

# CCGA (NL) Inc. Water Lines



Picture taken in  
Joe Batts Arm, Fogo Island

## 2014 Newsletter

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**I**n September, 2014 a training seminar was hosted during the weekend of our annual general meeting. Members gathered together on Fogo Island for a weekend of Search and Rescue training. The weekend began on Friday, September 26, 2014 with the 36th Annual General Meeting held at the Fogo Island Inn in Joe Batts Arm. Registration for the training seminar was held Friday evening at the Inn.

On the morning of September 27th, members participated in a refresher on first aid techniques as well as Search and Rescue Operations. Lunch was hosted at Nicole's Café in Joe Batts Arm. After lunch members made their way across the street from Nicole's Café to attend the afternoon on water portion of the training with events such as Emergency Abandonment; Line Throwing; and, Diesel Pump Operations.

Despite the cold, wet, windy weather, the weekend was deemed a huge success by all who attended.



# 36th ANNUAL GENERAL MEETING

**T**he 36th Annual General Meeting of the Canadian Coast Guard Auxiliary (NL) Inc. was held on September 26th, 2014 at the Fogo Island Inn in Joe Batts Arm on Fogo Island.

**The Canadian Coast Guard was represented by:**

John Butler  
Assistant Commissioner  
CCG (Atlantic) Region

Ann-Margaret White  
Acting Director  
Maritime SAR  
CCG (Atlantic) Region

Mary Pye  
Administrative Officer  
CCG (Atlantic) Region

Harvey Vardy  
A/Superintendent  
Maritime SAR  
CCG (Atlantic) Region

Kevin Crewe  
Marine Coordinator  
JRCC Halifax  
CCG (Atlantic) Region

**The Canadian Coast Guard Auxiliary was represented by:**

Winston Pitcher—President, Director District 5  
Aidan Penton—1st Vice-President, Director District 9  
Ross Petten—2nd Vice-President, Director District 8  
Harry Strong—Secretary/Treasurer  
Marcel O'Brien—Director District 1  
Ron Pittman—Director District 2  
Howard Noel—Director District 3  
Wesley Snook—Director District 4  
Edward Bruce—Director District 6  
James Chidley—Director District 7  
Eugene Gray—Director District 10

Debbie Noseworthy—CCGA Regional Business Manager  
Kelly Doody—CCGA Regional Operations/Training Officer



*Pictured above (L-R) John Butler, Frank Kearney, Ron Pittman, Winston Pitcher. Mr. Kearney received his 35 year membership award.*



*Pictured above (L-R) John Butler, Aubrey Wells, Winston Pitcher. Mr. Wells received his 30 year membership award.*

## CCGA (NL) 2014-2015 EXECUTIVE OFFICERS

Winston Pitcher—President  
Aidan Penton—1st Vice President  
Ross Petten —2nd Vice President  
Harry Strong—Secretary/Treasurer

*There are only two ways to be contented;  
One is doing what you like,  
And the other is liking what you do.  
But you'll be contented longer with the latter.*

**SUPERSTITIONS:** *Eating a mixture of snails dissolved in salt, and inhaling the fumes of cow dung, were once thought to be cures for tuberculosis....*



# GREETINGS FROM THE PRESIDENT



**O**n September 26th, 2014, we hosted our annual general meeting at the beautiful and unique Fogo Island Inn in Joe Batts Arm on Fogo Island. It also marked my 25th consecutive year to be elected as President of CCGA (NL) Inc. It is a tremendous source of pride to be continually elected as your President. Together we have witnessed the CCGA (NL) Inc. grow and prosper to where it is today with a membership of 721 members and 341 vessels with a resale value of over \$196 million. We continue to provide a significant resource to augment the Search and Rescue system in our province.

Together with our weekend on Fogo Island, we held a training seminar on Saturday, September 27th. The morning portion of the training was held at the Fogo Island Inn. The afternoon portion of the training was held at the waterfront in Joe Batts Arm.



During this training seminar, members had an opportunity to enhance their Search and Rescue skills. At our banquet Saturday evening we honoured our 10, 25, 30, and 35 year members.

Although each year we celebrate our successes, we also find ourselves in a position of having to bid farewell to some of our members who have passed away. Our heartfelt sympathies to all families who have lost loved ones in 2014.

