



2018 Newsletter CCGA (NL) Inc.

Waterlines

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Canadian Coast Guard Auxiliary
PO Box 938, St. John's, NL A1C 5M3

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Toll-free: 1-800-563-6158
Fax: 709-772-4109

NEW! Office address - 702 Water St, St. John's

The 40th Annual General Meeting of the Canadian Coast Guard Auxiliary (Newfoundland and Labrador) Inc. was held in September of 2018 at the Quality Inn, Corner Brook. This was held in conjunction with the Annual Fall training Seminar.

Registration for the training seminar was held Friday evening, followed by a Meet & Greet to allow members to meet the Directors and fellow Auxiliaries from around the Province. Saturday morning members availed of a refresher session in first aid techniques and Search and Rescue operations along with a life raft demonstration. The afternoon was spent at the Bay of Islands Yacht Club where members were given the opportunity to don immersion suits and enter a life raft and to partake in events such as line throwing, marlin splicing, marine abandonment and marine distress flare training.

It was a lovely, warm afternoon and members enjoyed the afternoon of training. Thank you to the Bay of Islands Yacht Club for your hospitality and for providing refreshments during the afternoon.

The banquet and awards ceremony was held Saturday evening at Quality Inn. Long service awards were presented and a delicious meal shared. Thank you to all members for your continued involvement and support.



40th ANNUAL GENERAL MEETING

The 40th Annual General Meeting of the Canadian Coast Guard Auxiliary (NL) Inc. was held on September 28, 2018 at Quality Inn, Corner Brook.

The Canadian Coast Guard Auxiliary was represented by:

Aidan Penton	President, Director District 9
Marcel O'Brien	1st Vice-President, Director District 1
Ross Petten	2nd Vice-President, Director District 8
James Chidley	Secretary/Treasurer, Director District 7
Ron Pittman	Director District 2
Howard Noel	Director District 3
Wesley Snook	Director District 4
Winston Pitcher	Director District 5
Rom Dalton	Director District 6
Eugene Gray	Director District 10
Kelly Doody	CCGA Regional Operations/Business Manager
Karen O'Brien	CCGA Regional Accounting Clerk

The Canadian Coast Guard was represented by:

Anne Miller
Regional Director
CCG - Programs
Harvey Vardy
Superintendent, Maritime SAR
CCG (Atlantic) Region
Mark Gould
Regional Supervisor
MRSC - CCG
Mary Pye
Administrative Officer
CCG (Atlantic) Region

GREETINGS FROM THE PRESIDENT

In August of 2018, The Canadian Coast Guard Auxiliary (Newfoundland and Labrador) Inc. celebrated 40 Years of Service. Over the last 40 years, countless vessels and crew have been assisted by the selfless acts of courage carried out by the members of our organization. I am very proud to be a member of this organization, and very pleased to have been elected to serve as your President for the 2018/2019 year.

The mission of our organization is to provide a permanent day and night search and rescue service to cover marine requirements in the Newfoundland and Labrador region and prevent the loss of life and injury. Our membership, comprised of over 700 members and 340 privately owned vessels having a value of over \$185 million, continue to carry out this mission every day.

In September of 2018, the 40th Annual General Meeting was held in Corner Brook. The following day we held our Annual Fall Training Seminar in conjunction with the Canadian Coast Guard. Members in attendance received refresher courses in First Aid and Search and Rescue techniques. Members of the Coast Guard put off an Emergency Flare Training session waterside, which was of great benefit to our attendees. Our partnership with the Coast Guard continues to be a strong one, the mutual respect shared by our organizations continues to strengthen both organizations. We also held our Annual Awards Banquet. This year, in addition to presenting awards to members having served 10, 25 and 35 years of service, we also had the pleasure of presenting our first 40 Year Long Service Award to Mr. Harry Strong.

2018 saw us having to say good-bye to several members and we offer our heartfelt sympathy to the families of these members as we grieve along with them. We thank them for their service and are honoured to have volunteered alongside these members.

I would also like to thank all of our members, who continue to serve and to carry out our mission, to make our waters safe for all who sail our seas. Without such valued commitment we would not be able to provide the essential service that we have provided for 40 years, and will continue to provide.

I wish you all fair winds and following seas.



Aidan Penton
President



GREETINGS FROM THE SUPERINTENDENT MARITIME SEARCH AND RESCUE - CCG

Hello members and families of the Canadian Coast Guard Auxiliary of Newfoundland and Labrador!

