

Tides

THE NEWSLETTER OF ST. ANTHONY BASIN RESOURCES INC.

SPRING, 2016

Oral History Initiative 2015 – The Historical Trap Berth Fishery



Photo by Terry Hedderson

L-R: Wilfred, Baxter, Dennis, Clarence and Clyde Hedderson of Noddy Bay haul their last cod trap.

In 2015 Kathleen Tucker was hired by St. Anthony Basin Resources Inc. to research the Trap Berth Fishery in the SABRI region. From May to October she spent time researching the trap fishery on the Internet and identified and made contact with local residents. Finally, trap berths were named and pin-pointed on a Google Earth map. She also gathered personal recollections and photographs about the trap berth fishery (always the most valuable asset of any oral history project).

Existing historical photographs were scanned where possible, photographs were taken of old fishermen's stores, and maps and documents were gathered and assembled to complete the project.

These will be preserved in a digital format and published on the SABRI website. www.sabrinl.com Look for the 2015 project under the Oral History banner.



Pronging fish at Ireland Bight



John & Pierce Murrin, Goose Cove



Spreading Fish at Ireland Bight, 1929

Oral History Initiative 2015 - The Historical Trap Berth Fishery



Kathleen Tucker takes a picture of five Hedderson brothers at Noddy Bay.
Photo by B. Calonego



Nathaniel and Lambert Woodward, North Boat Hr.



Trap Fishermen Back of the Land at St. Anthony Bight



Carrying salt fish on a hand bar, St. Anthony Bight

Support for Fisheries Initiatives

Bait

In 2015 SABRI continued with the eighth year of a Bait Program, which provides bait to Fish Harvesters who reside within the SABRI region. Fish Harvesters use bait for the species they catch, as well as sell their product to a processor within the region. This brings tremendous benefits to the region as it yields additional product being landed and processed. The Harvester and Processor benefits and other economic activity is generated through spin-offs such as offloading and trucking the product.

Trucking Subsidy

It is often necessary for Small Boat Fish Harvesters to truck their product to a buyer within the region. SABRI has provided a subsidy to Fish Harvesters to offset some of the cost associated with trucking cod, whelk, and halibut. The subsidy will continue into the 2016 fishing season.



Photo Credit: Kathleen Tucker

Supporting Youth Initiatives

Youth Recreation Grants

SABRI continues to support youth development within the region through donations to recreational organizations. In 2015 SABRI provided a total of \$13,200 in grants:

Junior Girls Broomball	\$1,925
Junior Boys Broomball	\$1,350
Dolphins Swim Team	\$1,350
Viking Trail Ski Club	\$1,350
Northern Blades Figure Skating Club	\$1,925
Aurora Nordic Ski Club	\$1,925
St. Anthony & Area Minor Hockey Association	\$3,375



Scholarships

SABRI is very pleased to offer scholarships and bursaries annually to Level III students within the region who plan to pursue post-secondary education; a total of \$13,000 in awards was presented to students in 2015. Two scholarships of \$3,000 each were awarded to Dylan Burden and

Emma Rumbolt. There were also seven \$1000 scholarships which were awarded to Felicia Hillier, Tiara Hillier, Aaron Elgar, Jamie Green, Cheyenne Whiteway, Ashley Hedderson and Heather Richards.

White Hills Academy



Dylan Burden



Emma Rumbolt



Felicia Hillier



Tiara Hillier



Aaron Elgar



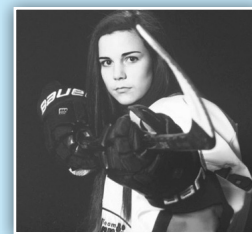
Jamie Green



Cheyenne Whiteway



Ashley Hedderson



Heather Richards

Donations

SABRI was happy to support many initiatives within the region during 2015 giving approximately \$46,000 in financial contributions. Some of these included:

- ✓ \$10,000 to the Grenfell Foundation
- ✓ \$500 to the Forever Young Fifty Plus Club
- ✓ \$1,000 to the Iceberg Festival
- ✓ \$1,000 to the NSHLQ Come Home Year
- ✓ \$2,500 to the St. Anthony Come Home Year
- ✓ \$600 to Junior Achievement
- ✓ \$500 to Ronald McDonald House NL
- ✓ \$250 to the St. Lunaire-Griquet Mussel Festival
- ✓ \$250 to Angela Cronhelm
- ✓ \$500 to the Food Sharing Association
- ✓ \$2,555 to the Kids Eat Smart Programs for schools in the region
- ✓ \$25,000 to Hope Air



Kids Eat Smart Donations



Last November, SABRI donated \$25,000 to support Hope Air's charitable service in the SABRI region, helping ensure equal access to healthcare.

