



2016 Newsletter CCGA (NL) Inc.

Waterlines

In October, 2016, the 38th annual general meeting took place in Port Aux Basques, at the St. Christopher's Hotel. This was coupled with a training seminar whereby members gathered together in Port aux Basques for a weekend of Search and Rescue training. Registration for the training seminar was held Friday evening at the St. Christopher's Hotel.

On the morning of October 1st, at the St. Christopher's Hotel, members participated in a refresher on first aid techniques as well as Search and Rescue operations. The afternoon sessions were held at the Port aux Basques Marina. The events that took place included line throwing, dewatering pump operations, and marine evacuation.

The weekend was deemed a huge success by all who attended. It gave members an opportunity to refresh their Search and Rescue skills in an engaging learning environment.

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38th ANNUAL GENERAL MEETING

The 38th Annual General Meeting of the Canadian Coast Guard Auxiliary (NL) Inc. was held on September 30th, 2016 at the St. Christopher's Hotel in Port aux Basques, 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
 Ron Pittman—Director District 2
 Howard Noel—Director District 3
 Wesley Snook—Director District 4
 Winston Pitcher—Director District 5
 Rom Dalton—Director District 6
 Eugene Gray—Director District 10

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



The Canadian Coast Guard was represented by:

E. Wade Spurrell
 Assistant Commissioner
 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



Pictured above (L-R) Harvey Vardy, Rom Dalton, Ed Bruce, and Aidan Penton. Mr. Bruce received his 35 year membership award.



Pictured above (L-R) Harvey Vardy, Glen Best, Aidan Penton. Mr. Best received his 25 year award.

CCGA (NL) 2016-2017 EXECUTIVE OFFICERS

Aidan Penton—President
 Marcel O'Brien—1st Vice President
 Ross Petten —2nd Vice President
 James Chidley—Secretary/Treasurer

*A rainbow in the Eastern sky,
 The morrow will be fine and dry.
 A rainbow in the West that gleams,
 Rain tomorrow falls in streams.*

SUPERSTITIONS: Whistling upon a ship is considered bad luck. Doing so is said to anger the wind itself, and will bring about a storm.



GREETINGS FROM THE PRESIDENT



In September of 2016, our 38th annual general meeting took place at the St. Christopher's Hotel in Port aux Basques.

This marked my first full year as President of CCGA (NL) Inc. It is an honour and a privilege to be elected as your president. Together, we have witnessed the CCGA grow and prosper.



We can boast a membership of 711 members, 340 vessels with a resale value of over 191 million. We continue to provide a significant resource to augment the Search and Rescue system in our province.

Coupled with this AGM weekend, we held a training seminar at the marina in Port aux Basques. During

this training seminar, members had an opportunity to enhance their search and rescue skills.

At our annual general meeting banquet in October of 2016, we honoured our 10, 25, 30, and 35 year members.

Although each year we celebrate our successes, we also find ourselves 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 2016.

Allow me to take this opportunity to offer sincere thanks to all our volunteers and to wish you continued smooth sails and following seas.

*Aidan Penton President
CCGA (NL) Inc.*

*The world is hugged by the
faithful arms of volunteers.
-Everett Mamor-*



Floaters—Men who fished from the schooners using cod traps rather than jiggers.

Frape—A rope with blocks to moor a boat.

Scuttlebutt—A butt was a barrel. Scuttle meant to chop a hole in something. The **scuttlebutt** was a water barrel with a hole cut into it so that sailors could reach in and dip out drinking water. The **scuttlebutt** was the place where the ship's gossip was exchanged.

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.

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.



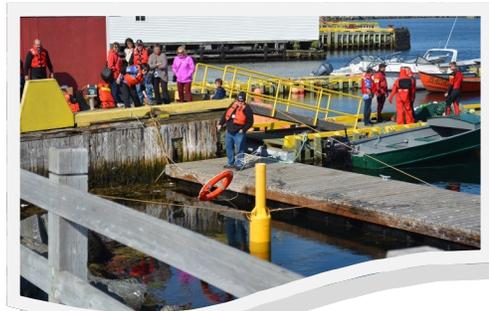
Training Seminar 2016

A training seminar was held in Port aux Basques in October, 2016. Members travelled to Port aux Basques to partake of a full day of training. Training sessions consisted of search and rescue planning, first aid practical, marine evacuation, line throwing accuracy, and diesel pump operations.