I am very happy to have the opportunity to contribute to your newsletter. I hope you will enjoy reading about your accomplishments. You certainly don't need me to tell you that it has been a busy year in search and rescue - please know that I am proud of the fantastic work of the Coast Guard Auxiliary of Newfoundland and Labrador. Your willingness to assist fellow mariners when the need arises continues to be unwavering. As we approach another busy season on the water, I am comforted to know that the CCGA-NL will also be ready.

Last year, after a 35 year career with the Canadian Coast Guard, we saw the retirement of our Assistant Commissioner Captain Wade Spurrell. Our new Assistant Commissioner is Gary Ivany.



AC Ivany is a graduate of the Coast Guard College, has sailed on the Coast Guard vessels on the East Coast, held various senior positions within the Canadian Coast Guard including the National Director of Marine Engineering and National Director of Operational Support as well as leading the roll out of the Oceans Protection Plan. We are excited for the coming years under his experienced leadership.

In 2018, we saw the new Coast Guard life boat, Pennant Bay, begin operations out of St. Anthony, NL. We have started the construction of two new SAR lifeboat stations, one in Twillingate and the second in Old Perlican. Later in summer of 2019, you will see these two new life boats become operational and to the SAR capacity on the NE Coast. Our Maritime Rescue Sub Centre has now been operating in St. John's for almost one year. The construction of a new Maritime Communications and Traffic services Centre in both Port-Aux-Basques and Placentia are very near completion. We will be moving into the new centre in Placentia at the end of April and into the new centre in Port Aux Basques in June 2019. The modernization of our resources will enable us to more efficiently and effectively meet the needs and respond to mariners in need.

The top priority of the Canadian Coast Guard remains the safety of mariners. Last year the Coast Guard Auxiliary of Newfoundland and Labrador responded to 40% of all maritime SAR incidents along the coasts of Newfoundland and Labrador. That is an astounding percentage and one of which you should be very proud.

In closing, I would like to thank each and every auxiliary member for the countless hours you volunteer to help ensure the safety of mariners in our waterways. Equally important, I would like to thank the families of our auxiliary members for supporting their commitment search and rescue. I look forward to continuing our partnership in the future.

Kind regards,

Harvey Vardy
Superintendent Maritime Search and Rescue,
Canadian Coast Guard Atlantic Region

**MARITIME DISTRESS
DÉTRESSE MARITIME**
1-800-563-2444
(Toll Free - Sans Frais)
1-709-772-5151
MARITIME SEARCH AND RESCUE SUB CENTRE, ST. JOHN'S
CENTRE SECONDAIRE DE SAUVETAGE MARITIME, ST. JOHN'S

IMPORTANT NOTICE

Members and member vessels are only covered by CCGA Insurance and eligible for reimbursement while on an Authorized Activity. In order for a Search and Rescue tasking to be considered an **Authorized Activity**, you must have been tasked through the Maritime Rescue Sub Centre (MRSC) in St. John's or Joint Rescue Coordination Centre in Halifax (JRCC). You will be provided with an **Incident Number** which is required for reimbursement and proof of coverage, should the need arise.

It is very important that you notify the

Marine Rescue Sub Centre at

1-800-563-2444 or 709-772-5151

before you proceed to a vessel requiring assistance and upon returning to port.



40th AGM AWARDS BANQUET



Aidan Penton, President CCGA-NL presents Mr. Harry Strong (left) with his 40 Year Service Award. Mr. Strong received the first 40 Year Award in the history of the CCGA-NL.



Aidan Penton accepts a plaque commemorating 40 Years of Service by the CCGA-NL from Harvey Vardy, Superintendent, Maritime SAR CCG Atlantic Region.



Aidan Penton presents Marcel O'Brien with his 35 Year Service Award.



Aidan Penton and Ross Petten present Sam Lambert with his 35 Year Service Award.



Captain Ralph Paul and Crew Brian Paul, of the Burin Breeze are awarded the CCGA Operational Merit Award in recognition of two rescues October 24, 2017.

(Left - Right: Winston Pitcher, Brian Paul, Ralph Paul, Aidan Penton. Not in attendance - Crew Steve Caul)

Congratulations

Also awarded the CCGA Operational Merit Award were Captain Glen Winslow and the crew of Robert Sisters II for their assistance and recovery mission in September of 2016. Mr. Winslow and crew were unable to attend the Awards Banquet.



