

# CCGA-NL Inc.

2022 Newsletter

# Waterlines

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The 44th Annual General Meeting of the Canadian Coast Guard Auxiliary (Newfoundland and Labrador) Inc. was held on September 30, 2022 at the Shallow Bay Motel in Cow Head. This was held in conjunction with the Annual Fall Training Seminar which consisted of classroom sessions of a first aid refresher, search planning and communications with MRSC, with a simulator demo in the morning and water side activities at the Cow Head wharf in the afternoon. Activities at the wharf included donning and doffing immersion suits, line throwing, marlin splicing, a flare demo and a life raft demonstration. While the afternoon at the wharf was cool and wet, members enjoyed the day of training and gained invaluable knowledge and experience.

The banquet and awards ceremony took place at the motel Saturday evening where long service and special awards were presented.

Thank you to all members for your continued involvement and support. Please, stay safe.



# GREETINGS FROM THE PRESIDENT

Greetings to all Auxiliarists,

Thank you to all of you, our dedicated volunteers, whose service to the Canadian Coast Guard Auxiliary Newfoundland and Labrador Region, makes our organization as strong and effective as it is. I would like to welcome new members that have joined us in the past year and express our appreciation to you. At this time I would also like to remind you of the importance of completing your annual renewal form every year and returning it to the office. This information is provided to MRSC/JRCC to assist them when issuing a tasking and it is vital that they have the most up to date information on members and member vessels.



While we were unable to hold our Spring Training Seminar in March, October did see the return of the Fall Training Seminar and we were delighted to be able to bring members together again for this important weekend of training. We extend sincere appreciation to both the members who attended and participated and our colleagues in Search and Rescue, Canadian Coast Guard who assisted with our training seminar and led our training sessions.

In 2022, the CCGA-NL logged over 1000 tasking hours responding to incidents at sea, involving 30 vessels; our members participated in 34 on-water training sessions with partner organizations and had almost 4000 hours participating in table top training sessions, first aid and other such trainings. Bravo Zulu to our members.

For the members we have lost over the past year, we send our deepest condolences to their family and friends and thank them for their service.

As a final note, please join me in congratulating the Canadian Coast Guard on the celebration of 60 years of service in 2022.

Fair winds and following seas to all.

Aidan Penton  
President

## 44th ANNUAL GENERAL MEETING

The 44th Annual General Meeting of the Canadian Coast Guard Auxiliary (NL) Inc. was held on September 30, 2022 at Shallow Bay Motel and Cabins in Cow Head, NL.

### 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
Winston Pitcher	Past President, Director District 5
Ron Pittman	Director District 2
Julia Crocker	Director District 3
Wesley Snook	Director District 4
Rom Dalton	Director District 6
Eugene Gray	Director District 10
Kelly Doody	CCGA-NL Executive Director
Karen O'Brien	CCGA-NL Administrative Assistant

### The Canadian Coast Guard was represented by:

Anne Miller  
Regional Director, Incident Command  
CCG Atlantic Region

Phil Walker  
Superintendent, Maritime SAR  
CCG Atlantic Region

Christa-Lee Cole  
Deputy Superintendent, Maritime SAR  
CCG Atlantic Region

Mark Gould  
Regional Supervisor, Maritime SAR  
MRSC St. John's



# GREETINGS FROM MARITIME SEARCH AND RESCUE CCG - ATLANTIC REGION

Greetings All

It is my pleasure to represent the Canadian Coast Guard and to be a part of this incredible agency, the Canadian Coast Guard Auxiliary.

While I have recently stepped into this role, I do come from a seafaring background, having worked on commercial vessels for 10+ years prior to joining the CCG, and I understand the risks associated with working on the water. Upon first joining CCG, I was a Maritime SAR coordinator at MRSC St. John's, where I worked for 4 years. Because of my previous experience, I recognize the importance of volunteers and everything that each of you contribute to keep each other safe.

On behalf of CCG Search and Rescue, I would like to take a moment to recognize selflessness of each of our volunteers. Each and every day CCGA Members answer the call to assist fellow mariners during their time of need. Although it may not be said often, your efforts do not go unnoticed. Bravo Zulu.

I look forward to working with you all over the coming months, and years. And once again, thank you for your dedication.

Christa-Lee Cole

Deputy Superintendent Maritime SAR  
Canadian Coast Guard – Atlantic Region



## AUTHORIZED ACTIVITY



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 (JRCC) in Halifax. You will be provided with an **Incident Number** which is **required** for reimbursement and proof of coverage, should the need arise. **Claims without an Incident Number will not be reimbursed.**

***You must 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.***



# Did You Know?



## 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.*** These 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. Please ensure your returned form has accurate information. Non-compliance will result in a member's removal from the Auxiliary. ***Do not hold off sending in a renewal if you are waiting on an updated CSI. Send the renewal by the due date and forward the CSI as soon as you receive it!***

## 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 execution of the incident.

## 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 Maritime Rescue Sub Centre 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](http://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.