I would like to take this opportunity to offer sincere thanks to all our members and to wish you continued smooth sails and following seas.

*Winston Pitcher, President  
CCGA (NL) Inc.*

## 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 Joint Rescue Coordination Centre (JRCC) at 1-800-563-2444 of the damage, especially if the safety of the CCGA vessel and its crew is jeopardized. JRCC 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.

### Folk Remedies

- ◇ *To prevent nose bleed, tie a green ribbon around the neck.*
- ◇ *To help with constipation take 2 tablespoons of apple cider vinegar and 1 tablespoon of honey in a glass of warm water.*
- ◇ *Rinse a cloth in vinegar, then place cloth on your head to cure a headache.*
- ◇ *Place a raw garlic clove against your gum to ease a toothache.*

*There are two ways of spreading light....  
To be the candle, or,  
The mirror that reflects it!  
-Edith Wharton-*

## CSI's

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 CSI's are flagged in the Search and Rescue System and are considered unavailable for tasking.

If your vessel has been flagged and it participates 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 unavailable 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.



# Training Seminar 2014

A training seminar was held in Joe Batts Arm on Fogo Island in September, 2014. Members travelled to Fogo Island to partake of a full day of training. Training sessions consisted of Search and Rescue Planning, first aid practical, emergency abandonment, line throwing accuracy, and diesel pump operations.

The morning portion of the training seminar was held at the Fogo Island Inn with members partaking in events such as first aid and search and rescue operations. Members went to Nicole's Café for lunch and then went across the road to the Hr. Authority wharf to take part in the afternoon events. The afternoon events consisted of emergency abandonment, line throwing, diesel pump operations and marlin splicing.

Mid day saw the arrival of the Cormorant from 103 Rescue Squadron operating out of Gander. A demonstration took place depicting the retrieval of a man in the water.

At the end of the day, even though the weather was terrible, attendees noted that the training seminar was a huge success!!





# Message from the Acting Superintendent Maritime Search and Rescue Canadian Coast Guard—Atlantic Region

On behalf of the Search and Rescue Program of the Canadian Coast Guard in the Atlantic Region, I am very pleased to bring greetings to all members of the Canadian Coast Guard Auxiliary in Newfoundland and Labrador.

As a strong partner of the Canadian Coast Guard and an integral part of the National Search and Rescue program, you have undoubtedly recognised the changes that have taken place with the Canadian Coast Guard over the last few years. Under the leadership of our new Assistant Commissioner, Mr. Wade Spurrell, the CCG Atlantic Region will continue to modernize our resources both at sea and on shore which will enable us to more efficiently and effectively meet the needs of our clients. In April 2015, we completed the consolidation of the Marine Communication and Traffic Services (MCTS) Centres from St. John’s into MCTS Placentia and by September we will complete the consolidation of MCTS St. Anthony into MCTS Labrador. The number one priority of the Canadian Coast Guard remains the safety of mariners. The Coast Guard continues to support fishers, recreational boaters, and the oil and gas industry in Newfoundland and Labrador in cooperation with the Department of National Defence, the Canadian Coast Guard Auxiliary, and other partners.

Change is, at times, difficult – so I would like to thank each and every auxiliarist throughout the province for your continued unwavering support to the Canadian Coast Guard. In addition to the numerous search and rescue cases responded to by the auxiliary in 2014, we have collaborated on five full scale on water SAR exercises across the province.

As we move into the summer season, please be advised that JRCC Halifax can be reached directly at 1-800-563-2444 or via phone patch with your nearest MCTS Centre at the completion of your SAR tasking.

In closing, we are anticipating another busy year for the Search and Rescue Program in Newfoundland and Labrador. Therefore, I look forward to continued collaboration with each and every one of you as we work together to keep Canadian waters safe and secure.

Kind Regards,

Harvey Vardy  
A/Supt Maritime Search and Rescue  
Canadian Coast Guard Atlantic Region

## REMINDER!!

You are not on Authorized Activity unless you have been tasked by the Joint Rescue Co-ordination Centre (JRCC) in Halifax. Upon completion of the search and rescue tasking JRCC will issue you your incident number. If you do not receive the proper authorization, you are not entitled to any reimbursement, and more importantly, you are liable for any damage done to your vessel.