DID YOU KNOW?

INSURANCE CLAIMS

It is the responsibility of the CCGA owner-operator to report to your regional Coast Guard Auxiliary Representative any damage or suspected damage incurred to your vessel immediately following the conclusion of a Search and Rescue incident.

In addition, if damage occurs during a SAR case, every effort should be made to notify the Marine Rescue Sub Station at 1-800-563-2444 of the damage, especially if the safety of the CCGA vessel and its crew are jeopardized. MRSC must be notified so they can monitor the progress of the CCGA vessel to ensure it reaches port safely.

The owner/operator must complete a *Collision, Wreck and Injury* form and submit it to the CCGA Office in St. John's. This form is available on our website at ccga-nl.ca

CSIs

The CCGA (NL) Office in St. John's must have an up-to-date copy of your vessel's Canadian Steamship Inspection (CSI) certificate. All vessels that become delinquent in their CSIs are flagged in the Search and Rescue System and are considered unavailable for tasking.

If your vessel has been flagged and it partakes in an incident, you will not be eligible for compensation, and more importantly, your vessel will not be covered by insurance should it incur damages.

You will be notified that your vessel is not available for Search and Rescue. Upon receipt of this notification, please forward a copy of your current CSI or notify the office in St. John's of any delays so that your vessel is not removed from the SAR system permanently.

AUXILIARY VESSELS

An auxiliary vessel **MUST** be under the command of a member of the Canadian Coast Guard Auxiliary (i.e., owner or alternate skipper) before accepting a tasking from the Marine Rescue Sub Centre. It is imperative that the MRSC be informed if no qualified Auxiliarist is onboard the vessel at the time of a request for tasking.

Upon acceptance of a vessel into the CCGA, the owner/operator designates an alternate skipper. This skipper is deemed to have the proper qualifications to operate the vessel, in accordance with the rules and regulations set by Transport Canada. If a qualified Canadian Coast Guard Auxiliary skipper is not onboard a vessel at the time of an incident, the tasking must be refused.

If a vessel accepts a tasking without a qualified Auxiliary member onboard, the vessel will not be reimbursed for the incident. More importantly, there will be no insurance coverage if damages were to occur during the prosecution of the incident.

RENEWAL FORMS

Renewal forms are sent out to every member each January. It is extremely important that these forms are completed in their entirety and returned to the office by **March 31** of each year. The forms are used to maintain membership, to update our database and to keep MRSC up to date on members and vessels available for tasking. In the event of an incident requiring assistance, fellow mariner's lives may depend on having accurate information.

INFORM THE OFFICE ASAP!

Phone: 709-772-4428/800-563-6158
Fax: 709-772-4109

- * If you sell your vessel
- * Change your address or phone number, including cell/sat phone
- * Remove your vessel from the water
- * Increase the value of your vessel
- * Change alternate skippers
- * Update your CSI
- * Recertify your first aid
- * Operate in an area away from your home port



2018 FALL TRAINING SEMINAR

The 2018 Fall Training Seminar was held at Quality Inn, Corner Brook with waterside training taking place at the Bay of Islands Yacht Club. Morning sessions at the hotel included a life raft demo, including the opportunity to taste standard life raft rations, a first aid refresher, a session on marine abandonment and an overview of the newly reopened Marine Rescue Sub Centre in St. John's. After a luncheon at the hotel, attendees made their way to the Bay of Islands Yacht Club where the CCGA conducted Marine Distress Flare Training.



2018 FALL TRAINING SEMINAR

Participants also had the opportunity to practice donning and doffing immersion suits, board a life raft, take part in line throwing and marlin splicing. The day was a great opportunity to learn new lifesaving skills and to hone old skills.

The Canadian Coast Guard vessel, Cape Fox, was also on site and attendees were able to board the vessel to look around and speak to her crew.

Thank you to members of the CCG and CCGA - NL for another successful Training Seminar!



406 MHZ EPIRB

Why Register a Beacon?

It is mandatory for all 406 MHz ELTs (Canadian Aviation Regulations 605.38) and EPIRBs (Ship Station (Radio) Technical Regulations, 1999) to be registered with the Canadian Beacon Registry. Ensuring that your 406 MHz PLB, ELT or EPIRB is registered, as well as updating the information regularly, will facilitate the task for search and rescue personnel in the event of a distress situation.