The morning portion of the training seminar was held at the St. Christopher's Hotel, where members took part in the first aid and the search and rescue operations portion. After lunch, members went to the Port aux Basques Marina to take part in the afternoon events.

Mid afternoon saw the arrival of the Cormorant from 103 Rescue Squadron from Gander. A demonstration took place on the water in the harbour.

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



Greetings from the Superintendent Maritime Search and Rescue Programs

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 recognized the changes that have taken place with the Canadian Coast Guard over the last few years. Under the leadership of our Assistant Commissioner, Captain 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. The number one priority of the Canadian Coast Guard remains the safety of mariners. The Coast Guard, in cooperation with the Department of National Defense, the Canadian Coast Guard Auxiliary and other partners, continues to support fishers, recreational boaters, and the oil and gas industry throughout Newfoundland and Labrador.



The CCGA-NL has responded to 25% of all maritime search and rescue incidents in Newfoundland and Labrador in 2016. In addition to responding to actual search and rescue cases, the auxiliary members have spent numerous hours training and participating in multi-agency exercises throughout the province. Not only is this training and exercising beneficial to the auxiliary but it provides an opportunity for all partners to hone our SAR skills in preparation for real-time emergencies. The dedication and spirit of the auxiliary to promoting safety at sea is truly impressive.

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

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

Kind regards,

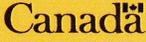
Harvey Vardy
Superintendent Maritime Search and Rescue
Canadian Coast Guard Atlantic Region



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

Air/Sea Search and Rescue Détresse 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



REMINDER!!

You are not on Authorized Activity unless you have been tasked by the Joint Rescue Coordination 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.

Superstitions

- ◆ **FOOT**—If the bottom of your right foot itches, you are going to take a trip
- ◆ **EARS**—If your right ear itches, someone is speaking well of you; If your left ear itches, someone is speaking ill of you.
- ◆ **HAND**—If the palm of your right hand itches it means you will soon be getting money; If the palm of your left hand itches it means you will soon be paying out money.
- ◆ **NOSE**—If your nose itches, someone is coming to see you. If it's the right nostril, the visitor will be a female, left nostril, male.
- ◆ **TONGUE**—If you bite your tongue while eating, it is because you have recently told a lie.



SERVICE AWARDS—2016

Each 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.

10 Year Members

District 4

Charles Courtney

District 9

Jason Gillingham
Lee Pond
Roger Little

District 6

Michael Dalton

District 10

Craig Ward

30 Year Members

District 5

Winston Pitcher Sr.
Donald Paul
Morris Fudge

District 8

Albert Johnson

District 9

Robert Gill

District 6

Dave Slade

District 10

Ronald Rideout

District 7

Ivan Burton

35 Year Members

District 6

Philip Dohey

District 9

George Jacobs
Morley Rowe

District 8

Clyde Simmons



25 Year Members

CCGA (Newfoundland and Labrador) would like to commend the following Auxiliarists on being awarded 25 year service medals in 2016:-

District 2

Jerome Kearney
Ron Pittman

District 9

Jerry Best
Glen Best
Austin Reid
Robert Harnett
Aidan Penton
Jerry Penton

District 7

David Croft
Eugene Brothers

District 8

Ivan Petten
Tony Oliver
Bruce Layman
Barry Harris
David Newhook
Jerry Newhook

District 10

Billy Greenham
Jack Greenham
Clyde Noble
Cecil Ward



Pictured above (L-R) Harvey Vardy, Clyde Noble, and Aidan Penton. Mr. Noble received his 25 year membership award.



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

Eldred Burden, Port Hope Simpson
 Alex Turnbull, Charlottetown
 Dino Dredge, Black Duck Cove
 Muriel Crocker, Trout River
 Joseph Brake, Trout River
 Joseph Vater, Frenchman's Cove
 Philip Poole, Belleoram
 Sidney Stephen Poole, Belleoram
 Russell Cox, Wreck Cove
 William Bowles, Burgeo
 Shawn Bowles, Burgeo
 Harry Upshall, Baine Harbour
 Charles Upshall, Baine Harbour
 Simeon Forsey, Fortune
 Ross Kenway, Baine Harbour
 Paul Hayden, Cape Broyle
 Scott Blackwood, Greenspond
 Junior Fudge, Miles Cove
 Wade Russell, Deer Lake
 Keith Pittman, Deer Lake