## INFORM THE OFFICE ASAP!

**Phone: 709-772-4428/800-563-6158**

**Fax: 709-772-4109**

**Email: [kelly.doody@ccga-nl.ca](mailto:kelly.doody@ccga-nl.ca)**

- ⇒ 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



## DID YOU KNOW?

As mariners, we all know the importance of having proper safety supplies and equipment on board our vessels to assist with on board emergencies and search and rescue missions. Did you know, the CCGA-NL has been providing members and member vessels with such equipment as funding allows? This past year we are pleased to have been able to provide AEDs to larger vessels and PLBs to smaller vessels. In addition to this we have provided all members with COVID-19 precautionary supplies such as face masks and hand sanitizer. In previous years we have provided vessels with lifting strops/life rings, binoculars, heat ready emergency torso blankets and first aid kits as well as de-watering pumps, and purchased PFDs to be given to members attending training seminars.



### PERSONAL LOCATOR BEACON REGISTRATION



## HAVE YOU REGISTERED YOUR PERSONAL LOCATOR BEACON (PLB)?

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. ***PLBs provided by the Auxiliary must be registered immediately upon receipt to the Auxiliarist to which it has been given.***

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

- if you change your address;
- 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 your vessel.

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. Registering your beacon helps to eliminate false alarms, which divert search and rescue resources away from genuine emergencies.

#### **Register your PLB at the Canadian Beacon Registry.**

- Visit the Canadian Beacon Registry website: [www.cbr-rcb.ca](http://www.cbr-rcb.ca)
- Contact the Canadian Beacon Registry toll- free: 1-877-406-7671
- Or contact the Canadian Beacon Registry by email: [cbr@sarnet.dnd.ca](mailto:cbr@sarnet.dnd.ca)



**Your PLB Registration Form is located inside the box with the User Instruction Manual. Your UNIT IDENTIFICATION NUMBER (UIN) is located on the outside of the box and also on the back of the PLB.**

***Please note: the Personal Locator Beacons issued by the CCGA-NL do not float! Ensure that it is firmly attached to your personal floatation device at all times.***



# CCGA-NL BOARD OF DIRECTORS

## 2022/2023

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 2022/2023 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	Julia Crocker	660-7385	julia.crocker@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	683-3218	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.

### 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. The CCGA-NL has provided first aid training to over 140 members in the past year. Contact the CCGA-NL office for more information.

*The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.*

### INCIDENT ID NUMBERS

**All member vessels are to be in command of a member of the CCGA at all times during involvement in authorized activities. Failure to do so will result in non-payment of claims and no insurance coverage.**

An authorized activity for search and rescue incidents is deemed to exist when an auxiliary member has been requested to respond to an incident by a Maritime Rescue Sub-Centre (MRSC) or Joint Rescue Coordination Centre (JRCC). Having responded to a request, a Search and Rescue incident case number is assigned and the Auxiliary member's involvement becomes an **"Authorized Activity"**. Under ordinary circumstances an Auxiliarist will be tasked by the MRSC/JRCC. If, however, an Auxiliarist becomes aware of a situation which requires immediate action, the member should act accordingly but inform the MRSC by whatever means available, as soon as possible. **Failure to do so will result in this activity not being authorized.**

In all circumstances an Auxiliary member shall always keep MRSC/JRCC fully informed whenever an incident is responded to. MRSC/JRCC shall allocate a **Search and Rescue Incident number, or Case number** to each tasking. This case number will also be used as the **Incident Number** for reimbursement purposes, and as a **claim number** in the event that a claim for damages arises out of the authorized activity.

Whenever an Auxiliary vessel is involved in an authorized activity, the master will complete an Incident Report Form and, upon completion of the incident, will forward a copy to the CCGA-NL office as soon as possible.



# 2022 Happenings

With Covid-19 still looming in 2022, our Board of Directors meeting was postponed until late June and we did not have a Spring Training Seminar however by September we were able to get back to our Fall Training Seminar. It was wonderful to be able to bring our members together for a weekend of training and camaraderie. In November of 2021, Howard Noel, Director District 3 (Ret) suffered a cardiac event. Life saving measures were performed by Jim Chidley, Director District 7 and Neil Peet (Ret) of CCG. Mr. Noel presented Mr. Chidley with an Operational Medal of Merit at the banquet in Cow Head. Mr. Peet had been unable to attend Cow Head and received his award from Aidan Penton, President CCGA-NL and Jim Chidley in December of 2022. The crew of Pitcher's Legacy were presented with the Operational Medal of Merit for the rescue of the crew of the Taylor Amber Lynn in July of 2020. We presented the Canadian Coast Guard with a plaque on the occasion of their 60th anniversary. We said so long to Anne Miller, Regional Director, CCG Programs on the occasion of her retirement. Ms. Miller has long been a supporter of the CCGA-NL; we thank her for assistance rendered over the years and wish her well in her next chapter.