If you have a registered emergency beacon, it is important that the information be accurate. Please update the information in the registry:

- if you move
- if you want to update the emergency contact information
- if your phone number changes, or
- if any of the important information in the registry changes such as colour of vessel or aircraft

Online access to the Canadian Beacon Registry is available to all 406 MHz emergency beacon owners to register new emergency beacons or to update their current information. You can add or update your emergency beacon information online, by faxing or emailing a completed registration form, or by speaking with a representative:

***** FOR BEACON REGISTRATION OR TRANSFER, PLEASE
CONTACT THE CANADIAN BEACON REGISTRY AT 1-877-406-7671
or Via email to cbr@sarnet.dnd.ca , or on the web @ www.cbr-rcb.ca*****

Registering your beacon helps to eliminate false alarms, which divert search and rescue resources away from genuine emergencies. **In case of accidental activation, the Canadian Mission Control Centre must be advised by calling 1-800-211-8107.** The Canadian Beacon Registry must be notified if there is a change of status for a registered emergency beacon. An emergency beacon that is stored away may still be activated and the Canadian Mission Control Centre may take action in response. It is the responsibility of emergency beacon owners to notify the Canadian Beacon Registry if there is a change in status. This includes an emergency beacon that is no longer in use, in storage, stolen, lost, broken, or decommissioned.

EPIRBs are devices intended to save lives by transmitting a signal to rescuers with the position of troubled boaters. When they are improperly disposed of, they can cost the Coast Guard valuable time and taxpayers thousands of dollars in resource costs.

The International Maritime Organization and the Coast Guard recommend that unwanted EPIRBs be disposed of by either removing the battery, or rendering the unit inoperable by demolishing it. The EPIRB should also be unregistered with the Canadian Beacon Registry when the unit has been disposed of or transferred to a new owner.

The Coast Guard treats every distress signal we receive as an actual cry for help, and improperly discarded EPIRBs activating in landfills, garages or the ocean on another vessel divert costly resources integral to providing safety to mariners, and time may be lost in tracking down the beacon.

***** FOR BEACON REGISTRATION OR TRANSFER, PLEASE
CONTACT THE CANADIAN BEACON REGISTRY AT 1-877-406-7671
or Via email to cbr@sarnet.dnd.ca *****

CORPORATE SPONSORS

The CCGA (NL) Inc. would like to thank our sponsors for helping to make the 2017 Fall Training Seminar a huge success:

- * Mercer's Marine
- * Blue Water Marine
- * Purity Factories
- * MicMac Fire & Safety
- * Downhome Magazine

- * Holiday Inn
- * Valen



Weather Lore

- > The higher the clouds, the finer the weather
- > Clear moon, frost soon
- > Ring around the moon, rain real soon
- > If crows fly low, wind is going to blow
- > When seabirds fly to land a storm is at hand

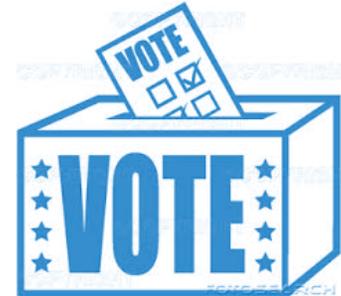


CCGA-NL BOARD OF DIRECTORS

2018/2019

Each year, as active members of the Canadian Coast Guard Auxiliary (NL), you are asked to vote for a Director to represent your District. For the 2018/2019 year, you elected the following:

District 1	Marcel O'Brien	927-5540	marcel.obrien@ccga-nl.ca
District 2	Ron Pittman	866-2505	ron.pittman@ccga-nl.ca
District 3	Howard Noel	453-2458	howard.noel@ccga-nl.ca
District 4	Wesley Snook	885-2422	wesley.snook@ccga-nl.ca
District 5	Winston Pitcher	728-6115	winston.pitcher@ccga-nl.ca
District 6	Rom Dalton	691-7284	rom.dalton@ccga-nl.ca
District 7	Jim Chidley	363-7502	james.chidley@ccga-nl.ca
District 8	Ross Petten	683-2341	ross.petten@ccga-nl.ca
District 9	Aidan Penton	682-2162	aidan.penton@ccga-nl.ca
District 10	Eugene Gray	532-5755	eugene.gray@ccga-nl.ca



Voting takes place each year in July/August. The list of candidates is derived from those members indicating on their renewal form that he/she wishes to put his/her name forward to be nominated as a candidate for Director. Voting is conducted by mail-in ballot. We are unable to provide a second voting form if the first one is lost or misplaced.