William Flaherty, St. Phillips
 Peter Hammond, Catalina
 Roger Hammond, Catalina
 Glen Crane, Coley's Point
 Douglas Thomas, Hillview
 Wesley Stringer, Hillview
 Carl Hopkins, Old Perlican
 Curtis Pynn, Carbonear
 Jamie Goodyear, Lumsden
 Eugene Goodyear, Lumsden
 Glen Hicks, Musgrave Harbour
 Wayne Hicks, Musgrave Harbour
 Calvin Pickett, Centreville
 David Pickett, Centreville
 Owen Pickett, Centreville
 Kevin Blackwood, Greenspond
 Tony Ward, La Scie
 Ivan Woodworth, Point Leamington
 Danny Curtis, La Scie

20 Year Members

Irving Powell Sr., Charlottetown
 Llewellyn Burt, Charlottetown
 Jerry Ryland, L'anse au Loup
 Dorman Caines, Bartlett's Harbour
 Ross Francis, LaPoile
 Paul Wells, Fortune
 William Hickey Sr, Southern Harbour
 Paul Rodgers, Old Perlican
 Jeffery Heath, Seldom
 Ambrose Harnett, Seldom
 Derrick Bath, Durrell
 Victor Barrett, Fleur de Lys
 Dwayne Barrett, Fleur de Lys
 Robert Randell, Herring Neck

Trivia Tidbits

- ◆ *If a bee enters your home, it's a sign that you will soon have a visitor. If you kill the bee, you will have bad luck, or the visitor will be unpleasant.*
- ◆ *If the first butterfly you see in the year is white, you will have good luck all year.*
- ◆ *A cat onboard a ship is considered to bring luck.*
- ◆ *If a young girl catches a ladybug and then releases it, the direction in which it flies away will be the direction from which her future husband will come.*
- ◆ *A wish made upon seeing the first robin in spring will come true - but only if you complete the wish before the robin flies away*
- ◆ *Seeing a spider run down a web in the afternoon means you'll take a trip.*



DID YOU KNOW?

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 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.



Pictured above: Little Eagle, owned by Eldon Petten

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.

Port aux Basques—466-4515 Corner Brook—637-4870
Goose Bay—896-6190 Lewisporte—535-2503
Marystown—279-2201 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

Monster of the Deep

In July of 1874, the 150-ton schooner called the Peril, was attacked by a giant squid south of Newfoundland. The beast attacked the Peril after its captain fired at it. It responded by wrapping its huge tentacles around the masts, pulling its humungous body aboard the ship, and then slipping off the other side, causing the schooner to capsize. The story was a headline in various newspapers in America in 1874, attempting to warn people what terrors dwelled in the sea.

Weatherlore

- ⇒ *When gull's fly high, stormy weather is nigh.*
- ⇒ *When distant hill's appear, rainy weather is on its way.*
- ⇒ *When the bees crowd out of their hive, the weather makes it good to be alive. When the bees crowd into their hive again, it is a sign of thunder and of rain.*



CCGA BOARD OF DIRECTORS 2016/2017

Each 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 2016/2017:

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—Rom Dalton, 691-7284

District 7—James Chidley, 363-7502

District 8—Ross Petten, 786-6402

District 9—Aidan Penton, 682-2162

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.

In 1912, a creature tried to climb aboard a dory in the St. John's Narrows. The creature resembled a beautiful woman, with beautiful blue hair, and a fish tail that measured 15 feet long. 150 years earlier, a similar creature was spotted in St. John's Harbour, and was believed to be a mermaid.

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.



On-Water Training

As part of our training program, CCGA (NL) Inc. assists the Department of National Defense with their training program by providing member vessels throughout the Island to take part in On-Water Training with 103 Squadron from Gander. Pictured to the right is the CCGA (NL) vessel Roberts Sisters II taking part in a training exercise in St. John's.



*Coming together is a beginning,
Keeping together is progress,
Working together is success.
-Henry Ford-*

Diesel Pumps

In 2015 diesel pumps were distributed to some vessels in each district for use in SAR Incidents. We have had several back for servicing. Some suggestions were made as the pumps were not in overall good condition:

- Make sure all water is drained from the pump and hoses before storage. Rust is occurring on the frame and mounts which is causing corrosion.
- Check the box in which the pump is housed to make sure there isn't any standing water.
- Check the pump at least twice a year to make sure it is in good working condition.

