

Quilt of Valour for Jarrott Holtzhauer

Quilts of Valour is pleased to present Jarrott with one of their quilts in their mandate of “providing comfort and relief to CAF members and Veterans”.

Jarrott is aware and has invited his family to attend this presentation this **Sunday at 1400hrs at the 60 Cambridge St N Ottawa, ON, K1R 7A5**. For more information on Quilts of Valour please visit their website at www.quiltsofvalour.ca

Mark Paine will certainly be there as his good friend Jill Greenwood (MCpl Ret'd) made the arrangements on our behalf and her husband Brian (Maj Ret'd) will likely attend to take pictures

Long-term beds open up to more veterans

Where once there were long wait lists for VAC contract beds, there are now vacancies due to the decline in number of Second World War and Korean War veterans. VAC has entered into agreements with 10 long-term care facilities, former veterans' hospitals across the country, widening eligibility in many cases to low-income Second World War veterans who served at least one year in Canada, Canadian Armed Forces veterans and Allied veterans. [READ MORE](#)

How to Track your applications with Veterans Affairs

- How do I view the status of my application online?

To view the status of your application online, you must be registered for My VAC Account. You can register at veterans.gc.ca/myvacaccount.

Once you are registered and logged in to My VAC Account:

- In the “ VAC Services and benefits” menu, click “Track your applications”,
 - You will see the applications you have in process.
 - Click on the status of the application for more details
- I just applied for Career Transition Services (or any of the currently tracked applications) through My VAC Account. Why can't I see my application?

It may take several days before a submitted application appears on the Track your applications page. If you have applied online, once you click the “Submit” button, your form is sent directly to VAC. All of your submitted forms and documents can be viewed under the “Submitted forms and documents” section of the Forms page. The application will be displayed in the “Track your applications” page once it has been received in person by a VAC Agent. If you have applied through the mail, your application will appear on this page once it has been received by a VAC Agent.

- How long does it take to process an application?

The turnaround time for an application depends on the VAC program you are applying for. Each program has a published service standard which tells you when you can expect to hear from us about your application. To view the relevant service standard for your application:

- Log into your My VAC Account.
 - In the “ VAC Services and benefits” menu, click “Track your applications”
 - You will see the applications you have in process
 - Click on the status of the application for more details
 - Click on the “status” for that application
 - The service standard for the application will be displayed under Step 1 (or Step 3 for disability applications)
- Why have more of my past applications appeared on the “Track your applications” page?

The 'Track your applications' feature of My VAC Account, used to automatically remove applications that were older than two years from the page.

Changes made to the system on November 29, 2017, now allow applications to be maintained in My VAC Account, without a time restriction. As a result you will now see more of your past applications on the “Track your applications” page.

Wait times

[Wait times](#) can vary, depending on how many applications we receive and the complexity of your claim.

Please ensure your application is [complete](#) to avoid delays.

To check the progress of your application, visit [My VAC Account](#) 'Track your applications' or [contact us](#).

The average wait time provided here is the same information you would receive from us by phone.

Veterans Matter – Mobile application

The Veterans Affairs Canada mobile app, Veterans Matter, will help you:

- find information about the services and benefits offered to Veterans, Canadian Armed Forces and RCMP members, and their families.

With this app, you can:

- find an event or ceremony near you
- explore the Canadian Virtual War Memorial and Find a Memorial (in Canada) applications
- locate your nearest: Veterans Affairs Canada or Service Canada office, Integrated Personnel Support Centre, Bureau of Pension Advocates, or Operational Stress Injury (OSI) clinic
- access the My VAC Account website
- locate the Veterans Affairs Canada office nearest you
- find contact information for Veterans Affairs Canada
- stay connected on social media with access to VAC's Facebook, Twitter, Instagram and YouTube accounts

PAIN AND SUFFERING COMPENSATION

<https://www.veterans.gc.ca/GCWeb/pdf/Factsheets/PSC-2017.pdf>

ADDITIONAL PAIN AND SUFFERING COMPENSATION (non-taxable)

<https://www.veterans.gc.ca/GCWeb/pdf/Factsheets/APSC.pdf>

Military closes book on oft-criticized support unit for ill, injured

troops

<https://www.ctvnews.ca/politics/military-closes-book-on-oft-criticized-support-unit-for-ill-injured-troops-1.4212026>

Canada's top military officer admits there has been slower progress than expected to get more women into the Canadian Forces.