Sayings of nautical origin

- **Pipe Down** - This term means to stop talking and be quiet. The 'Pipe Down' was the last signal from the Bosun's pipe each day, which meant "lights out" and "silence".
- **Footloose** - Not the 1980s dance movie! The bottom portion of a sail is called the foot. If it is not secured, it is footloose and dances randomly in the wind.
- **Pooped Out** - Meaning exhausted, it was a term to describe the condition of seamen caught on the poop, or aft, deck after a wave from heavy seas crashed down on it.
- **Know the Ropes** - To know what you are doing. There were miles and miles of cordage in the rigging of a square-rigged ship. The only way of keeping track of and knowing the function of all these lines was to know where they were located. It took an experienced seaman to "know the ropes".
- **Rummage Sale** - Flea Market. This phrase stems from the French word *arrimage*, meaning "the loading of a cargo ship". Damaged cargo was occasionally sold at special warehouse sales.

First Aid Training



The Marine Personnel Regulations require at least one person on board each fishing vessel be designated to provide first aid. This person must hold a valid Marine Basic First Aid training certificate or a valid First Aid certificate from a two-day first aid course recognized by a province or a territory. The office arranges for First Aid training each winter and will contact those members in each District with expiring First Aid certificates to offer a seat at one of these courses. If you attend First Aid training outside of these sessions, please contact the office to update the expiry date for your First Aid. You may also qualify for reimbursement up to \$250 for First Aid training done through an authorized provider upon submission of the course receipt. Contact the CCGA-NL office for more information.



SERVICE AWARDS - 2018

The CCGA-NL is honoured to have presented the following awards at our 40th Annual General Meeting Awards Banquet on September 29, 2018. It gives us great pleasure and is a source of continuous pride to have such long-standing, dedicated members. Thank you so much, congratulations to you all!

40 Year Member

Harry Strong District 7



35 Year Members

Marcel O'Brien District 1
 Sam Lambert District 8
 James Pond District 9
 Rick Kean District 9
 Melvin Starkes District 10
 Boyce Bath District 10



25 Year Members

Thomas Normore District 1
 Caroline O'Brien District 1
 Ralph Turnbull Sr. District 1
 Dean Heard District 1
 Lyndon Heard District 1
 Samuel Morris District 1
 Morley Normore District 1
 Noble Foley District 2
 Ralph Randell District 2
 Michael Hearn District 7
 Lyndsay Petten District 8
 Glen Norman District 9
 Perry Collins District 9
 Douglas Collins District 9

10 Year Members

Everett Turnbull District 1
 Renny Hickey District 3
 Carl Snook District 4
 Christian Keeping District 5
 Curtis Branton District 8
 Henry Pender District 9
 Rodney Budden District 9
 George Jacobs Jr. District 9
 Thomas Barnes District 9
 Boyd Rowe District 9



SERVICE AWARDS - 2018

The Canadian Coast Guard Auxiliary (NL) Inc also sends congratulations and a huge thanks to the following members who have provided 5, 15, 20 and 30 years of continued and dedicated service:

5 Year Members

District 1

- * Karen Davis
- * Eddie Heard

District 4

- * Peter Snook

District 6

- * Bernard Nolan
- * Walter Hearn
- * David Penney
- * Darren English

District 7

- * Isabel Bennett
- * Reuben Rideout

District 8

- * Michelle Petten
- * Barry Tucker
- * Bradley Porter
- * Bruce Petten
- * Reginald Petten
- * Matthew Petten
- * Carl Petten
- * Wayne Reid
- * Derek Hammond
- * Eugene Blake
- * Christina Petten

District 10

- * Joshua Ryan
- * Cynthia Gray

15 Year Members

District 2

- * Paul Hunt
- * Tony Hunt

District 3

- * Shawn White
- * Jeff Childs

District 5

- * William Whyte
- * Brian Whyte

District 7

- * Cory Brothers
- * Vince Petten
- * Brian Lewis
- * Kevin Lewis

District 8

- * Gary Hyde
- * Ronald Curtis
- * Gerald Petten
- * Nelson Bussey
- * Tony Simmons

