

QOR East Coaster



Valentine's Edition

Newsletter Date Feb 13, 2019

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Contributors to this issue:

- Wayne Thomas
- Ben Turpin
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- Waiting for your story . . .

Suggestions/comments and input very much appreciated, please email us at the

East Coaster

The President's Message: Happy Valentine's Day

Fellow Rifleman;
We are now into our second edition of the "East Coaster Newsletter." Although we have had some responses, it hasn't been great. We had hoped that with your confirmation of receiving the same it would give us the inspiration to move forward. I liken it to my Ham Radio days of calling, CQ, CQ, CQ DX and waiting for a comeback from a listening station and as soon

as an acknowledgment was received you were off to the races and others would join in. When Ben and I started this newsletter; our purpose and objective of connecting Rifleman with Rifleman was the goal. We are having some startup problems with the mail list from across the country but all stops are out in each Branch to clear this up. We do need you to confirm receiving the newsletter

as well as any comments you might like to contribute to its success. We want to be non-partisan and non-political in content and we will endeavor to include things that may be of interest to some if not all. Our success is only possible with your input. Thanking you in advance for your participation.
VO1 DWT --Standing by and waiting for your come back. **Thomas D.W.**

Age has its benefits. . . Income Tax time is nigh

There are benefits, credits, and tax deductions you could get if you do your taxes every year, even if you have no income. The Canada Revenue Agency (CRA) uses the information from your income tax and benefit return to calculate your benefit and credit payments, and any related provincial or territorial payments.

GST/HST credit You could get a tax-free payment every three months if you have a modest income. This credit is automatically calculated when you do your taxes.

Medical Expenses You can claim on your return eligible medical expenses you or your spouse or common-law partner paid in the year.

Home Accessibility tax credit A non-refundable tax credit you can claim on your return to help with the cost of making your home accessible.

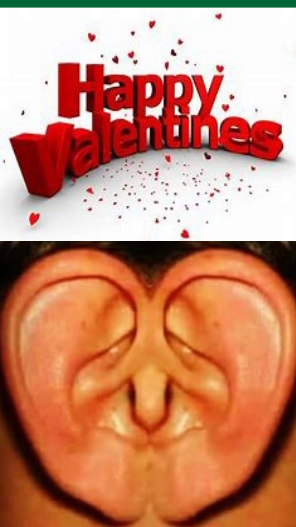
Pension income splitting You can split eligible pension income with your spouse or common-law partner to reduce the amount of income tax you may have to pay.

Disability tax credit If you have a disability, you or your supporting family members could claim a non-refundable tax credit on your return.

Guaranteed income supplement You could get a monthly tax-free payment if you are an old age security pension recipient who is 65 years of age or older and you have low income.

Top 7 Best
Military Gadgets
in 2018. Take a
look for yourself.
Click on this link.

[https://www.youtube.com/
watch?v=O9l-l0Hcd68&v=en](https://www.youtube.com/watch?v=O9l-l0Hcd68&v=en)



When two ears are put side by side they are seen by most people to form the shape of the graphic heart. Interestingly, the word 'EAR' sits right in the middle of the word 'heart' (h-ear-t) The ear is the way to the heart. You have to LISTEN to get there.

Have you ever wondered where the heart shape come from? Learn All about the Valentine by: [Clicking Here](#)

101 REASONS TO LOVE YOUR VALENTINE—Impress your love ones with the ways you love them: [Click Here](#)

Your comments (good or bad) are welcomed. Email

East Coaster

Free baggage for veterans

Canadian Armed Forces (CAF) members and veterans now benefit from an enhanced baggage allowance when they travel on a Porter Airlines, WestJet or Air Canada flights for both duty and leisure travel.

Air Canada's military baggage policy entitles cardholders to check three pieces of luggage, each weighing up to 32 kg (70 lb), free of charge.

WestJet's policy entitles cardholders to check a maximum of four pieces of luggage (or three pieces of luggage on WestJet Encore flights) for free. Porter Airlines' policy stipulates that it will waive baggage fees for cardholders for up to three pieces of checked luggage provided no single piece exceeds 203 cm (80 in) in total dimensions or weighs more than 32 kg (70 lb).

To have your baggage fee waived, see an airport agent after you check in and present your military identification. There are several acceptable forms of Canadian military identification including the Federal Retirees CAF veteran membership card:

- DND ID card for National Defense (NDI 20)
- Record of Service Card (NDI 75)

- Discharge Certificate from any branch of the Canadian Military
 - Statement of Service from any branch of the Canadian Military
 - Statement of Service from any branch of the Canadian Military
 - Certificate of Service (CF 54 or CF 75) from any branch of the Canadian Military
 - Valid DND Temporary ID card (NDI 10)
 - CAF or veteran CFOne Card (with photo identification)
 - Federal Retirees CAF Veteran Membership Card (with photo identification)
- Air Canada also accepts any Veterans Affairs Canada (VAC) Benefit Card as acceptable identification.

Each airline has its own military baggage policy so be sure to contact them prior to booking if you have any questions or you would like to confirm your eligibility.

Please note that these offers do not extend to current and former members of the Royal Canadian Mounted Police (RCMP).

Veterans Outreach Initiative

In the fall of 2017, the National Association of Federal Retirees developed a Veterans Outreach initiative to listen to veterans and better understand what is and isn't working for them as they transition out of service and beyond. On behalf of our members, of whom about 60,000 are veterans of the Canadian Armed Forces and Royal Canadian Mounted Police, we wanted to understand how to best serve the needs of veterans and their families in an evolving policy environment with many other government and non-government agencies also working on their behalf.

Twelve town halls were conducted coast to coast, close to large military bases with presence of all branches of the Canadian Armed Forces, in accessible community locations. Focused communications ensured RCMP members and veterans were also represented.

Veterans focused conversations at these town halls on their experiences in transitioning to life out of uniform. Facilitators posed questions to explore perceived gaps in service and support for veterans and their families, and to signal the positive experiences veterans have had in accessing care.

Confidentiality was key in enabling participants to respond freely.

And veterans responded: nearly 500 in person and 150 online participants shared frank and constructive feedback that will help make supports and services for veterans better.

Our goal in gathering this information was simple: to listen to veterans themselves, and then to share that information and support an environment of collaboration and communication among veteran-focused agencies, so that we can all better advocate for and serve the veterans community.

Read about [what we learned from veterans and their families, and what we have been working on since.](#)