In Cow Head Howard Noel, second from left, presented Jim Chidley, centre, with an award for his efforts in saving his life during the Board of Directors meeting in November of 2021



Left - Anne Miller, Regional Director CCG Programs accepts a plaque commemorating the Canadian Coast Guard's 60 years of service from CCGA-NL President Aidan Penton. Right - Mark Gould, Regional Supervisor Maritime SAR, Phil Walker, Superintendent Maritime SAR, Anne Miller and Christa-Lee Cole, Deputy Superintendent Maritime SAR at the 2022 Awards Banquet.



The crew of Pitcher's Legacy receive an Operational Medal of Merit from Ross Petten, Director District 8, Aidan Penton, President CCGA-NL and Anne Miller, Director, Response, CCG

*Congratulations  
on your  
achievements  
and thank you  
all for your  
dedicated  
service.*



Unable to attend Cow Head, Neil Peet was presented with an award for his part in saving the life of Howard Noel by Aidan Penton and Jim Chidley December 2022



The Board of Directors pose with Mr. Howard Noel (ret) at the 2022 Awards Banquet. (Missing from photo Marcel O'Brien, District 1)

Ross Petten, Director District 8 (centre) attends Remembrance Day ceremonies in Port de Grave November 2022.



# More from 2022



PLBs have been distributed to boat owners. Make sure you get it registered!



Members of the CCGA-NL and CCG took part in the 2022 Pride Parade in St. John's



**A SAILOR YOU BE**

*Have you felt salt spray, upon your face?  
Have you seen porpoise at the bow, leaping past?  
Have you viewed sea birds, above the wake in flight?  
Have you fixed on a star, at sunset shining bright?*

*Has there been a time, to save a shipmate?  
Has the roll of the deck, ever kept you awake?  
Has the vastness of sea, left you feeling alone?  
Has a foreign port, made you wish you were home?*

*If you have weighed anchor, from cabin shelter  
If you have crossed the equator, at noon time swelter  
If you have stood your watch, on a pitching deck  
If you have made landfall, on the horizon a speck*

*When you have secured the decks, for the night to turn in  
When you have mustered at sunrise, seen a new day begin  
When you have dogged down hatches, in mountainous sea  
When you have known all these things, a sailor you be*

by  
**Noel Payne**



New Honda gas pumps have been purchased and distributed throughout Districts.



# Canadian Coast Guard Critical Incident Stress Management

The Canadian Coast Guard Wellness Team would like to make you aware of a service available across Canada to all Auxiliary members of the Coast Guard.

Launched in 2020, the Critical Incident Stress Management Initiative (CISM) is a program to assist in managing stressful and traumatic incidents.



When tasked by the Maritime Rescue Sub-Centre or Joint Rescue Coordination Center, Auxiliary members can be faced with very difficult challenges and often deal with stressful and tragic events. Dealing with critical incidents such as involvement in disasters, body recoveries, experiencing serious threats and/or physical violence and incidents resulting in extensive media coverage can have a profound impact on those involved, affecting their ability to cope and perform their normal daily routines.

Your willingness to assume the risk and brave these challenges are what makes you and the work you do so important. Coping with challenging situations, such as those you may have encountered, is different for every individual and you may become vulnerable to the physical and mental strain of performing this service. Taking the time and caring for yourself mentally is as equally important as addressing any physical injury. Investing in your physical and mental wellbeing ensures that you are always at the top of your game.

CISM is available to assist you. Throughout the Atlantic region, approximately 30 employees of both DFO and CCG have volunteered to support their colleagues, friends and peers to provide support, education and resources. They have taken extensive training and are supported by mental health professionals. The most common service provided by our peers is a brief encounter with you and your colleagues to provide information, support and resources to help you process what you have experienced. Peers can meet with members in person or virtually. Interactions with CISM peers is voluntary and confidential.

This approach is frequently used in many first responder and health care services, including police, fire fighters, paramedics, etc.

Should you be involved in a critical incident when tasked by the JRCC/MRSC, contact the Regional Operations Center at [1-709-772-6220](tel:1-709-772-6220) to request CISM services. A peer team member will get in touch with you. The CISM initiative can provide the following:

- stress awareness sessions
- small group support (defusing/debriefing) for individuals or work teams following a critical incident
- group debriefings with individual teams involving a mental health professional
- follow-up contact and if needed, recommendations to mental health or private service providers for further assistance
- demobilization during the course of an ongoing, major response to critical incident

If you have any questions or comments about this initiative, please contact the CCG Atlantic Wellness team,

Scott Currie [scott.currie@dfo-mpo.gc.ca](mailto:scott.currie@dfo-mpo.gc.ca),

or Laura Russell [laura.russell@dfo-mpo.gc.ca](mailto:laura.russell@dfo-mpo.gc.ca)

*“Remember everyone reacts differently and how you react is a normal response to an abnormal event”*

#### Common reactions:

- Sleep disruption
- Nausea
- Confusion and disorientation
- Poor concentration and decision making
- Flashbacks
- Sense of loss or grief
- Emotional numbness
- Anger and resentment
- Increased heart rate and blood pressure
- Nervousness/shaking/tremors



# Greetings From 103 Search And Rescue Squadron, Gander

103 Search and Rescue Squadron and the Canadian Coast Guard Auxiliary.

103 Search and Rescue Squadron and the Canadian Coast Guard Auxiliary have a long tradition of working together for training and operations. The immense experience of the CCGA crews and types of vessels available ensures some of the most realistic, challenging training available that prepares our members for operational maritime sorties.