District 9

- * Jack King
- * Max Rowe

Thank you

20 Year Members

District 1

- * Dorman Fowler
- * Allister Russell
- * Douglas Ryland
- * Cecil Ryland

District 2

- * Dorman Compton
- * Baxter Rose
- * Barry Randell
- * Matthew Randell

District 4

- * Wade Stoodley

District 5

- * Derrick Peach

District 6

- * Curtis Dohey
- * Andrew Careen
- * David English
- * Thomas Lundrigan
- * Mike Burke

District 7

- * Sean Maher
- * Terry Roberts
- * Terry Bungay
- * Rick Stanley

District 8

- * Darren Noonan
- * Roger Burt
- * Craig Drover
- * Douglas Baird
- * Ivan Batten
- * Raymond Barrett

District 9

- * Glenn Moulond
- * Rollins Cobb

District 10

- * Christopher Bath
- * Keith Morey
- * Larry Pinksen
- * Terry Morey
- * Lloyd Morey
- * Gerald Foss

30 Year Members

District 1

- * Kevin Normore
- * Edward Turnbull

District 2

- * David Cassell
- * Anthony Ryan

District 3

- * Howard Noel

District 5

- * Calvin Paul
- * Harry Fudge

District 8

- * Mervin Piercey

District 9

- * George Feltham
- * Harold Stagg
- * Brian Spurrell

District 10

- * Victor Morey
- * Guy Bridger

Congratulations



DID YOU KNOW?

AGE EXCLUSIONS

The current CCGA Insurance Policy includes two age exclusions. The first exclusion affects CCGA members aged 65 years or older. Under the insurance policy, CCGA members 65 years or older are not covered if they suffer a heart or circulatory malfunction during any authorized CCGA activity. Basically what this means is that if a Canadian Coast Guard Auxiliary member is 65 years of age or older, there is no Heart or Circulatory Malfunction coverage for them.

The second exclusion is that CCGA members aged 70 years or older are not covered by the Permanent Total Disability Benefit if they should become permanently and totally disabled during any authorized CCGA activity.

It is important to note that these two age exclusions are only for these two benefits and that all members, regardless of age, are insured by the other CCGA insurance coverages.

In light of these exclusions, it is recommended that all CCGA members 65 or older consider whether they wish to continue participating in authorized Search and Rescue operations or other CCGA activities. As well, it is recommended that these members consult with their doctors to ensure that they are medically fit to participate in Search and Rescue operations and other CCGA activities. Age exclusion forms were sent out to all members 65 or over (in 2019) in February. Please complete and return as soon as possible if you have not already done so.

Thank you.

CONTINUED PROFICIENCY ENDORSEMENT

Every applicant for a continued proficiency must:

- (a) Hold a valid medical certificate
- (b) Fulfill the service requirements of either 12 months within a 5 year period, service onboard a ship as master or mate in charge of the watch.
- (c) Completed a marine emergency duties (MED) course A1

For members holding Fishing Masters or Mates certificates, this means five years from the date of issue on your certificate. Example, date of issue - 2013, by 2018 you must show a valid medical (seafarers medical) and qualifying sea time. The sheets for writing up your sea time can be obtained at your nearest Transport Canada Marine Safety office.

Port aux Basques	466-4515
Corner Brook	637-4870
Goose Bay	896-6190
Lewisporte	535-2503
Marystown	279-2201
St. John's	772-6197

It is not the ship so much as the skillful sailing that assures the prosperous voyage

-George William Curtis

ALL VESSEL MODIFICATIONS

You have the responsibility to ensure that equipment and structural modifications do not compromise the freeboard and stability of your vessel, or reduce the suitability of your vessel for the working and environmental conditions it may encounter.

Any modifications must be in compliance with safety standards and the Construction Standards for Small Vessels - TP1332.

Before making alterations to your vessel that may have an impact on vessel tonnage/safety, you should contact your local Transport Canada office. A safety inspector will help you determine whether the proposed modifications are consistent with the construction, equipment, and safety regulations for your vessel's intended area of service.

A Transport Canada inspector will review the suitability of your vessel for the proposed changes. Any changes in the area or type of operation that results in a change in voyage classification will necessitate a re-inspection.