Remember to notify the Joint Rescue Coordination Center at **1-800-563-2444** before you proceed to a vessel requiring assistance, and upon returning to port. It is for your own protection.



Fisheries and Oceans Canada  
Pêches et Océans Canada  
Canadian Coast Guard  
Garde côtière canadienne



### Air/Sea Search and Rescue Détrousse Aérienne et Maritime

The Joint Rescue Coordination Centre (JRCC) Halifax  
Le Centre conjoint de coordination de sauvetage (Cccs) Halifax  
Maritimes: 1-800-565-1582  
Newfoundland and Labrador: 1-800-563-2444  
(Terre-Neuve et Labrador)  
International: 902-427-8200




### Trivia Tidbits



- ◇ An old English cure for whooping cough called for chopped hairs from a donkey’s back to be eaten on bread and butter....
- ◇ During WWII people could purchase ‘mock banana’ which was actually made from parsnips.



# SERVICE AWARDS—2014

**E**ach year CCGA (NL) Inc. honours its members for years of service. The 10, 25, 30 and 35 year members were invited to the annual banquet where their awards were presented. The dedication and continued support shown by you to Search and Rescue is greatly appreciated. Congratulations to all.

## CCGA (NL) Inc. 25 Year Members

CCGA (Newfoundland and Labrador) would like to commend the following Auxiliarists on being awarded 25 year service medals in 2014:-

### 10 Year Members

#### District 1

Garry Saulter  
George Saulter

#### District 5

Morley Peach

#### District 7

Raphael Croft  
Stan J. Bennett

#### District 8

Darren Spurrell  
Walter Drover Jr.  
Leonard Button  
Garry Squires  
Roland Strong  
David Johnson  
Derrick Le Shane

#### District 9

Andy Brown  
Terry Travers  
Jason C. Burton

#### District 10

Kirby Ropson  
Wilbert Bromley  
Ken Bromley  
Dion Rideout  
Robert Hurley  
Everett Roberts  
Robbie Randell  
Jamie Mouland  
Craig Ropson

#### District 1

Lloyd Normore  
Darrell O'Brien

#### District 2

Ben Foley  
Philip Foley  
Cyril Foley  
Felix Foley

#### District 3

James Boland

#### District 4

Gerald Courtney

#### District 5

Clayton Harris  
Alfred Pitcher

#### District 10

Chad Caravan  
Wade Burton

#### District 6

Kenneth King

#### District 7

Paul Dalton  
Alexander Day

#### District 8

Raymond Noonan  
Walter Piercey  
William Piercey  
Donald Barrett  
Harold Butler  
Wayne Morgan

#### District 9

Wade Mouland  
Brian Mouland  
Melvin Leyte



### 30 Year Members

#### District 2

Dwight Spence  
Christopher Foley  
Nelson Roberts

#### District 3

Bernard Hynes  
Andrew Hickey

#### District 4

Wesley Snook Sr.

#### District 5

Aubrey Wells

#### District 10

Keith Penney

#### District 6

Michael Norman

#### District 7

Joseph O'Brien  
Loyola O'Brien

#### District 8

Hayward Spurrell  
Maxwell Whalen

#### District 9

Harvey Mouland  
Tom Fennell  
Alphonsus Tulk  
Leo McGrath  
Jack Rowe



*Congratulations!*



## CCGA (NL) Inc. 35 Year Members

#### District 2

Francis Kearney

#### District 8

Alex Pike  
Glenn Petten

#### District 10

Chesley Coish  
James Woodworth



## DID YOU KNOW?

**A**n 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 Joint Rescue Coordination Centre. It is imperative that the JRCC 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 would not be reimbursed for the incident. More importantly, there would be no insurance coverage if damages were to occur during the prosecution of the incident.



Please remember, before accepting a tasking from the Joint Rescue Coordination Centre on behalf of the Canadian Coast Guard Auxiliary, advise the JRCC if there is no qualified Auxiliarist onboard.

### Grassroots Healing

- ⇒ The results of several surveys and tests have shown that rice contains properties that inhibit cancer growth, regulate blood sugar levels, and prevent kidney stones. Adding rice to your diet can also provide help with psoriasis.
- ⇒ Pumpkin seeds are useful for reducing an enlarged prostate and alleviating the symptoms.

## 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 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—2003, by 2008 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.