In 2018 I completed my initial training to become a CH149 Cormorant Pilot with 103 Search and Rescue Squadron. This was my first operational posting, and first experience working over the North Atlantic. When I went out for my first CCGA boat I was impressed with the substantial differences from what I had seen in training compared to what was available within the CCGA organization. I'm amazed at what we can accomplish when CCGA vessels and RCAF flight crews practice and work together on a regular basis. As my first years progressed, I realized more and more what the CCGA had to offer the flight crews at 103 Squadron. This has been further reinforced during my continued experiences at our annual Maritime Extraction Exercise (Boat Camp) in St. John's, where I look forward to knowing which vessels are available each year, as there are some I enjoy and some I don't, both making me a better pilot.

The sea conditions and kinds of vessels available year round for training definitely keeps us on our toes. SAR Crews are required to conduct precise hoist sequences with split second timing to safely insert Search and Rescue Technicians onto a heaving boat deck where they are often surrounded by rigging, stabilizers and fishing equipment. The outstanding ability of CCGA crews to keep their ships relatively stable in all manner of seas is often what makes the difference between a challenging or relatively benign hoist for their RCAF partners.

Without the support of the CCGA our ship hoisting proficiency would definitely drop off and make our overall jobs more difficult. We all would like to thank its members for their ongoing support and dedication. The CCGA is a definite asset to the Canadian SAR system and RCAF community. Thank you all for your hard work and dedication in getting the JOB done.



Capt Paul Frankland  
103 SAR Sqn  
Squadron Operations Officer

## CONTINUED PROFICIENCY ENDORSEMENT

Every applicant for a continued proficiency must:

- (a) Hold a valid medical certificate (not required for Class 4)
- (b) Fulfill the service requirements of 12 months within a 5 year period, or 90 days within the last year, of service onboard a ship as either master or mate in charge of the watch.
- (c) Have 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 or 90 days in the last year. For example, if the date of issue is 2017, by 2022 you must show a valid seafarers medical (not required for Class 4) and qualifying sea time. The sheets for writing up your sea time can be obtained at your nearest Transport Canada Marine Safety office or online at [tc.canada.ca](http://tc.canada.ca).

Corner Brook	637-4390
Lewisporte	535-2503
St. John's	772-5167



# SERVICE AWARDS - 2022

## 40 Year Member

Claude Normore District 1

## 35 Year Members

Elzear O'Brien District 1  
 Roger Collett District 6  
 Joe Collett District 6  
 Roy Careen District 6  
 Robert Bennett District 7  
 Gordon McCarthy District 8  
 John Hann District 9

## 30 Year Members

Ricky Gibbons District 1 Alonzo Tobin District 9  
 Randy Ryan District 3 Martin Tobin District 9  
 Stephen Rowe District 7 Clayton Roy Ward District 10  
 Anthony Penton District 9 Roy Morey District 10  
 Rodney Gray District 9 Terry King District 10  
 Sean Penton District 9 Eugene Gray District 10

## 25 Year Members

Winston Normore District 1 Robert Green District 7  
 Garland Fowler District 1 Harry Squires District 8  
 Timothy Kearney District 2 Samuel Oliver District 8  
 Glenn Symmonds District 2 Randy Hicks District 9  
 Craig Symmonds District 2 Ross Hicks District 9  
 Dean Symmonds District 2 Alfred Locke District 10  
 Glen Andrews District 2 Danny Hoffe District 10



## 20 Year Members

Chad Strugnell District 1	Michael Power District 6	Mitchell Moulard District 9
Alton Rumbolt District 1	Eugene Careen District 6	Bradley Rideout District 10
Carl Ropson District 2	Christine Daley District 6	Maurice Noble District 10
Murray Lavers District 2	Matthew Daley District 6	Rodney Burton District 10
Wayne Pittman District 2	Darrell Lewis District 7	Glenn Hoffe District 10
Lott Ropson District 3	Glen Butler District 8	Bobby Noble District 10
Donna Cox District 4	Dwight Petten District 8	Terry Ryan District 10
James Hackett District 5	James Barrett District 8	Randy Randell District 10
John Farrell District 5	David Vardy District 8	Jeremy Ryan District 10
Neil Farrell District 5	Shawn Lynch District 9	Gregory Ryan District 10
Brian Careen Sr. District 6	Steven White District 9	Eugene Burton District 10

Volunteers Saving Lives  
on the water



Thank you to all of  
our volunteers



## **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 have saved lives as well as vessels. Make sure your pump is working before an incident occurs...not during!



## **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 left is a cormorant helicopter from 103 Gander performing a hoisting demo at a previous training seminar.

