

Media Report 02 April 2021

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 it.

CANADA

[Active COVID-19 cases: 38,221](#) | [Recovered: 888,896](#) | [Deceased: 22,782](#) | [Total: 949,997](#)

Canada

% of total population vaccinated (at least one dose)		% of eligible population vaccinated (16 years and older)		Total doses administered
11.71%		14.10%		5,113,935
+0.38%		+0.45%		+146,438
First doses	Second doses	Received from manufacturer		Received doses administered
4,451,633	662,302	6,189,930		82.62%
+143,366	+3,072	+0		+2.37%

Population numbers from [Statistics Canada](#). Read more about the [vaccines approved for use in Canada](#).

VAC -Salute! Newsletter

[Back](#)In the recent Veteran Community Consultation, many Veterans asked for a VAC newsletter to inform them of updates to programs, services and news about the Department, so we launched a new, monthly version of the former print publication, Salute!.

If you wish to receive Salute!monthly please register at [letstalkveterans.ca](#) to keep up on issues that matter to Veterans and their families. Please share this news with your friends and networks so they may register also.

Additional Pain and Suffering Compensation

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.

About this program

The Additional Pain and Suffering Compensation is a tax-free, monthly benefit. It provides recognition and compensation for any severe and permanent disability, related to your service, which creates a barrier to your life after service.

Every applicant for this benefit receives an individual assessment. If a barrier is identified, the assessment will assign a grade-level which is based on the extent and severity of your impairment.

Do you qualify?

You should apply for the Additional Pain and Suffering Compensation if you have a service-related injury or illness, for which you have received a VAC disability benefit, that is:

- permanent and severe, and
- creating a barrier to your successful re-establishment in civilian life.

Note:If you already receive the [Exceptional Incapacity Allowance](#), you are not eligible for this benefit.

How to apply

Note:If you are currently in receipt of the Career Impact Allowance we will automatically move you over to the Additional Pain and Suffering Compensation. You will move over at the same Grade Level (1, 2 or 3) and will be paid the corresponding, non-taxable Additional Pain and Suffering Compensation monthly amount.

Apply online

Apply online through My VAC Account. Applying is easier with a guided form. Sign in or register for My VAC Account.

[My VAC Account](#)

Mail or in person

Download the application form. Then, drop it off at a [VAC office](#) or [CAF Transition Centre](#). You can also mail your completed form directly to the address listed on the form.

[Go to form](#)

Get help with your application

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

Additional information

Find out more

Assessment

Through an individual assessment, we will assign you one of three grade-levels based on the extent and seriousness of your impairment. Grade one refers to the most serious conditions.

The assessment examines how independent you are by looking at such things as your mobility, your need for assistance with activities of daily living (such as bathing and dressing), and other factors affecting your daily life.

See the [current rates](#).

If you receive this benefit, it will be paid for the duration of your life. This would only change if your health improved to an extent where you no longer had any barriers caused by your impairment(s).

The Additional Pain and Suffering Compensation cannot be paid to the survivor or other dependents of the Veteran.

Related programs

[Disability Benefits](#): Financial payments for Veterans who have a service-related disability or injury.

[Critical Injury Benefit](#): A one-time payment that recognizes the immediate impact of the most severe and traumatic service-related injuries or diseases.

[Rehabilitation services](#): Services to improve your health and adjust to life after service.

[Clothing Allowance](#): Monthly payments if you need new or special clothing due to your health issues.

[Treatment Benefits](#): Coverage for medical and health related services.

[Caregiver Recognition Benefit](#): Monthly payments for an informal caregiver who provides you with daily personal care support.

Frequently asked questions

What is the monthly Additional Pain and Suffering Compensation based on?

The benefit recognizes that severe and permanent impairments may create barriers to establishing themselves in post-service life. The monthly amount payable is based on the extent of the Veteran's permanent and severe impairment. It takes into consideration such things as a Veterans' mobility, requirements for supervision and the need for assistance with activities of daily living (such as bathing and dressing).

It will be payable at three grade levels with \$1500/month being the highest and \$500/month the lowest.

What is the difference between CIA and APSC?

Taxability:The Career Impact Allowance (CIA) is taxable because it compensates for lost employment potential and career progression opportunities. The Additional Pain and Suffering Compensation (APSC), on the other hand, will be non-taxable because it compensates for the extent to which permanent and severe impairments cause barriers to re-establishment.

Eligibility:The eligibility for the two programs is similar in many ways:

- they are only payable to Veterans;
- the Veteran must have a disability benefit; and
- the Veteran must have a permanent and severe impairment.