Clareville—466-4515  
Goose Bay—896-6190  
Marystown—279-2201

Corner Brook—637-4870  
Lewisporte—535-2503  
St. John's—772-6197

Information taken from TP2293E, Chapter 29

## Let Us Know If You:

- ◆ Sell your vessel
- ◆ Change your address or telephone number
- ◆ Remove your vessel from the water
- ◆ Increase the value of your vessel
- ◆ Operate in an area away from your home port
- ◆ Change Alternate Skippers
- ◆ Update your CSI
- ◆ Recertify your first aid

### Grassroots Healing

- ⇒ Dabbing a drop of white vinegar onto a fresh insect bite should take the sting and itch right out of it. A slice of lemon rubbed onto the skin also works on taking the itch out of mosquito bites.
- ⇒ To prevent heartburn—about 20 minutes before you sit down to a meal, take a ginger capsule.
- ⇒ Add a tablespoon of flaxseed oil to a glass of juice each day to ease the itch of psoriasis.



# Canadian Coast Guard Auxiliary

## 15, and 20 Year Members

The Canadian Coast Guard Auxiliary (NL) Inc. would like to congratulate the following members on their 15 and 20 years of continued dedication and service:-

### 15 Year Members

Urias Normore, L'anse au Loup	Sheldon Morris, Goose Bay
Alvohn Pilgrim, Griquet	Tim Pilgrim, Griquet
Eddy Cassell, St. Anthony	Randy Crocker, Trout River
Audrey Snook, Hr. Breton	Corey Courtney, Francois
Jerome Hartery, St. Alban's	Henry Dollimount, Rose Blanche
Shane Fudge, Burin	Richard Hennebury, Lord's Cove
John Hennebury, Lord's Cove	James Hennebury, Lord's Cove
Keith Drake, Lawn	Rhoda Slade, North Harbour
Calvin Young, Pt. Lance	Allan Nash, Pt. Lance
Joseph Linehan, Mt. Carmel	Gerard Grace, O'Donnells
David Boutcher, Little Hr. East	Romuald Dalton, Admiral's Beach
Gerard Chidley Jr., Mobile	Derrick Day, Portugal Cove
Jeffrey Piercey, Carbonear	Garfield Tippett, Catalina
Cory Porter, Port de Grave	Dennis McEntegart, Blaketown
James Thorne, Chance Cove	Elwood Newhook, Long Cove
William Newhook, Long Cove	Stanley Jolliffe, Old Perlican
Lorne Jolliffe, Old Perlican	Samuel O. Lambert, Southport
Bennett Butler, Bonavista	Reginald Butler, Bonavista
Dean Moulard, Musgrave Hr.	Travis Jacobs, Joe Batts Arm
Derrell Tulk, Aspen Cove	Dean Weir, Springdale
Lorraine Morey, La Scie	Junior Ward, La Scie
Rodger Winsor, Roberts Arm	George Ryan, La Scie
Jeffrey Ryan, La Scie	

### 20 Year Members

Edwin Heard, Cartwright  
 Gordon Brown, Cartwright  
 Elvin Normore, L'anse au Loup  
 Larry Cull, Englee  
 Ronald Patey, Englee  
 Allan Sheppard, York Harbour  
 Winston Pitcher Jr., Burin Bay Arm  
 Anthony Barry, St. Brides  
 William Bursey, Mt. Pearl  
 Gerard Chidley Sr., Renewes  
 Darrell Pine, CBS  
 Sylvia Petten, Port de Grave  
 Max Glenn White, Catalina  
 Arthur White Jr., Valleyfield  
 Rick Wells, Jackson's Arm  
 Jabez Wells, Jackson's Arm  
 Fred Ryan, La Scie  
 Austin Freake, Lewisporte

#### Trivia Tidbits

- ⇒ *The largest of all crabs is the Japanese spider crab. It has a span of more than three metres (10 feet) from claw tip to claw tip and could wrap its claws around two or three men.*
- ⇒ *A litre of vinegar is heavier in winter than in summer.*



# CCGA BOARD OF DIRECTORS 2014 / 2015

**E**ach year, as active members of the Canadian Coast Guard Auxiliary (Newfoundland and Labrador), you are asked to vote for a Director to represent your District. The following people were elected by you for 2014 / 2015:-