(Taken from TC's Small Commercial Vessel Safety Guide, TP-14070)



SAR VOLUNTEER TAX CREDIT

In 2014, the Government of Canada introduced the *Search and Rescue Volunteers Amount Tax Credit*. Essentially what this means is that SAR Volunteers who perform in excess of 200 'Eligible Hours' in a calendar year are able to claim a \$3000 non-refundable tax credit on their personal tax return, which can reduce taxes payable by up to \$450. This credit is non-refundable and as such, members need to have taxable income and tax payable during the year to benefit from this credit.

Eligible hours include:

- Responding to, and being on call for, Search and Rescue and related emergency calls;
- Attending meetings held by the organization;
- Participating in required training related to Search and Rescue services

Canadian Coast Guard Auxiliary members with eligible hours are entitled to claim this tax credit. In order to do so, you will require a confirmation letter from the CCGA-NL office. *These letters are not sent out automatically, rather they need to be requested, as the office does not have a log of your hours.* To request your letter, please send your request, in writing, to the office via fax, mail or email stating the number of days or hours at sea for the tax year. You would obtain this information from your log book, however we do not need a copy of the log, rather just a summary of time spent at sea, as hours on the water are the hours you are deemed to be available for Search and Rescue. ***Please allow for a one week processing time when requesting your confirmation letter.***

For further information, you may contact the office at 709-772-4428 or 1-800-563-6158 or by email at kelly.doody@ccga-nl.ca.

Requests can be sent via fax at 709-772-4109, by email to kelly.doody@ccga-nl.ca or by mail to CCGA (NL) Inc., PO Box 938, St. John's, NL A1C 5M3. Please indicate on your request your preferred method to receive your confirmation letter and include the return fax, email or mailing address.

On-water Training

As part of our training program, the CCGA-NL assists the Department of National Defense with their training program by providing member vessels throughout the province to take part in on-water training with 103 Squadron from Gander as well as participating in training programs with the Coast Guard. Pictured to the right is a Coast Guard vessel and a helicopter from 103 Gander attending one of our training seminars.



There are some things you learn best in calm, and some in storm.



Pictured above: Dalton's Pride owned by Rom Dalton

Diesel Pumps

In 2015, diesel pumps were distributed to some vessels in each District. If you have one of these pumps, please ensure proper maintenance by:

- Making sure all water is drained from the pump and hoses before storage. Rust may occur on the frame and mount causing corrosion
- Check the housing box to ensure no standing water
- Test pump for proper working order at least twice a year

These pumps could potentially save lives as well as vessels. Make sure your pump is working before an incident occurs... not during!



NEWS FROM 2018

Re-opening of the Canadian Coast Guard Maritime Rescue Sub-Centre St. John's

On May 18, 2018 the Honourable Seamus O'Regan, on behalf of the Honourable Dominic LeBlanc, Minister of Fisheries, Oceans and the Canadian Coast Guard, announced the official re-opening of the Canadian Coast Guard's Maritime Rescue Sub-Centre St. John's. The MRSC St. John's will be coordinating responses to incidents in the waters off Newfoundland and Labrador, while strengthening the marine safety system across Atlantic Canada.

The Centre coordinates the Coast Guard's on-the-water response to marine incidents in the area, and provides an essential link for mariners operating in the waters off the coast of Newfoundland and Labrador.

The Maritime Rescue Sub-Centre St. John's will be staffed 24/7 and will work closely with the Joint Rescue Coordination Centre in Halifax to ensure rapid and effective responses to maritime incidents.

Pictured to the right are Ross Petten, Director District 8 and Jim Chidley, Director District 7 representing the CCGA-NL at the re-opening ceremony.



Canadian Coast Guard Auxiliary (NL) Inc Board of Directors



Front Row (L-R): Jim Chidley - District 7
 Marcel O'Brien - District 1, Aidan Penton - District 9, Ross Petten - District 8
 Back Row (L-R): Winston Pitcher Sr - District 5, Rom Dalton - District 6, Eugene Gray - District 10, Howard Noel - District 3, Wesley Snook - District 4, Ron Pittman - District 2

CCGA-NL Executive



Jim Chidley - Secretary Treasurer, Marcel O'Brien - 1st Vice President, Aidan Penton - President, Ross Petten - 2nd Vice President

Governor General Julie Payette Visits the CCG Atlantic Region Headquarters in St. John's

On September 20, 2018, Governor General Julie Payette paid a visit to the CCG HQ in St. John's where she was invested as Honorary Chief Commissioner of the Canadian Coast Guard.