[Canadian Forces seeing slow progress in recruiting women, top general says](#)

[Continue reading →](#)

Ministers MacAulay and Sajjan issue statement to mark International Women's Day – Les ministres MacAulay et Sajjan font une déclaration pour souligner la Journée internationale de la femme

<https://www.canada.ca/en/veterans-affairs-canada/news/2019/03/ministers-of-veterans-affairs-and-national-defence-mark-international-womens-day.html>

<https://www.canada.ca/fr/anciens-combattants-canada/nouvelles/2019/03/les-ministres-des-anciens-combattants-et-de-la-defense-nationale-soulignent-la-journee-internationale-de-la-femme.html>

Female Veterans Celebrate International Women's Day with High Tea and Stories of Courage

<https://infog.ca/female-veterans-celebrate-international-womens-day-with-high-tea-and-stories-of-courage/?>

[utm_source=ncr_at_a_glance&utm_campaign=20190313aag_features_eng&utm_medium=email](https://infog.ca/female-veterans-celebrate-international-womens-day-with-high-tea-and-stories-of-courage/?utm_source=ncr_at_a_glance&utm_campaign=20190313aag_features_eng&utm_medium=email)

The Guard is at: <https://infog.ca/>

Contacts to replace or lost medal or ask a question about Canadian military medals and honours.

Directorate of Honours and Recognition

Contact the Directorate of Honours and Recognition to apply for a replacement or initial issue medal for retired or deceased Forces members.

- [Medal application form](#)

For all questions about individual honours:

Directorate of Honours and Recognition
National Defence Headquarters
101 Colonel By Dr
Ottawa ON K1A 0K2

By phone: 1-877-741-8332 (toll free Mon-Fri 8 am to 4 pm Eastern Time)

By email: medals-medailles@forces.gc.ca

Chancellery of Honours

Contact the [Chancellery of Honours at Rideau Hall](#) to:

- apply for the Canadian Volunteer Service Medal for Korea (CVSMK)
- submit a nomination for Canadian orders, decorations and commemorative medals
- get a replacement of insignia for Canadian orders, decorations and commemorative medals

Chancellery of Honours
Rideau Hall
1 Sussex Dr
Ottawa ON K1A 0A1

By phone: 1-800-465-6890 (toll free)

Veterans Affairs

Contact Veterans Affairs Canada to replace lost Second World War and Korean conflict medals (with the exception of the CVSMK):

Honours and Awards
Veterans Affairs Canada
66 Slater St Suite 1411
Ottawa ON K1A 0P4

By phone: 1-866-522-2122 (toll free)

By email: awards-citations@vac-acc.gc.ca

Library and Archives Canada

Contact Library and Archives Canada to get information from a military service file or a statement of military service:

Library and Archives Canada
Personnel Record Unit (PRU)
395 Wellington St
Ottawa ON K1A 0N3

By phone: 1-866-578-7777 (toll free)

Release and Benefits Administration

Contact the Release and Benefits Administration (RBA) to get a CAF service pin:

Release Benefits Administration (RBA)
National Defence Headquarters
101 Colonel By Dr
Ottawa ON K1A 0K2

By email: CMP_DPSP_RBA_CPM_DPPS_ABL@Forces.gc.ca

Others

- [Contacts for historical medals](#)
- [CF One military identification card](#) for retired members of the Regular or Reserve Force

Pension Act

<https://laws-lois.justice.gc.ca/eng/acts/P-6/>

Canada remembers Afghanistan and NATO / Le Canada se souvient de l'Afghanistan et de l'OTAN

More than 40,000 Canadian Armed Forces members served in the dangerous Afghanistan theatre of operations between 2001 and 2014. Sadly, 158 of our brave men and women in uniform would lose their lives in a mission that saw them take part in fierce combat operations, as well as many humanitarian and nation-building efforts. Canada's military mission in Afghanistan came to a close five years ago this month and we have an updated collection of historical information, photos, Veteran interviews and lesson plans for all ages. Check it out today.

www.veterans.gc.ca/eng/remembrance/history/canadian-armed-forces/afghanistan-remembered