District 1—Marcel O'Brien, 927-5540

District 2—Ronald Pittman, 866-2505

District 3—Howard Noel, 453-2458

District 4—Wesley Snook, 885-2422

District 5—Winston Pitcher, 891-1150

District 6—Edward Bruce, 228-2386

District 7—James Chidley, 363-2931

District 8—Ross Petten, 786-6402

District 9—Aidan Penton, 235-1547

District 10—Eugene Gray, 675-2080

## REMINDER

Send in Your:

⇒ Renewal Form

⇒ Voting Form

⇒ Incident Report Form



*Renewals are forwarded each year in January and are due back by the end of March.*

*Voting usually occurs in July / August and is conducted by mail-in ballot. Members will not be sent out a second voting form if the first one is misplaced.*

*Incident Report Forms are due upon the conclusion of a search and rescue tasking.*

⇒ About 120 barrels of oil can be made from the blubber of a large blue whale.

⇒ A few drops of black paint added to a tin of white paint will make it even whiter.



## 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 coverage's.

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.



# Rescued at Sea

On November 18, 2013 a 19-foot speedboat with 2 people on board became disabled when the gearbox was lost. The two men on board were stranded at sea in an oncoming storm. There was no way to manoeuvre the speedboat. With the increase in winds and swells, the speedboat started to drive towards land. There was no cell phone coverage in the area at the time. The two people on board tried reaching an inlet by using the boat's only paddle. The paddle cracked off and they drifted past the inlet, towards Conche. The wind changed direction and started to push the speedboat up into the rocks. It was too rough to even abandon the boat and try to make it to shore. The two gentlemen implemented their last line of defense. They threw out a small grapple that was onboard. They had no hopes of the grapple holding, but it did. Darkness was setting in and they could see the lights of Conche in the distance.

In order to try and get the attention of the residents of Conche, a spare lifejacket was set on fire and put afloat. A lunch pale was cut down and filled with gas. They took a five gallon can, cut the side out of it, set it adrift, and caught that on fire. It all went unnoticed. Four boxes of shells were fired off. They got a bulb, wired it to a battery, and started cupping their hands around the bulb to signal distress. Both were very scared and figured this was the end for them.



Ralph Randell, owner of the 'White Star I' had been keeping an eye out all day for the two hunters that were overdue. When darkness set in, Ralph started to get worried. He called the Joint Rescue Coordination Centre in Halifax and volunteered to go searching. Ralph called together his brothers and the three set out to search for the 19 ft. speedboat.

Heading north, past Englee, Kevin, Ralph's brother, who had been on watch at the head of the boat, saw a light flickering in the distance. The White Star I headed in that direction and sure enough, the two stranded hunters were located.

*Three Randell brothers received the Coast Guard Auxiliaries highest honour during a banquet held in Joe Batts Arm, Fogo Island during the weekend of September 26-27, 2014.*

*Due to the magnitude of the efforts performed by Ralph Randell, Kevin Randell, and Keith Randell, the three were presented with the CCGA Heroism Medal. This is only the second time this medal has been awarded in Canada.*

Immediate action was required so the brothers from the White Star I rigged up a 60-inch float with rope to tie to the stranded boat. After several tries the two stranded hunters were finally able to grab the float. Because of being so close to the cliffs, the White Star I had to maneuver towards the speedboat head on.

The waves had to be timed with the rise and fall of the speedboat in order to extract the two hunters.

Five hours after the successful search began, the White Star I headed back to shore with the two grateful hunters on board and the 19 ft. speedboat in tow.

⇒ *As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.*

*-John F. Kennedy-*



# BEACON REGISTRY

The Canadian Beacon Registry is an integral part of COSPAS-SARSAT, the search and rescue satellite system designed to provide distress alert and location data to search and rescue authorities.

When a 406 MHz emergency beacon signal is received, search and rescue authorities at CMCC can retrieve information from a registration database. This includes beacon owner contact information, emergency contact information, and vessel/aircraft identifying characteristics and equipment. Having this information allows search and rescue services to respond appropriately.