## **Identify as CCGA**



When communicating with the Joint Rescue Coordination Centre (JRCC) or the Maritime Rescue Sub Centre (MRSC) regarding maritime incidents or taskings, or any other matters, it is important to always **identify yourself as a Canadian Coast Guard Auxiliary Member.**



Pictured: Burin Tradition owned by Winston Pitcher Jr.

## **Weatherlore by the Month**

- ◆ Fog in January brings a wet spring
- ◆ Fog in February means frost in May
- ◆ When March has April weather, April will have March weather
- ◆ Moist April, clear June
- ◆ In the middle of May comes the tail of winter
- ◆ When it is hottest in June, it will be coldest in the corresponding days of the next February
- ◆ If the 1st of July be rainy weather, it will rain more or less for three weeks together



- ◆ If the first week in August is unusually warm, the winter will be white and long
- ◆ If on September 19th there is a storm from the south, a mild winter may be expected
- ◆ For every fog in October, a snow in the winter
- ◆ Flowers in bloom late in autumn indicate a bad winter
- ◆ A green Christmas, a white Easter





Canadian Coast Guard

Garde côtière canadienne

Director General

Directrice générale



April 16, 2023

To all Auxiliary and Royal Canadian Marine Search and Rescue Members:

On behalf of the Canadian Coast Guard, I want recognize the nearly 4,000 volunteers in your organization, and offer a heartfelt thank you for everything you do to save lives and help keep mariners safe from coast to coast to coast. Whether you are on the water or ashore, your dedication to the Canadian Coast Guard's search and rescue program is seen and appreciated.

The territory you cover is immense, often remote, and always challenging to navigate. Canada's area of responsibility for maritime search and rescue stretches over 5.3 million square kilometers, bordering some of the most rugged coastline in the world. And year round, you continue to answer the call, as your organization has been since 1978.

The theme for this year's National Volunteer Week is *Volunteering Weaves us Together*. Your individual contributions across the country strengthen the fabric of your communities and add to our resilience and success nationally. I am happy to take this opportunity to recognize and celebrate the collective impact of the thousands of volunteer hours you have given – you are essential partners in this mission.

Congratulations on another year well done, and thank you!

Sincerely,

Kathy Nghiem  
Director General, Response  
Canadian Coast Guard

Canada



# 2022 Training Seminar



# SERVICE AWARDS - 2022

## 5 Year Members

Joey Angnatok	District 1	Brian Petten	District 8
Leo Angnatok	District 1	Rachel Ollerhead	District 8
Terry Heard	District 1	Sidney Freake	District 9
Darryl Burdett	District 1	Terrance Hurley	District 9
Denley Burdett	District 1	Dwayne Hurley	District 9
Julia Crocker	District 3	Roy Street	District 9
Morris Brake	District 3	Newton Mitchell	District 10
Bonnetta Brake	District 3	Melvin Morey	District 10
Martin Caul	District 6	Lorna Noble	District 10
Peter Caul	District 6	Lyndon Small	District 10
Deborah Hayden	District 7	Lindsay Small	District 10
Thomas Dunne	District 7		

## 15 Year Members

Austin Ropson	District 2
Perry Savoury	District 4
James Daley	District 6
Warren Cooper	District 8
Paul Squires	District 8
Robert Hiscock	District 8
Clifford Cull	District 9
Brendan Martin	District 10
Dwayne Skinner	District 10

*Congratulations to all with  
heartfelt thanks!*

## 10 Year Members

Rod Pye	District 1	Tyler Pitcher	District 8
Shawn Dempster	District 2	Ryan Pitcher	District 8
Claude Genge	District 2	Randy Reardon	District 8
Gary Dobbin	District 2	Christopher Button	District 8
Frazer Scanlon	District 2	Mike Clarke	District 8
Morris Scanlon	District 2	Sheldon Dawe	District 9
Austin Cassell	District 2	Heather Starkes	District 10
Kurtis Kerrivan	District 6	Craig Bath	District 10
Dennis Bonnington	District 6	Scott Gray	District 10
Christopher Careen	District 6	Douglas Ward	District 10
Lindo Pitcher	District 8	Terry Ward	District 10



When the lucent skies of morning flush with dawning rose once more,  
And waves of golden glory break adown the sunrise shore,  
And o'er the arch of heaven pied films of vapor float.  
There's joyance and there's freedom when the fishing boats go out.



### **A reminder to Auxiliaries:**

*When taking part in an authorized activity such as a tasking or training, it is imperative that all paperwork and requests for reimbursement are returned to the office in a timely manner. We ask that all reimbursement requests be submitted within 90 days of the activity. Requests for activities taking place in January, February or March must be received at the office not later than March 28. Requests that are not submitted within these timeframes may be denied and/or may not longer fall within the budget period.*

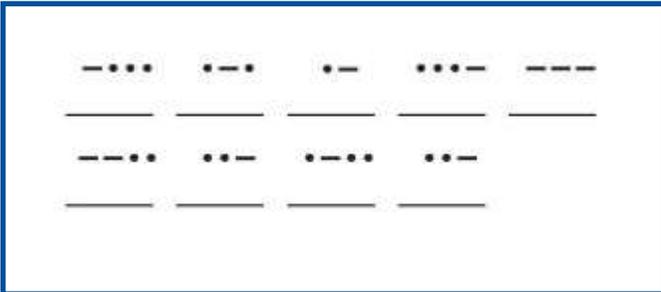




## Phonetic and Morse Code Alphabets

Morse Code was used for 160 years to relay messages to and from mariners all over the world. While it has been retired in favour of satellite communications, amateur radio operators still use it. The purpose of the phonetic alphabet is to ensure that letters are clearly understood even when speech is distorted or hard to hear. Below is the NATO phonetic alphabet and the Morse code alphabet.