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

Meeting steamers do not dread.
When you see three lights ahead,
Starboard wheel and show your red.
Green to green or red to red,
Perfect safety, go ahead.
When to starboard red is near,
'Tis your duty to keep it clear;
Act as judgement says is proper,
Port or starboard back or stop her.
But when upon your port is seen
A steamer's starboard light of green,
There's not so much for you to do,
For green to port gives way to you.

White Horses on the Bay

On a stormy day waves break into foam. The allusion to white horses is apparently a reference to an Irish tradition of a chieftain named O'Donahue who was drowned in a lake in Killarney on his wedding morning, and could afterwards be seen in a storm, riding a white horse and preceded by maidens strewing flowers.



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.



Corporate Sponsors

Training Seminar 2016

The Canadian Coast Guard Auxiliary (NL) Inc. would like to thank all sponsors for the 2016 CCGA (NL) Training Seminar held in Port aux Basques on September 30, 2016.

For helping to make our training seminar a huge success...

CASARA

North Atlantic Marine

Blue Water Marine

East Coast Hydraulics

Delta, St. John's

Fermeuse Off-Loading Services

FFAW

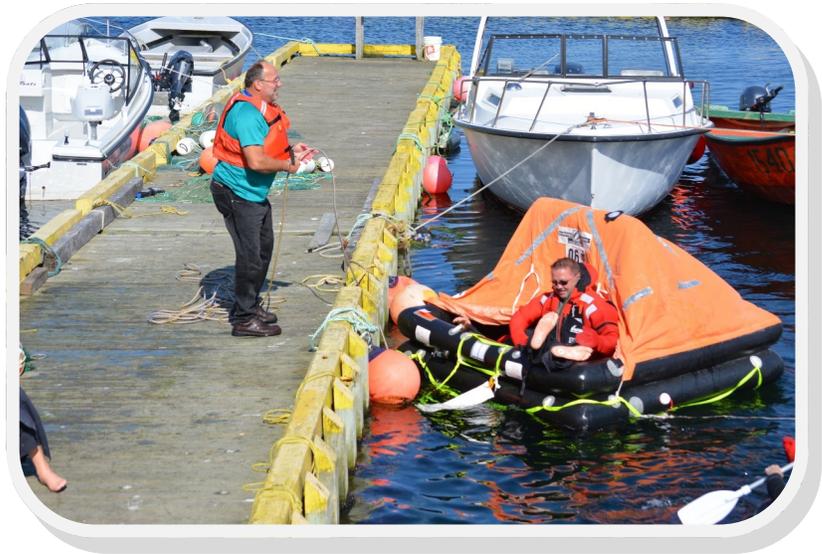
North Atlantic Supplies

PFHCB

Navigator

G-SAR

Thank you



The Mystery of the Resolven

The British gunboat, the Mallard, found the Resolven floating on the open sea near Catalina, Newfoundland in 1884. The Resolven had left Harbour Grace, Newfoundland bound for Labrador with a cargo of salt and four Newfoundland passengers only a few days earlier, on August 27, 1884. When the crew of the Mallard signaled the other boat, they received no response and so proceeded to board her. What the British sailors found there was a complete mystery. The Resolven held no passengers. Clothing and other personal items were found undisturbed on the ship and there was absolutely no sign of trouble. The galley held a set table ready for a meal and a fire still burned in the stove. The surrounding water was searched but no sign of the crew or passengers was ever to be found.



Canadian Coast Guard Auxiliary Guideline - SAR Volunteer Tax Credit

Search and Rescue Volunteers who perform in excess of 200 'Eligible Hours' in a calendar year are now able to claim a \$3,000 non refundable tax credit on their personal tax return at 15% credit rate such that they would receive \$450 in tax savings.

This credit is available for the 2014 tax year and beyond.

This credit is non refundable and as such, members need to have taxable income and tax payable in 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; and,
- ⇒ Participating in required training related to search and rescue services.

Canadian Coast Guard Auxiliary volunteers are entitled to claim this tax credit. All you have to do is send in to the office the number of days you were at sea for the tax year. This can be obtained from your fishing log. We do not require copies of the log itself, just the number of days you were at sea.