It is mandatory for all 406 MHz ELT's (Canadian Aviation Regulations 605.38) and EPIRB's (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*. You can add or update your emergency beacon information online, by faxing or e-mailing a completed registration form, or by speaking to a representative. *Registering your beacon helps to eliminate false alarms, which divert search and rescue resources away from genuine emergencies.*

*Once an expired EPIRB has been replaced, the old EPIRB has to be unregistered and the new one registered. The expired EPIRB should be returned to the place of purchase for proper disposal. If this is not possible, the battery must be removed and the circuit board destroyed.*

## 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)

## First Aid Training

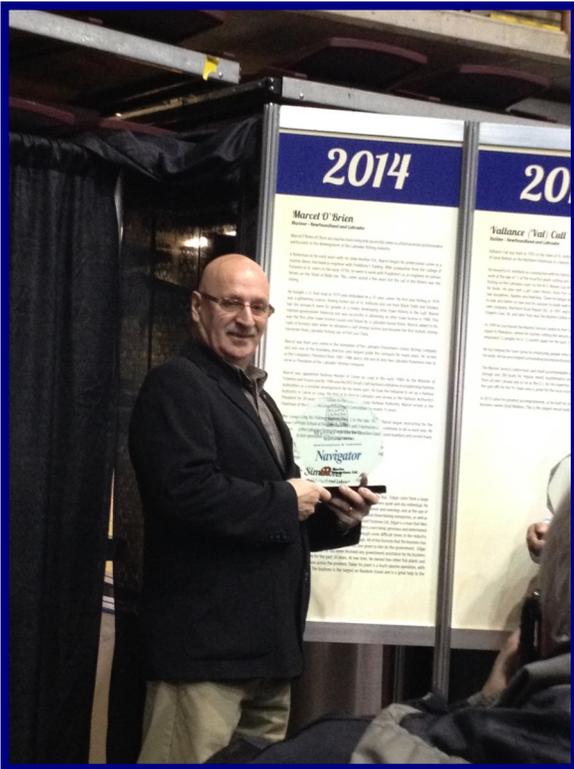
The Marine Personnel Regulations require that, at least one person be designated to provide first aid on board each fishing vessel. This person must hold, at least, a valid Marine Basic First Aid training certificate or a valid first aid certificate from a two-day first aid course recognized by a province or a territory.



Setting up First Aid Practical

The winds of the daytime  
Wrestle and fight.  
Longer and stronger  
Than those of the night.





Pictured above Marcel O'Brien, Director District 1, was inducted into the Atlantic Canada Marine Industries Hall of Fame as a Mariner. A Presentation took place at the Fish & Workboat Show held at Mile One in St. John's in November, 2014.



The actions of the three Randell brothers from Bide Arm didn't go unnoticed. In addition to the CCGA Heroism Award presented—The Navy League of Canada presented a National President's Commendation for the White Star I crewmembers.

The Commendation was the only such award given out for the year.

Only as high as I reach  
 Can I grow.  
 Only as far as I seek  
 Can I go.  
 Only as deep as I look  
 Can I see.  
 Only as much as I dream  
 Can I be.



Mr. John Butler, Assistant Commissioner, Canadian Coast Guard—Atlantic Region, retired after many years of dedicated service.

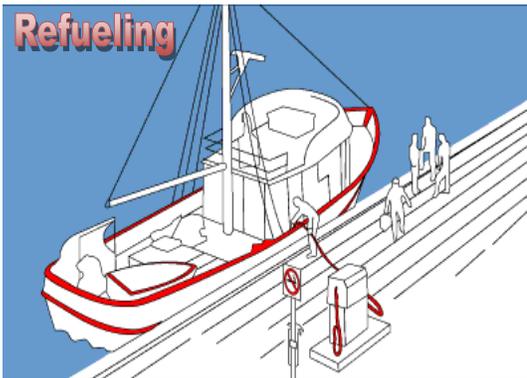
John has always been a staunch supporter of the Canadian Coast Guard Auxiliary, especially in the Newfoundland & Labrador region. John's first order of business when he retired was to join the Coast Guard Auxiliary in Newfoundland & Labrador.

The Canadian Coast Guard Auxiliary whole heartedly welcomes John, his wife Jean, and their boat 'Silver Apple' into the CCGA (NL) Inc.