Symbol	Code Word	Morse Code
A	Alfa	• —
B	Bravo	— • • •
C	Charlie	— • — •
D	Delta	— • •
E	Echo	•
F	Foxtrot	• • — •
G	Golf	— — •
H	Hotel	• • • •
I	India	• •
J	Juliet	• — — —
K	Kilo	— • —
L	Lima	• — • •
M	Mike	— —
N	November	— •
O	Oscar	— — —
P	Papa	• — — •
Q	Quebec	— — • —
R	Romeo	• — •
S	Sierra	• • •
T	Tango	—
U	Uniform	• • —
V	Victor	• • • —
W	Whiskey	• — —
X	X-ray	— • • —
Y	Yankee	— • — —
Z	Zulu	— — • •



### Home Remedies of Newfoundland and Labrador

- ⇒ Skin irritations - Tea brewed from the bark or leaves of the witch hazel tree (also known as the spotted alder and the yellow birch), when applied as a poultice, is believed to speed the healing of burns and soothe skin that's come in contact with stinger nettles. A remedy for sunburn involves pouring milk (at slightly less than room temperature) onto gauze and applying it directly to the affected area. To heal cracked or chafed skin, collect turpentine from pine trees and apply to affected area for rapid healing.
- ⇒ Fever - Steep two teaspoons of elderflower in one cup of water for 15 to 20 minutes. Strain and drink three times a day until the fever breaks.

We are on Facebook!

We have a Facebook page for members, check it out for news, updates, forms, pictures and more! Search for:

Canadian Coast Guard  
Auxiliary—NL Region



# 2022 Awards Banquet



## Canadian Coast Guard celebrates 60 years of service to Canadians

From: [Canadian Coast Guard](#)

### News release

January 26, 2022

**Ottawa, Ontario** - On January 26, 1962, the creation of the Canadian Coast Guard was announced. Since that day, the familiar red and white hulls of the Canadian Coast Guard fleet have become a part of our national heritage, a reassuring symbol of service and safety, a beacon of hope for mariners in distress and a source of pride for Canadians.

Through innovation and excellence, the Canadian Coast Guard has become a recognized leader in maritime services and safety, both nationally and internationally. Our employees are not only responsible for patrolling the world's longest coastline, but also for the safe passage of International ships in our waters, the boaters who navigate our lakes and oceans, and providing essential services to Northern communities.

Whether at sea or ashore, Canadian Coast Guard personnel are there for Canadians 24/7, 365 days a year. Employees carry out operations vital to coastal communities and marine industries, including search and rescue, environmental response, icebreaking, marine traffic control, and aids to navigation.

Our theme for this anniversary is "Celebrate the past. Navigate the future." Today, and throughout 2022, we are celebrating our employees and all of their accomplishments in the last 60 years, and focussing on how we can continue to evolve as a progressive, innovative organization by developing a diverse, highly trained, professional, and nimble workforce – for today and tomorrow. The continued renewal of our fleet, under the National Shipbuilding Strategy, will ensure that our employees have the modern vessels and equipment they need to carry out their important work protecting Canada's mariners as well as its waters, coasts and coastal communities, and to support economic growth.

Over the coming years, Canada will be growing our ocean and freshwater economy to create good, sustainable opportunities right across the country. With this growth, the Canadian Coast Guard will play an increasingly critical role in protecting our oceans and those who make their living from them by ensuring modern services that meet today's mariners' needs.

### Quotes

"As Minister of Fisheries, Oceans, and the Canadian Coast Guard, I invite all Canadians to mark the 60th anniversary of this iconic organization. Today—and every day—we celebrate the brave Canadian Coast Guard employees who respond to disasters or distress on Canada's maritime front lines, and who continue to rise to the challenges before them. Our recent investments in the Canadian Coast Guard are investments in Canada's future, and the actions we take today will make our country safer and stronger tomorrow."

The Honourable Joyce Murray, Minister of Fisheries, Oceans and the Canadian Coast Guard

"The 60<sup>th</sup> anniversary of the Canadian Coast Guard is an exciting time to celebrate who we are, what we've accomplished, and to reflect on our rich history. It's also a time to look ahead to the work we will continue to do in service of Canadians from coast to coast to coast, and where we are headed as an organization. I am excited for what the future holds for the Canadian Coast Guard."