The key eligibility difference between the two benefits is that under CIA, a Veteran must have an approved rehabilitation plan in order to receive the CIA. Under APSC, a Veteran must only have a barrier to re-establishment to qualify, they do not have to have an approved rehabilitation plan.

Grade Levels:Both benefits have three grade levels. The key difference on which grade is paid is that the CIA considers medical impairment as well as earnings capacity. APSC will only consider medical impairment. The APSC has no equivalent to the CIA Supplement.

[View all](#) Additional Pain and Suffering Compensation FAQs.

- FROM THE PRESIDENT , NATO VETERANS ORGANIZATION OF CANADA
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- From Challenger to Charger: British Army will roll out electric tanks to battle climate change.
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•By Danielle Sheridan, Political and Defence Correspondent 29 March 2021
• <https://www.telegraph.co.uk/news/2021/03/29/challenger-charger-army-will-roll-electric-tanks-battle-climate/> The MoD sets out in a new report how it will respond to “the threat posed by climate change”, following an internal climate change and sustainability review conducted by Lt Gen Richard Nugee last year. Lt Gen Nugee said in such a scenario, “that makes it possible, not definite, but possible to be propelled by a green energy solution. Lt Gen Nugee, who revealed that he had reduced his own meat consumption by “80 per cent”, added that troops were being educated about the benefits of vegetarianism for both a healthy lifestyle and the planet. He added that they would also “produce menus in our messes that might offer more alternatives to meat”. Earlier this month, Jens Stoltenberg, the head of Nato, said climate change makes the world unsafe and that the 30-strong military alliance, of which the UK is a member, “needs to step up and play a bigger role in combating it – including by reducing military emissions”. Mr Quin said: “Inevitably, the very scale of what Defence is called upon to do makes us a carbon emitter. However, we recognise both the necessity and opportunity to build on our existing successes in cutting carbon and mitigating Defence’s impact on the environment.” After a successful trial at Westdown Camp on Salisbury Plain, where stopping mowing led to a flowering of wild herbs and shrubs, work is under way to roll the initiative out across the Defence estate. Lieutenant General Richard Nugee CB CVO CBE

•Biography

•Richard was appointed Climate Change and Sustainability Strategy Lead for the Ministry of Defence in 2020. Prior to his appointment, Richard held a number of joint and single service army appointments, on operations and in staff appointments, including:

- Assistant Chief of Defence Staff (Personnel and Training) and Defence Services Secretary
- Chief of Staff to the ISAF Joint Command in Kabul, the ISAF 3* Operational HQ
- Army Director General Personnel
- Director of Manning (Army)
- Chief Joint Fires and Influence at HQ Allied Rapid Reaction Corps, in Afghanistan (Kabul)

Appointed MBE in June 1998, CBE in January 2012 and CVO in September 2016, he was awarded the US Legion of Merit for his services in Afghanistan in 2014. He went on to be Director of Manning (Army) in March 2009, Director General of Army Personnel in June 2012 and Chief of Staff (Operations) in October 2013: in the latter role he was deployed as Chief of Staff, Combined Force Command, Afghanistan in November 2013. He was appointed Defence Services Secretary and Assistant Chief of Defence Staff (Personnel) in March 2015.

•Nugee was commissioned into the Royal Artillery in 1985. He became commanding officer of 40th Regiment Royal Artillery in 2003 and was deployed to Iraq in that role. Promoted to brigadier, he was deployed with Headquarters Allied Rapid Reaction Corps to Afghanistan in 2006.

•Richard was appointed Chief of Defence People at the Ministry of Defence in April 2016.

•Lt Gen Nugee added: “The reality is that we own a significant chunk of the UK’s landmass and I believe have a responsibility to look after that landmass as best we

possibly can to try and increase biodiversity and improve environmental sustainability on it.”

- Defence, which accounts for 50 percent of the UK central government’s emissions, will also impose ‘no-mow’ rules on some of its land to encourage pollination and enhance biodiversity.

- In the foreword of the new report, Jeremy Quin, Minister for Defence Procurement, said the department was “determined to play our full part in helping the Government address climate change head on and achieve our legal commitment of net zero by 2050”.

- “If we’ve educated people and we have told them of the value of some of the other diets that are available, then I think we might see a difference,” he said.

- He noted that while it was Napoleon who said “an army marches on its stomach”, the Armed Forces would look to educate troops “that eating less meat is a good idea”.

- “Not all our vehicles are going to be susceptible to this, but what we should be doing is looking for the mindset and the opportunity to develop different types of vehicles which are susceptible to renewable energy over time,” he said.