**Superstitions**

- ⇒ *It is bad luck to enter a house through one door and leave through another.*
- ⇒ *Putting an item of clothing on inside-out will change the weather.*
- ⇒ *Crush egg shells before tossing them overboard so that witches can't use them as boats to get to your vessel.*





- ⇒ Moor vessel securely. Make sure an extinguisher is nearby.
- ⇒ Shut off engine. Anyone not involved is to leave the vessel.
- ⇒ Extinguish all open flame, including cigarettes.
- ⇒ Turn off exposed lights.
- ⇒ Close hatches, doors and ports. Take portable tanks ashore.
- ⇒ Don't use electrical switches.
- ⇒ Ground the filler nozzle against the filler pipe. Do not overfill tank.
- ⇒ Wipe up any spills. Ventilate cabins and enclosed spaces.
- ⇒ Check for vapour odours.
- ⇒ Start engines and allow crew to reboard.

The Canadian Coast Guard provides 24-hour monitoring on VHF Channel 16 (156.8 MHz) and on MF 2182 KHz. These channels are used for DISTRESS AND CALLING ONLY.

In a life-threatening distress situation, select VHF Channel 16 or MF 2182 kHz. Repeat "MAYDAY" three times, then state:

- the name of your vessel
- your position
- the nature of your distress
- your radio call sign
- the number of persons on board
- the assistance you need
- If equipped with DSC, you should precede the "MAYDAY" call with a DSC distress alert
- Activate your 406 MHz EPIRB



Listen for a response, and repeat the message until you receive an answer.

If there is no immediate danger to life or property, repeat "PAN PAN" three times instead of "Mayday." Information on marine radio procedure is available from Transport Canada or the Canadian Coast Guard.

*Words and their meanings*

*Duff—pudding of flour, fat pork, and molasses.*

*Frankum—hardened gum of spruce tree used as chewing gum.*

*Gandy—a pancake*

*Nish tender—easily injured*

*Sloo—To get out of the way*

*Twig—to catch a meaning.*

**REMINDER**



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



CCGA (NL) Fax  
(709) 772-4109/4439



JRCC Halifax  
1-800-563-2444

*The fish are eating the rocks—the fish are plentiful close to shore.*

*Your paws will never maintain your jaws—you will never earn enough to support yourself.*

*A new broom sweeps clean, but it takes an old one for the corners.*

*Hop your carcass here—come this instant.*

**THE NEWSLETTER**

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

Editor  
Auxiliary Newsletter  
c/o CCGA (NL) Inc.  
P.O. Box 938, Station "C"  
St. John's, NL  
A1C 5M3

Your contribution would be greatly appreciated.



# “Practice Makes Perfect”

(as written by Neil Peet, CCG)

“Mayday, Mayday, Mayday, we are taking on water and sinking! We are an open boat with three souls onboard, please help us!”

Sadly, this scenario plays out far too often here in Atlantic Canada. When that call comes in, we need to be ready and up to the task and that means everybody from the Joint Rescue Coordination Center, the Marine Communications and Traffic Service Centers, our Coast Guard Fleet, Search and Rescue Aircraft from the Royal Canadian Air Force, volunteer vessels and aircraft from the Canadian Coast Guard Auxiliary and the Civil Air Search and Rescue Association to our police, fire, ambulance and ground SAR support services on shore. Search and rescue is not about one particular organization, it’s about bringing the right assets to bear, at the right place, at the right time, to save a life! To fine-tune this orchestration, we not only need effective plans, we need to train and to exercise all facets of a coordinated response effort.

And during the ice-free navigation season, these plans are tested and exercised throughout the waters of Atlantic Canada. They can be as simple as a scenario involving only one or two rescue units searching for a missing boater in a small area, to a major, multi-jurisdictional effort involving the evacuation of a cruise ship that is on fire.

Typically, Coast Guard SAR Preparedness Officers with support from Canadian Forces personnel script a story, stage the scene, plant the search objects and “raise the curtain” on a life-like scenario. Strategically placed Exercise Evaluators throughout the search area critique the response effort from pre-hospital emergency care to search and evacuation techniques and use the “lessons learned” to fine tune future response efforts and to improve on training and equipment provided to rescuers.