Once we receive this information we will forward you a confirmation letter which confirms that you are an active member of the Coast Guard Auxiliary and have volunteered 'x' number of hours. You can then, in turn, claim the \$3,000.00 towards your non-refundable tax credits. It will reduce your taxes payable and could equate to about a \$450.00 return.

Days and hours at sea qualifies our volunteer members to claim the tax credit as their contact information is listed at the Joint Rescue Coordination Centre in Halifax and members are deemed to be available for Search and Rescue when on the water.

If further information is required, please call the office at the following numbers:-

Direct Line—(709) 772-4428

Toll Free Line—1-800-563-6158

Email—kelly.doody@ccga-nl.ca

REMINDER



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



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



JRCC Halifax
1-800-563-2444



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

Or email at
kelly.doody@ccga-nl.ca



Memorial... Ed Bruce

Ed joined the Canadian Coast Guard Auxiliary in Newfoundland & Labrador on March 22, 1981 as owner of a 35 foot fishing vessel called 'Bruce Brothers'. His first Search and Rescue case was on June 10, 1982 when he provided assistance to an overdue 18 foot open boat. The search was carried out and, thanks to Ed's professionalism, concluded successfully. In 1982 Ed was elected to our Board of Directors as Director of District 6. As Director of District 6, Ed was the representative and focal point of contact for 58 members and 31 vessels in the Placentia/St. Mary's Bay area. Ed held the position of District Director for 28 of his 32 years of service. He had served on the Executive Committee as 1st Vice-President and, alternately, 2nd Vice-President for 14 years. Additionally, when we were encouraged to hire an employee, Ed became our first Operations / Training Officer in 1999 and served in that capacity for 2 ½ years.

In Ed's 35 years with the Canadian Coast Guard Auxiliary he volunteered a total of 4,188 hours - which is a credit to him and shows his dedication to our organization. When you take the time to consider the fact that he volunteered with other organizations, worked full time, and the most important fact that he was a dedicated husband to Carmelita, father to Jacinta and Clinton and grandfather to their children, to be able to boast 4,188 volunteer hours with our organization was an indication of the dedicated man he was. He was truly a volunteer at heart.

Sadly on November 13, 2016 Ed passed away. His love for the Canadian Coast Guard Auxiliary will never be forgotten. He will be greatly missed by all who knew him.



*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.
-Unknown-*



LISTEN TO YOUR HEART

(as written by Glen Saunders, CCG)

“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 heartburn 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.

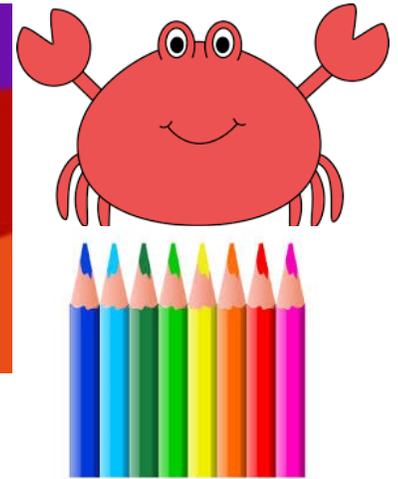
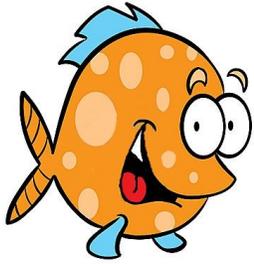
I encourage everyone to take a First Aid/CPR course. It's training that can save a life.

Uses for Feverfew

The Feverfew flower is extremely common throughout Newfoundland and have been used for medicinal purposes for years. When ingested, the petals and seeds have been known to help with:

- *Migraines/headaches*
- *Arthritis*
- *Fever*
- *Congestion*
- *Insect stings*
- *Lower blood pressure, etc.*





Hi kids!

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

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

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

All entries must be received at the CCGA (NL) office in St. John's no later than Friday, July 21, 2017.

Please send your entry to:

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



Gracie May



Dawson



Ages up to 4 1st—Gracie May Fancy
2nd—Liam Hyde

Ages 5-6 1st—Dawson Collins
2nd—Hayden Vokey



Michael

Ages 7-8 1st—Michael Crocker
2nd—Julian Flynn



Shawna

Ages 9 and over 1st—Shawna Hurley
2nd—Neil Rose