- Lt Gen Nugee told The Telegraph that a major factor under consideration was howrenewable energy could replace fossil fuels.He said that while it was not possible to turn the UK’s “monster” Challenger 2 main battle tanks electric, there was a “distinct possibility” that in the next “10 to 15 years”,20 tonne, un-crewed tankscould potentially operate with renewable energy.

- Electric tanks and vegetarian options in the mess are just some of the ways the Armed Forces will go greener, the Ministry of Defence has revealed.

- Armoured vehicles powered by renewable fuel and vegetarian options in the mess tent among military’s moves to go greener

- Who would ever have thought of a “Green” and “Climate friendly” military? Very interesting that the British Military have appointed a Three Star to “Climate Change and Sustainability Strategy Lead”

Canada’s military arsenal is terrifying in scale.”

- Pantsir missile

systemhttps://en.wikipedia.org/wiki/Pantsir_missile_system

- Avangard[https://en.wikipedia.org/wiki/Avangard_\(hypersonic_glide_vehicle\)](https://en.wikipedia.org/wiki/Avangard_(hypersonic_glide_vehicle))The blast yield of a nuclear warhead carried by the Avangard is reportedly more than 2 megatons TNT. Max speed Mach 20 to 27?

- Yarshttps://en.wikipedia.org/wiki/RS-24_Yars

- The hypersonic arms race: how Russia's new missiles are part of the 20,000mph military revolution.<https://www.telegraph.co.uk/technology/0/russia-hypersonic-missiles-what-how-arms-race-military-revolution/>

China and Russia's military arsenals are terrifying in scale – but how would they perform in combat?

Special report: Britain's defence review identified two key adversaries – China and Russia. But both present very different challenges

By Roland Oliphant, senior foreign Correspondent; Nataliya Vasilyeva in Moscow and Sophia Yanin in Beijing 29 March 2021 • <https://www.telegraph.co.uk/news/2021/03/29/china-russias-military-arsenal-terrifying-scale-would-perform/>

Peel away the euphemisms, and Britain's Integrated Review of defence and security policy identified two global adversaries: Xi Jinping's China and Vladimir Putin's Russia.

Both countries have invested heavily in their own military modernisation over the past few decades. But they have different priorities, and present radically different challenges.

China has more than doubled its official defence budget over the last decade to 1.355 trillion yuan (£152 billion) for 2021. And analysts estimate it spends far more on defence than it reports publicly.

In 2017, President Xi Jinping announced a goal for the People's Liberation Army to become "world class" with the ability to "fight and win" global wars by 2049.

And China has wasted no time boosting its arsenal and capabilities. Besides direct military spending, it has invested heavily in both state-owned and private sector defence companies to acquire new technologies - ringing some alarm bells in the UK and US about the wisdom of partnering with Chinese institutions.

The results speak for themselves. China's Navy is already the largest in the world with approx 350 ships and submarines, including over 130 major surface combatants.

It is expected to have five aircraft carriers afloat by 2030 and is rapidly expanding its fleet of destroyers.

It has developed long-range precision cruise and ballistic missiles, early warning radars and air defence systems to allow it to dominate airspace far into the Pacific.

And it recently unveiled hypersonic weapons designed to take on US carrier groups.

All of this has set alarm bells ringing not only in Western capitals, but in Taiwan, Vietnam and the Philippines, all of which have reason to fear China's huge new maritime power.

Last week, twenty Chinese aircraft entered Taiwan's airspace in the largest incursion to date.

But the People's Liberation Army is not necessarily invincible.

The military faces major personnel challenges, struggling to recruit, train and retain a professional soldiers and facing down a morale problem fuelled by perceived corruption.

And it has not fought a war in more than 40 years.

How the PLA would actually perform in combat is the "million-dollar question," said Oriana Skylar Mastro, an expert in Chinese security policy at Stanford University and think tank American Enterprise Institute.

"No officer in the US military considers that orders might not be carried out ... if you tell your troops to charge a hill, they charge a hill," she added.

"In China, that's a huge uncertainty, whether the troops would actually run toward the bullets, instead of away." Even "Xi Jinping doesn't know, and this is the thing that imposes the most caution on Chinese leadership, the uncertainty of how the Chinese military is actually going to perform."

Mr Xi has tried to tackle the morale issue with frequent calls for soldiers to be "combat-ready", exhortations for loyalty to the party, and an anti-corruption drive that has also been used to install officers loyal to him in key positions.

But experts say Western countries should be thinking about much more than how many ships and tanks China can field.

