. Berlin's readout focused on Ukraine and international norms, human rights and Xinjiang, and the need to cooperate on climate change.

NATO block. Finnish and Swedish delegations continue to meet with Turkish

officials to discuss the Nordic states' NATO applications.

Lend me some sugar. Facing lower-than-expected output, China is preparing for a sugar shortage. Imports will be needed to cover the difference, though Chinese consumption of sugar appears to be on the decline due to high prices. Meanwhile, India said it will cap sugar exports at 10 million metric tons beginning June 1 and lasting through September. Kazakhstan also announced sugar export restrictions this week, joining Pakistan and Brazil.

IN THE MEDIA

[Canadian Armed Forces members urged to contact Habitat for Humanity for housing](#)

[Le Canada peut en faire plus pour le logement des militaires, admet la ministre Anand](#)

[Federal, B.C. governments pledge \\$15 million each for 2025 Invictus Games](#)

[Canada is sending almost \\$100 million in military aid to Ukraine](#)

[Le Canada enverra plus de 20 000 obus de munitions d'artillerie à l'Ukraine](#)

[Canada on 'upward trajectory' on Norad modernization, NATO spending, Defence Minister says](#)

[Scientists claim to have solved mystery of Gulf War illness](#)

[Exercice militaire: les FAC complètent un scénario d'invasion européenne](#)

[Ukraine: What is Russia's Terminator vehicle?](#)

STAY IN TOUCH WITH THESE CF NEWSPAPERS

Base/Wing — Newspaper

14 Wing Greenwood — [The Aurora](#)

17 Wing Winnipeg — [The Voxair](#)

22 Wing North Bay — [The Shield](#)

CFB Halifax — [The Trident](#)

4 Wing Cold Lake — [The Courier](#)

CFB Edmonton — [The Western Sentinel](#)

CFB Esquimalt — [The Lookout](#)

CFB Valcartier — [The Adsum](#)

CFSU Ottawa — [The Guard](#)

CFB Kingston — [Garrison News](#)

CFB Shilo — [The Shilo Stag](#)

CFB St Jean — [The Servir](#)

19 Wing Comox — [The Totem Times](#)

3 Wing Bagotville — [The Vortex](#)

8 Wing Trenton — [The Contact](#)

CFB Borden — [The Citizen](#)

CFB Petawawa — [The Petawawa Post](#)

Base Gagetown — [Gagetown Gazette](#)