Canada was a founding member of the North Atlantic Treaty Organization (NATO) in 1949. Our country's military has taken part in every NATO operation over the past seven decades, from the early years of the Cold War to current missions in Eastern Europe and the Middle East. This April 4th will mark the alliance's 70th anniversary and we encourage you to explore new Veterans Affairs Canada and Department of National Defence web features about Canada's role in NATO over the years so you can help young people learn more about this important aspect of our country's military history.

www.veterans.gc.ca/eng/remembrance/history/canadian-armed-forces/north-atlantic-treaty-organization

Plus de 40 000 membres des Forces armées canadiennes ont courageusement servi dans le théâtre d'opérations en Afghanistan entre 2001 et 2014. Malheureusement, 158 de nos braves hommes et femmes militaires ont perdu la vie dans le cadre de missions les ayant amenés à participer à des opérations de combats et dans le cadre de leurs nombreux efforts humanitaires et d'édification d'une nation. Ce mois-ci, la mission militaire du Canada en Afghanistan aura pris fin il y a cinq ans et à cet effet, nous avons mis à jour une collection de renseignements historiques, de photos, d'entrevues avec des vétérans et de plans de leçon pour les jeunes de tous âges. Découvrez-les dès aujourd'hui!

www.veterans.gc.ca/fra/remembrance/history/canadian-armed-forces/afghanistan-remembered

Le Canada est l'un des membres fondateurs de l'Organisation du Traité de l'Atlantique Nord (OTAN), créée en 1949. Les forces militaires de notre pays ont participé à toutes les opérations de l'OTAN au cours des sept dernières décennies, depuis les premières années de la guerre froide jusqu'aux missions actuelles en Europe de l'Est et au Moyen-Orient. Le 4 avril marquera le 70e anniversaire de cette alliance et nous vous encourageons à découvrir les nouvelles ressources offertes concernant le rôle du Canada à l'OTAN au fil des ans sur les sites Web d'Anciens Combattants Canada et du ministère de la Défense nationale. Celles-ci vous permettront d'aider vos élèves à en apprendre davantage sur cet important volet de l'histoire militaire du Canada.

www.veterans.gc.ca/fra/remembrance/history/canadian-armed-forces/north-atlantic-treaty-organization

Memorial Ribbon

The Memorial Ribbon is presented by Her Majesty's Canadian Government as a memento of personal loss and sacrifice in respect of military personnel who lay down their lives for their country

Eligibility & Criteria

The Memorial Ribbon is issued to commemorate the death of a CF member. The deceased CF member must have served in the Regular Force, Primary Reserve, Cadet Organizations Administration and Training Service (COATS) or Canadian Rangers on or after 1 October 1947; The death must be directly attributed to military service or must have been the result of a duty-related injury or illness which was sustained on or after 1 October 1947; Up to five (5) Memorial Ribbons will be issued to close loved-ones who were not in receipt of a Memorial Cross. Starting in November 2012, the Ribbons will be part of the

Memorial Package and will be presented, whenever possible, to the designated recipients before the funeral when the Memorial Crosses, Memorial Scroll, Memorial Bar and any service medals the deceased may be entitled to will be presented. For deaths which occur on or after 6 November 2012, and when the death is clearly attributable to service, the Ribbons will be issued immediately. When the death is not clearly and undeniably attributable to service, the Ribbons will not be issued until the Department of Veterans Affairs has made an official determination regarding the cause of death. In these cases, a delay can be expected. For deaths which occurred between 1 October 1947 and 5 November 2012, application forms must be sent to the Directorate of Honours and Recognition (DH&R). Ribbons will not be issued until DH&R has validated the information. The Directorate of Honours and Recognition of the Department of National Defence is responsible for the administration of the Memorial Ribbon on behalf of the Government of Canada. To request Ribbons, applicants will be required to identify the deceased CF member and list the names of the designated recipients as well as their relationship to the deceased. Note: "applicant" means the executor of the estate or, when this person has passed away, the next authorized family member in the following order of preference:

1. spouse or common-law partner;
2. eldest surviving child;
3. father and mother; or
4. eldest surviving sibling. However, others may apply and applications will be given due consideration.