China is no longer 'hiding and biding' – a Deng Xiaoping doctrine that the country should hide its capabilities while dealing with the outside world.

Instead, it is projecting power around the world with an increasingly assertive economic, political and diplomatic stance.

There are growing concerns over China's cyber warfare capabilities, as well as its ambitions in space.

Its behaviour in the South China Sea, where it has incrementally built on rocks and reefs to exercise its claims of sovereignty in what the UN considers international waters, has raised worries about its plans in the Arctic.

And many analysts believe the \$1 trillion Belt and Road initiative, China's flagship international infrastructure investment programme, could translate to global military leverage in future.

Russia lacks China's enormous economic clout. But it too has been diligently investing in its military capabilities since the early 2000s.

This year, two-thirds of the Russian military budget, which at £44.1 billion is slightly lower than that of the UK, will be spent on purchasing and modernising military gear.

Russia's defence chief, in his annual report for the upper house of parliament a year ago, boasted that Russia has doubled its military capabilities in the past eight years in the face of a growing threat from NATO.

And while Britain is cutting its armoured force to just 148 tanks as it bets heavily on cyber and automation, Russia has not neglected conventional firepower.

"Russians believe that tanks win wars, and now they're ready for a big tank battle against Ukraine or in other places, and they have been training and demonstrating their capability to swiftly mobilise hundreds of thousands of men and large amounts of equipment," Pavel Felgenhauer, a Moscow-based military analyst, told the Telegraph.

Russia now boasts the world's largest tank fleet, with over 15,000 tanks in its armoury.

With 900,000 troops, the world's fourth largest number of active military personnel, it would have an overwhelming numerical advantage in an all-European war.

NATO is estimated to have no more than 10,000 troops near the Russian border.

Russia is also growing its military footprint abroad.

Besides expanding air and naval bases in Syria, it is believed to have deployed deniable mercenaries to conflict zones including Libya and the Central African Republic.

And at the end of last year, it announced a deal with Sudan to establish Russia's first naval base in the Indian Ocean.

From the Kremlin's point of view, this is all justified by one big threat.

The year before Russia's annexation of Crimea and its involvement in the military conflict in eastern Ukraine, Gen. Valery Gerasimov, head of the Russian General Staff, made a speech in 2013 to warn the Kremlin that the US and Western nations were waging covert warfare around the world by inciting protests and supporting regime change.

President Vladimir Putin eagerly bought the idea of the West fighting a hybrid war against Russia.

The tidal wave of propaganda, subversion, cyber attacks and conventional military aggression that hit Ukraine the following year was part of Russia's response to that perceived threat.

It also underpins an investment in strategic weapons. Among the most anticipated additions to Russia's arsenal this year are the Avangard hypersonic glide vehicles and the Yars intercontinental ballistic missiles. The Avangard, hailed by Mr Putin as a unique weapon, is believed to be able to fly 27 times faster than the speed of sound, allowing it to bypass missile defence.

Unlike China's, Russia's army is battle hardened.

Wars in Chechnya, Georgia, Ukraine and Syria have provided soldiers and commanders valuable experience in fighting against both conventional peer adversaries and insurgents.

Russia's new enthusiasm for military adventurism has not been without its setbacks.

A clash between Russian Wagner mercenaries – not technically under Russian army command – and American forces in Syria in 2018 ended in disaster.

And Russian-made Pantsir air defence systems suffered badly at the hands of Turkish drones in Libya last year.

But advertising a heightened capacity for risk and violence may be a reward in itself.

In 2018, President Putin stunned the world by interrupting his run-of-the-mill state of the nation address for a video presentation showing how far Russian nuclear missiles can travel.

One of the computer-generated videos showed nukes hitting South Florida – a deliberate attempt to grab the attention of the West, according to Mr Felgenhauer.

“He believes that by demonstrating that we have those terrible weapons [Moscow will] persuade the West to make political concessions, and that they will understand that fighting Russia is not an option,” he said

From: NVOCSent: Monday, March 29, 2021 10:43 AM To: John Stuart; Randy Stowell; Ted Bransfield; Ken Richardson; Gary Pollock; Karen; Hammy; Matt Carson; Rick Banks Cc: Percy Price; Mark Paine; Gord Jenkins; Ron Buck; Paul Manson; David Edgecombe Subject: RE: Army Allies

In keeping with the discussion below, you may find that some of the critique of the army somewhat overshadowed by what the new UK Integrated Review does to it.