Representing the Canadian Coast Guard Auxiliary President Aidan Penton and 1st Vice-President Marcel O'Brien.

Twillingate To Get New Life Boat Station



On May 15, 2018, MP Scott Simms officially announced Twillingate will be home to a new CCG Search and Rescue Life Boat Station. CCGA-NL Director District 10, Eugene Gray was on hand for the announcement.

Pictured left to right: Anne Miller, Regional Director, CCG- Programs, CCGA-NL Director District 10 Eugene Gray, and MP Scott Simms

CCGA-NL by the Numbers 2018

Members - 730	Vessels - 332
Vessels on Incidents - 65	Incident Man Hours - 3124
Members Trained in First Aid - 104	First Aid Training Hours - 1824
On-water Training Exercises - 44	On-water Training Hours - 917
Training Seminar Attendees - 27	First Aid Kits Distributed - 340
Total Volunteer Hours - over 200,000	

Thank you to our Volunteers!



THIRSTY??

Glen Saunders, CCG

Your body needs water to survive. Every organ in your body needs water to work properly. For example, your body uses water to remove waste, lubricate your joints and to maintain its temperature. Water is needed for overall good health.

You should drink water every day. Most people have been told they should drink 48 to 64 ounces of water each day, which works out to be 6 to 8 glasses. If you are concerned that you are not drinking enough water, check your urine. If your urine is colorless or light yellow, you are well hydrated. If your urine is a dark yellow or amber color, you may be dehydrated.

Water is best for staying hydrated. Fruit and vegetable juices, milk, and herbal teas add to the amount of water you get each day. Water can also be found in fruits and vegetables (for example, watermelon, tomatoes, and lettuce), and in soup broths.

Sports drinks can be helpful if you are planning on exercising at higher than normal levels or doing prolonged strenuous work for more than an hour. They contain carbohydrates and electrolytes that can increase your energy. They help your body absorb water. However, some sports drinks are high in calories from added sugar and may contain high levels of sodium (salt) so checking the labels is important. Energy drinks are not the same as sports drinks, they contain large amounts of caffeine that may worsen your dehydration.

Here are some tips that can help you stay hydrated:

- Keep a bottle of water with you during the day. To reduce your costs, carry a reusable water bottle and fill it with tap water
- If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink
- Drink water before, during, and after a workout
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and dinner, and when you go to bed
- Choose water when you go to a restaurant. It will keep you hydrated

Recognizing signs of dehydration is important. They include:

- Little or no urine
- Urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheadedness
- Muscle cramping

Water makes up more than half of your body weight. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water faster when the weather is really hot, when you are physically active, or if you have a fever. If you don't replace the water you lose, you will become dehydrated. Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

Stay Safe!

Waterlines

If you have any news items, stories and/or photographs that you would like published in the annual Waterlines newsletter, please send them to:

Editor - Waterlines
c/o CCGA (NL) Inc
PO Box 938
St. John's, NL A1C 5M3
Or email to: kelly.doody@ccga-nl.ca

Reminder



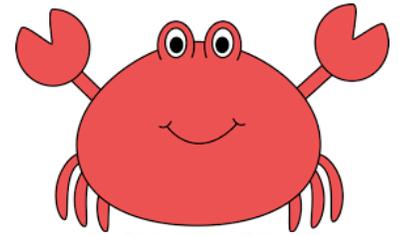
CCGA(NL) Toll Free
1-800-563-6158

CCGA (NL) Fax
709-772-4109



MRSC St. John's
1-800-563-2444





Hi kids!

It's time for the CCGA (NL) Annual Colouring Contest. The contest is open to the children and grandchildren of Auxiliary members.

1st and 2nd prizes will be awarded in each of the following age groups:

Up to 4 years

5-6 years

7-8 years

9 and up

All entries must be received at the CCGA (NL) office in St. John's no later than Friday, July 19, 2019.

Please send your entry to: Colouring Contest
c/o CCGA (NL) Inc.
P.O. Box 938
St. John's, NL A1C 5M3



Ages up to 4 1st - Olivia Bennett
2nd - Lesley Critch

Ages 5-6 1st - Claire Bath
2nd - Jonah Rowsell

Ages 7-8 1st - Evie Crocker
2nd - Sophie Jackman

Ages 9 and over 1st - Riley Chatman
2nd - Carson Langdon