Hope Air's unique mission is to arrange free flights for low-income people of any age, with any illness, who must travel far from home to access vital healthcare.

SABRI's investment came at a critical

time for Hope Air. The volume of flight requests from residents of Newfoundland and Labrador increased significantly in 2015, leaving the charity with no choice but to temporarily suspend their free flight service on the crucial St. Anthony to St. John's route.

Thanks to donors like SABRI, that specific route restriction was lifted and eligible Clients are now travelling to vital healthcare on Hope Air flights. Last year alone, Hope Air arranged 105 flights in SABRI's Northern Peninsula catchment area.

SABRI's donation is an investment in the health of the communities where it operates. SABRI is proud of the impact it has through Hope Air.

For more information about Hope Air, please contact Danielle Griffin, Development Director, at dgriffin@hopeair.ca or 416-222-6335 ext. 229. To request a flight, visit <http://hopeair.ca/RequestAFlight/RequestAFlight.aspx>.

Mussel Farms

SABRI continues to operate three mussel farm sites and a Primary Processing Plant at St. Lunaire-Griquet.

The mussels maintain excellent meat yields throughout the season and are of a superior quality. Our sales continue to increase each season.

Three people are employed on a seasonal basis.

Fresh from the North Atlantic
Cultured Blue Mussels



*Available for purchase
June - September...*

For further information
 please call 454-3484
 8:30 a.m. - 4 p.m. • Mon. - Fri.
 or visit www.sabrinl.com



ST. ANTHONY'S BAY RESOURCES INC.

Fresh mussels are available for purchase at:
 Foodland • Grenfell Memorial Co-op
 Burden's General Store • Hedderson's Store
 Forrester's Point Seafoods • Local Restaurants

Nutraceuticals Research

SABRI has partnered with Memorial University, the department of Business Tourism, Culture, and Rural Development, and the Research and Development Corporation of Newfoundland and Labrador to research the potential use of Blue Mussels and Sea Cucumber in Nutraceuticals. The Researchers are now working on the final phase of the study. Dr. Cheema will be presenting at the Aquaculture Canada and Cold Harvest 2016 Conference held in St. John's in September. The following are some findings of the studies:

Blue mussels have cholesterol lowering and anti-obesity effects in high fat diet fed C57BL/6 mice

Dr. Surendiran Gangadaran and Dr. Sukhinder Cheema, Memorial University, Newfoundland & Labrador



Dr. Sukhinder Cheema

We studied whether supplementing a high fat diet (HFD) with blue mussel (BM) powder will protect the animals from gaining weight. We further investigated whether HFD plus BM will also improve blood lipids. Mice were initially fed with HFD diets with 5% (w/w) BM for 4, 8 or 12 weeks. At four weeks, animals fed with BM reduced their food intake and started losing weight. Thus, animals were either switched to HFD or given a food choice of either HFD or 5% BM-HFD, and studied after 4 weeks. Although there were no signs of toxicity, no beneficial health effects were observed. Our observations suggested that 5% BM is not palatable and does not induce beneficial health effects. We then conducted a second study where we fed HFD with 2.5% (w/w) BM for 12 weeks. Animals consumed this diet without any problem. There was a significant reduction in body weight without any change in food intake. There was also a significant reduction in body fat, blood glucose and cholesterol levels. The 2.5% BM diet had no toxicity effects. Our findings suggest that 5% w/w BM is not palatable, however a lower

dose of BM (2.5% w/w) showed beneficial effects on body weight, body fat, blood glucose and cholesterol levels, thus could be used as a supplement to target obesity.

A diet enriched in sea cucumber is protective against obesity and lowers blood lipids



Dr. Surendiran Gangadaran

Newfoundland has the highest rate of obesity in all of Canada despite being a rich source of unique marine species, such as sea cucumber with potential health benefits. We studied the effects of sea cucumber on obesity in high fat diet (HFD) fed animals. Mice were fed either a HFD or HFD with 5% or 7.5 % w/w sea cucumber powder; food intake and body weight gain was measured. Blood and tissue samples were collected at the end of the study periods after an overnight fast. We found that the animals fed with 5% sea cucumber powder showed a significant decrease in body weight starting from week 9 up to 12 weeks, compared to the HFD fed animals. There was also a significant reduction in abdominal fat, fat around kidneys and gut, at 12 weeks. Supplementing a HFD diet with 5% sea cucumber powder significantly decreased plasma glucose, triglycerides (TG), total cholesterol (TC) and free cholesterol compared to HFD. Although mice fed a diet enriched in 7.5% sea cucumber powder also revealed a significant reduction in body weight at week 12, there was a significant increase in liver weight. Mice fed with the 7.5% sea cucumber diet also showed a significant decrease in plasma glucose and TG, however liver TG and TC was very high compared HFD. There was no effect of sea cucumber supplementation (5 or 7.5%) on liver and plasma toxicity markers. Our results provide evidence that supplementation of sea cucumber powder at 5% level is beneficial against obesity and related complications, however higher amounts of sea cucumber (7.5%) may not be beneficial.