“Newfoundland and Labrador has a vast, unforgiving maritime environment and with a 16 ship fleet, the Canadian Coast Guard cannot be first on the scene of every maritime SAR occurrence. That’s why we depend on the Canadian Coast Guard Auxiliary with their nearly 400 boats and 1000 members,” says Harvey Vardy—Acting Superintendent of Maritime Search and Rescue on Canada’s East Coast. “They are a huge asset to the Federal SAR system and almost 30% of the time, they are the ones taking care of business in Newfoundland and Labrador. That’s why the CCGA is such a vital component of our on-water SAR exercising program.”

Such was the case in 2014 when the CCGA participated in SAR exercises in Conception Bay, the Fogo Island / Change Islands area, Notre Dame Bay, Bay of Islands and on the Burin Peninsula.

Not only are CCGA vessels available to us when the chips are down, you also make yourselves available during the busy fishing season when we are at the peak of our exercising program. Frequent joint training means efficient joint operations and the Coast Guard and the Royal Canadian Air Force are very thankful for the fact that you recognize the significance and importance of this!

In Summer and Fall of 2015, the Canadian Coast Guard is planning exercises for the South Labrador Coast, the South West Coast, South Coast and North East Coast and as our official partner in search and rescue the Canadian Coast Guard Auxiliary will, as always, play a key role in this exercising program.

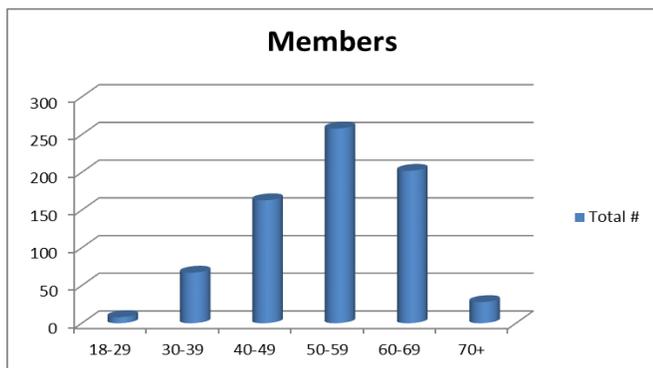


# MARINE FIRST AID

(as written by Dave Griffiths, CCG)

## An Ounce of Prevention

As the population ages we face ongoing challenges to our health. The good news is that with regular checkups and routine planning, we can minimize the influences normal aging brings.



A recent survey of our membership shows the average age of members has increased dramatically over the years and now stands at about 50 plus. Those of us who have attained this milestone (and I reached it 2 years ago) know that as with anything, with greater age comes greater maintenance.

Two of the greatest risks faced by those over 50 are diabetes and high blood pressure.

In both cases, early signs may be absent or minimal. High blood pressure has often been called “the silent killer” as there are little or no warning signs. Left untreated, both conditions can cause long term complications including heart disease, stroke and even kidney failure.



Annual visits to the family doctor can help determine if we are at risk and provide guidance in maintaining a healthy lifestyle. That includes keeping active, watching our weight and diet, limiting alcohol and avoiding smoking. Some of us carry the extra challenge of family history of either diabetes or high blood pressure, making it even more important to get checked regularly at an earlier age (i.e.40+).



For further information on high blood pressure you can visit this website [www.hypertension.ca](http://www.hypertension.ca) and for information on diabetes [www.diabetes.ca](http://www.diabetes.ca).

### Superstitions

- ⇒ If you catch a falling leaf on the first day of autumn you will not catch a cold all winter.
- ⇒ To dream of yarn shows you will soon become the wife of a wealthy man.





# Kid's Coloring Contest



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, 2nd and 3rd prizes will be awarded in each of the following age groups:

Up to 4 years      5-6 years      7-8 years      9 and over

All entries must be received at the CCGA (NL) office in St. John's no later than Friday, July 17, 2015.

Please send your entry to:

Colouring Contest  
c/o CCGA (NL) Inc.  
P.O. Box 938, Station "C"  
St. John's, NL A1C 5M3



Ages up to 4

1st—Bella Ryan  
2nd—Emily Fry  
3rd—Nicholas Bungay

Ages 5-6

1st—Allison Tippet  
2nd—Noah Whyte  
3rd—Quinn Griffiths



Ages 7-8

1st—Abby Barney  
2nd—Janaya Pittman  
3rd—Tommy Sargent

Ages 9 and over

1st—Cameron Dempsey  
2nd—Bailey Payne  
3rd—Amber Bonnington