Here is a link to the site for the UK Defence Command Paper (the military part of the recent Interdepartmental Review) – it provides links to the paper as well as some overview comment:

<https://www.gov.uk/government/news/the-defence-command-paper-sets-out-the-future-for-our-armed-forces>

Here is a link to the PDF version of the 76 page document – just under 10MBs:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/971859/CP_411_-_Defence_in_a_competitive_age.pdf

The attachment is an official synopsis of the Integrated Review.

The link below is to the latest commentary by Lindley-French. This one is longer than most of his posts but is worth a read. It is in four parts:

- A synopsis of military portion of IR2021
- Analysis of the impact on the military and future
- Analysis of its impact WRT Britain and Europe
- Analysis of its approach to Security, Defence, Development and Foreign Policy

His closing statement:

IR2021 is a down-payment on a strategically serious Britain, even if the tension between the future war vision at its core and the peacetime funding that ‘supports’ it remains.

<http://lindleyfrench.blogspot.com/>

Veterans Affairs Canada will soon be sharing a draft 10-year strategic plan for commemoration that focuses on the future of our remembrance and recognition programming. The following CAF Around the World video explains the proposed way forward---sharing the stories of those who served since the end of the Korean War to mark the more recent

international security, peacekeeping and humanitarian missions: <https://www.youtube.com/watch?v=3INj4P9ieaE>

In the coming weeks, we'll be consulting with Veterans and members of the public on this new strategy to gain input on how we all can best recognize and commemorate Canada's military, peacekeeping and humanitarian missions. Veterans, CAF members, RCMP Veterans and their family members can register in advance and stay informed of the launch date for these consultations. Those who are interested can sign up at letstalkveterans.ca to ensure they don't miss out.

We want to engage:

- Canadian Armed Forces members
- Veterans
- RCMP Veterans who served in international policing
- Families of those who served
- Stakeholders
- Indigenous people
- Other Canadians, including youth and newcomers

As we expand the focus of our commemorative programming we want to consider initiating new types of activities or events.

Your opinion matters in how we adapt to Canada's ever-changing landscape, and how we reach our diverse population of Veterans, former RCMP members and their families.

Veterans Affairs Canada

Sign up at letstalkveterans.ca

Chers collègues,

Anciens Combattants Canada publiera bientôt une ébauche de son plan stratégique décennal pour la commémoration, lequel est axé sur l'avenir de notre programme de commémoration et de reconnaissance. La vidéo suivante, intitulée « les FAC autour du monde », montre la voie à suivre proposée en partageant les histoires de ceux et celles ayant servi depuis la fin de la guerre de Corée et ce, pour marquer les plus récentes missions humanitaires, de sécurité internationale et de maintien de la paix : <https://www.youtube.com/watch?v=G8zAR7H571E>.

Au cours des prochaines semaines, nous consulterons les vétérans et les membres du public au sujet de cette nouvelle stratégie afin de recueillir des commentaires sur les meilleures façons dont nous pouvons reconnaître et commémorer les missions militaires, humanitaires et de maintien de la paix du Canada. Les vétérans, les membres des FAC, les vétérans de la GRC ainsi que les membres de leurs familles peuvent s'inscrire à l'avance et rester informés de la date de lancement de ces consultations. Ceux et celles qui s'y intéressent peuvent s'inscrire à parlonsveterans.ca pour s'assurer de ne rien manquer.

Dans le cadre de cette importante discussion, nous voulons consulter :

- les militaires des Forces armées canadiennes
- les vétérans

- les anciens membres de la GRC qui ont servi dans les services de police internationaux
- les familles de ceux qui ont servi
- les intervenants
- les Autochtones
- d'autres Canadiens, notamment les jeunes et les nouveaux arrivants

Alors que nous élargissons la portée de nos programmes de commémoration, nous voulons envisager le lancement de nouveaux types d'activités ou d'événements.

Votre opinion compte dans la manière de nous adapter au contexte canadien en constante évolution et dans la façon de communiquer avec notre population diversifiée de vétérans, d'anciens membres de la GRC et leurs familles.

Anciens Combattants Canada

S'inscrire à parlonsveterans.ca

N THE MEDIA

[Government of Canada awards Wing support services and facilities maintenance contract for 5 Wing Goose Bay](#)

[Canadian Forces writing 'playbook' for handling allegations involving top brass](#)

[Les vétérans de Saint-Lazare recherchés afin de les honorer](#)

[Video: Retired Cape Breton soldier remembers stifling hot air, cold showers and a 15-minute phone call during Gulf War](#)

[Quebec City bids adieu to 'cannonball tree' with help from Canadian military](#)

[L'arbre au boulet sous la loupe des Forces canadiennes](#)

[Discovering WWI tunnel of death hidden in France for a century](#)