Mario Pelletier, Commissioner, Canadian Coast Guard

### Quick facts

- Originally as part of the Department of Transport, the Canadian Coast Guard was declared a special operating agency of the Department of Fisheries and Oceans in 2005.
- Canadian Coast Guard operations are performed by 6,100 employees working tirelessly in four regions across the country: Atlantic, Central, Western, and Arctic.
- The Canadian Coast Guard is responsible for 123 ships, 23 cutting-edge helicopters, approximately 17,000 fixed and floating aids to navigation, and 183 marine communication towers.
- The Canadian Coast Guard College is a national maritime training facility that offers post-secondary education for students wishing to join the Canadian Coast Guard.



# 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](mailto:cbr@sarnet.dnd.ca) , or on the web @ [www.cbr-rcb.ca](http://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. ***Please help us keep the Beacon Registry accurate and up to date.***

### A Fisherman's Prayer

*I pray that I may live to fish, until my dying day*

*And when it come to my last cast, I then most humbly pray*

*When in the Lord's great landing net and peacefully asleep*

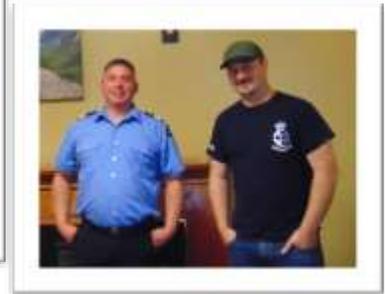
*That in His mercy I be judged big enough to keep.*



©MEL & JER CREATIVE



# 2022 Training Seminar Weekend



# FUN PAGE

## WORD SEARCH

B	A	S	T	A	R	B	O	A	R	D	B	O	E	C
T	A	G	A	Y	R	E	H	T	A	E	W	G	C	S
E	N	L	O	K	U	N	S	E	A	S	N	W	Y	T
Y	C	T	L	Z	A	Y	U	A	E	R	U	I	D	O
C	H	J	A	A	K	C	L	D	I	F	S	N	D	R
N	O	R	A	R	S	V	I	H	E	L	E	D	N	M
A	R	U	G	E	E	T	U	A	L	M	R	F	H	Y
Y	G	X	R	U	M	I	B	O	A	T	A	A	L	D
O	R	A	N	K	A	D	E	P	T	H	L	G	M	X
U	E	L	W	N	Y	U	T	A	O	L	F	W	O	C
B	B	A	F	M	D	N	J	E	M	T	X	E	O	Q
Q	E	F	I	N	A	V	I	G	A	T	I	O	N	R
A	C	E	R	E	Y	O	U	B	S	R	B	H	E	I
L	I	F	E	J	A	C	K	E	T	O	P	I	T	V
Z	P	M	A	R	I	T	I	M	E	S	P	O	R	T

### WORD SEARCH LIST

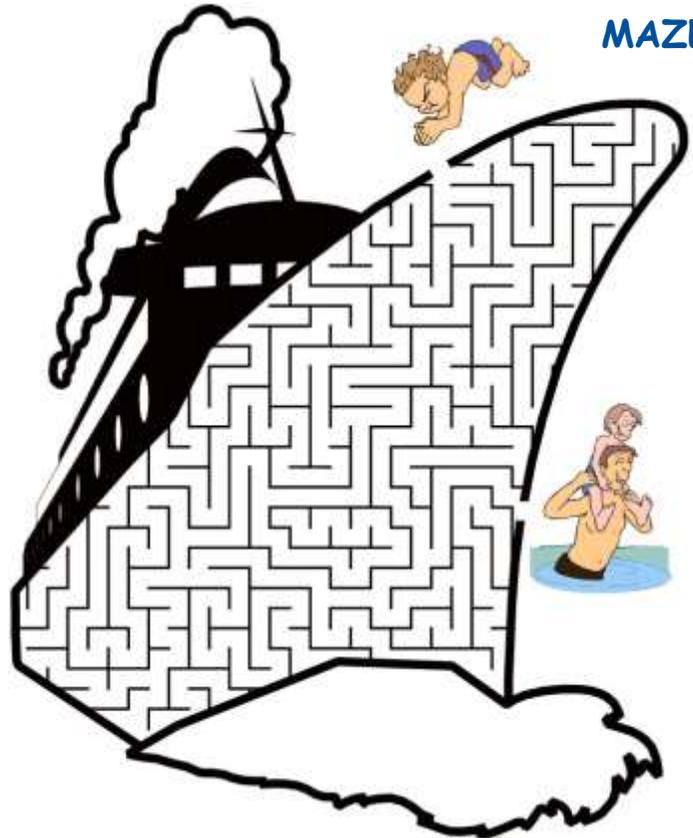
- |          |             |           |
|----------|-------------|-----------|
| anchor   | float       | port      |
| ballast  | iceberg     | rescue    |
| boat     | life jacket | starboard |
| buoy     | maritime    | stormy    |
| buoyancy | mast        | sunny     |
| depth    | may day     | tide      |
| fire     | moon        | weather   |
| flares   | navigation  | wind      |