<http://www.forces.gc.ca/en/honours-history-medals-chart/other-mem-ribbon.page>

First World War changed us forever, historian says

<https://www.timescolonist.com/news/local/first-world-war-changed-us-forever-historian-says-1.23658596>

MacEwan University looking for volunteers

Canadian Military Family Magazine

MacEwan University has put out a call for volunteers for a new study they are conducting. You can take part in it if you are a Canadian veteran who has had experience dealing with Veterans Affairs Canada. [READ MORE](#)

Women to support women on gruelling Arctic trek

Legion Magazine

As vice-president of training, learning and development at Mackenzie Investments, Libby McCready spends her days in meetings, on the phone, corralling e-mails and delivering presentations. If all goes as planned, in a month's time she will be completing a 100-kilometre trek across Baffin Island in Nunavut with 24 other women, seven of them currently serving in Canada's military. Four guides, two Inuit, a military doctor and a photographer will complete the lineup. [READ MORE](#)

GUERRIER NORDIQUE 2019 à Resolute Bay

45e Nord

Près de 200 membres du 35e Groupe-brigade du Canada se sont retrouvés du 2 au 9 mars au 74e parallèle, à 3 300 kilomètres de Québec, le long du passage du Nord-Ouest, bien au-delà du cercle polaire arctique pour prendre part à l'annuel GUERRIER NORDIQUE. Le but de l'exercice est de certifier la capacité du Groupe-compagnie d'intervention Arctique (GCIA) à opérer sous ces latitudes dans un climat particulièrement hostile. [LIRE PLUS](#)

Female military pioneer hosts transition workshop for women in

[the military community](#)

Canadian Military Family Magazine

Much of our life as a military family means constant change, from postings across Canada, new jobs, new friends, and new schools. One significant transition that women in the military or women who are military spouses face, or both, is the transition out of the military. A series of the retreats are to help women transition to the next chapter of their lives — in this case, life after the military. [READ MORE](#)

[Dominion's last Second World War veteran](#)

The Chronicle Herald

Many veterans go their entire lives without telling their story, but Second World War veteran Greg MacNeil didn't shy away from sharing his experiences in a recent interview with the Cape Breton Post. And his is an important story to tell, as the 93-year-old is the last surviving Second World War veteran at the Dominion Royal Canadian Legion branch 78, where he serves as honorary president. [READ MORE](#)

[«Je vais vous montrer que je suis capable» — caporale Sarah Brochu](#)

Journal L'Express

Depuis qu'elle s'est enrôlée dans la Réserve pour le 6e Bataillon royal 22e Régiment, Sarah Brochu est soldate d'infanterie. Les préjugés que l'on réserve aux femmes dans le milieu militaire, elle s'en sert comme source de motivation. «L'infanterie, ce n'est pas un métier facile. C'est cela qui me motive à relever le défi, a lancé Sarah Brochu. On m'a souvent dit que ce ne serait pas fait pour moi, car ça prend un gars pour ce travail et qu'il faut être fait fort. Je me suis dit : « Je vais vous montrer que je suis capable ». Les soldats d'infanterie sont ceux qui manipulent les armes à feu et qui vont au front lors d'affrontements. [LIRE PLUS](#)

[NATO hosts first Innovation Thru Inclusion event on International Women's Day 2019](#)

DVIDS

The North Atlantic Treaty Organization's (NATO) Supreme Allied Commander Transformation Headquarters, alongside the Norfolk NATO Festival, recognized International Women's Day during an Innovation Thru Inclusion Conference in downtown Norfolk. General Andre Lanata, Supreme Allied Commander Transformation, provided opening remarks for the event, highlighting the importance of doing more for women in the workplace and throughout NATO. [READ MORE](#)

[Port Colborne Goodwill stumbles upon 'treasure trove' of Canadian military history](#)

St. Catharines Standard

"Wow! This is a treasure trove," said Jim Doherty, president of the museum, as he opened the box for the first time. Inside were thousands of photos, alongside a scattering of notes. Some of the photos appeared to be typed first drafts of official communication documents, as they had large sections scratched out with pen and rewritten. Between the photos and the documents, Doherty said he was able to piece together a fair bit of information about who Campbell was and what he did during his time with the military. [READ MORE](#)

[Mapping the Battle of Normandy](#)

CMEA

This summer, the Canadian Research and Mapping Association (CRMA) will launch a massive initiative to help commemorate the 75th Anniversary of the Battle of Normandy. The CMEA received the letter below along with some sample images from their work. One of the most important aspects of their effort is telling the too often overlooked Sapper story. [READ MORE](#)