## SUDOKU

		6	7		3	2		
	5	8	4				6	
4				9			7	1
8				3			5	4
		2	9		7	6		
6	3			4				9
1	8			6				7
	6				9	4	8	
		5	8		4	3		



## MAZE



## JUMBLE

Uncramble these words placing one letter in each square

G	R	I	B	C	E	E
		○			○	

S	R	A	L	F	E
○		○			

R	E	T	W	H	A	E
○		○				

P	H	T	E	D
○		○		

Now rearrange the circled letters to form the surprise answer below

○	○	○	○
○	○	○	○



## 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 use the form included in this package (also available on our Facebook page) to the office via fax, mail or email stating the number of 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](mailto:kelly.doody@ccga-nl.ca). Requests can be sent via fax at 709-772-4109, by email to [kelly.doody@ccga-nl.ca](mailto:kelly.doody@ccga-nl.ca) or by mail to CCGA-NL Inc., PO Box 938, St. John's, NL A1C 5M3. When requesting a Tax Credit Letter, please indicate how you wish to receive your letter and include your mailing address, fax number or email address as appropriate.

## INSURANCE - 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. 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 2022) in February. Please complete entirely and return as soon as possible if you have not already done so. Thank you.

## HAVE YOU MODIFIED YOUR VESSEL?

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)**



# LISTEN TO YOUR HEART

**"I'm ok by's... I've just strained a muscle.."** Did you ever hear someone say this before?

Not all heart attacks begin with a sudden crushing chest pain that you see in the movies. Some people don't have symptoms at all. Heart attacks that occur without any symptoms or with very mild symptoms are called silent heart attacks.

The symptoms of a heart attack can vary from person to person and even between men and women. Some people can have few symptoms and are surprised to learn they've had a heart attack. If you've already had a heart attack, your symptoms may not be the same for another one. It is important for you to know the most common symptoms of a heart attack and also remember these facts:

- Heart attacks can start slowly and cause only mild pain or discomfort. Symptoms can be mild or more intense and sudden. Symptoms also may come and go over several hours.
- People who have high blood sugar (diabetes) may have no symptoms or very mild ones.
- The most common symptom, in both men and women, is chest pain or discomfort.
- Women are somewhat more likely to have shortness of breath, nausea and vomiting, unusual tiredness (sometimes for days), and pain in the back, shoulders, and jaw.

The most common warning symptoms of a heart attack for both men and women are:

- Chest pain or discomfort. Most heart attacks involve discomfort in the centre or left side of the chest. The discomfort usually lasts for more than a few minutes or goes away and comes back. It can feel like pressure, squeezing, fullness, or pain. It also can feel like heart-burn or indigestion. The feeling can be mild or severe.
- Upper body discomfort. You may feel pain or discomfort in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach (above the belly button).
- Shortness of breath. This may be your only symptom, or it may occur before or along with chest pain or discomfort. It can occur when you are resting or doing a little bit of physical activity.
- Breaking out in a cold sweat
- Feeling unusually tired for no reason, sometimes for days (especially if you are a woman)
- Nausea (feeling sick to the stomach) and vomiting
- Light-headedness or sudden dizziness
- Any sudden, new symptoms or a change in the pattern of symptoms you already have (for example, if your symptoms become stronger or last longer than usual)

## What to do if this happens:

If you or someone aboard your boat has chest discomfort or other heart attack symptoms as listed, you should get into contact with the nearest Coast Guard radio station and make them aware of your situation. The crewmember should be placed at rest (semi sittings usually provides the most comfort) and avoid standing or walking. Loosen any tight or restrictive clothing at the neck, chest and waist. If they have no history of allergies or reactions to Aspirin (also called ASA), have them chew one regular tablet (or 2 low dose, 81mg) and let it dissolve in the mouth. This can lessen the damage caused by the heart attack.

***I encourage everyone to take a First Aid/CPR course. It's training that can save a life***



Glen Saunders  
Senior SAR Officer CCGA Renewal  
Canadian Coast Guard, Atlantic Region

## Reminder



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

CCGA-NL Fax  
709-772-4109



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

## Waterlines

We are always looking for new content! If you have news items, stories, accolades and/or photos 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  
Email: karen.obrien@ccga-nl.ca  
kelly.doody@ccga-nl.ca  
Fax: 709-772-4109



# Colouring Contest

Hey kids!

Are you ready 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 and all participants will receive acknowledgement.

- ◆ Up to 4 years
- ◆ 5-6 years
- ◆ 7-8 years
- ◆ 9 years and up

All entries must be received at the CCGA-NL office in St. John's no later than Friday, August 25, 2023.

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

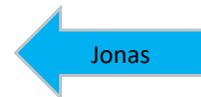


## 2022 Winners!

Ages up to 4	1st - Brooklyn Comerford 2nd - Ryder Pike	Ages 7-8	1st - Alaina Murphy 2nd - Dawson Heath
Ages 5-6	1st - Jonas Saunders 2nd - Emma Foley	Ages 9 and up	1st - Kevin Snook 2nd - Natalie Troy



Brooklyn



Jonas



Alaina



Kevin