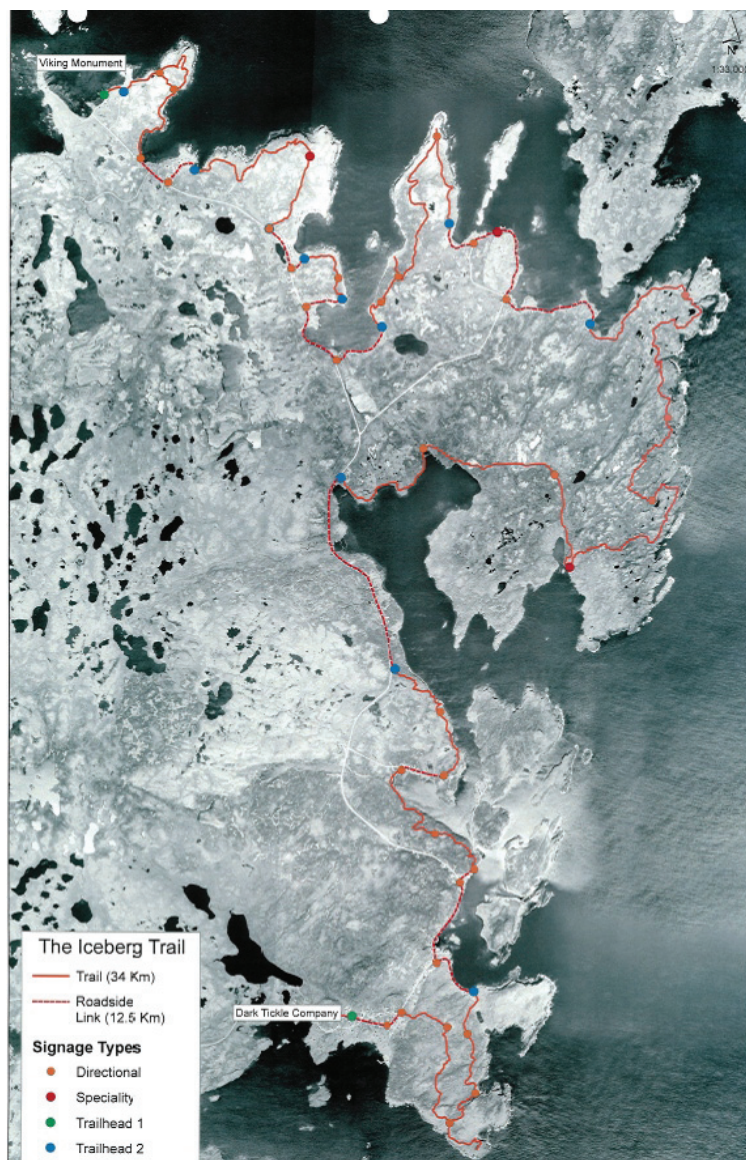
Community Development

Iceberg Trail

SABRI, in partnership with the Department of Business, Tourism, Culture and Rural Development, the Atlantic Canada Opportunities Agency, the Western DMO, local businesses, and communities in the region, engaged a consulting firm to do a trail assessment for an initiative that would develop a tourist-oriented multi-day walking route from L'Anse aux Meadows to St. Lunaire-Griquet.

The trail will connect and expand the existing trails making it into a route large enough to serve as a new tourism draw to the region. The majority of visitors to the province indicate that walking/hiking is their prime activity, after driving.

SABRI is now working with partners in an effort to secure funding to implement this project over a period of three years. To the right is a map outlining (in red) the proposed Iceberg Trail route.



Snowmobile Bridges Resurfacing

SABRI partnered with the Newfoundland and Labrador Snowmobile Federation, the Northern Drifters Snowmobile Club, Atlantic Canada Opportunities Agency and the Department of Business, Tourism, Culture and Rural Development to resurface some bridges that otherwise would not have been usable for the 2016 snowmobiling season. All of the timber was provided by the NLSF and SABRI provided the labour required in partnership with BTCRD and ACOA.

Snowmobiling is a great winter activity that is enjoyed by residents in every community within the region and is an important economic generator. Many businesses within the SABRI Region benefit from snowmobiling activities. SABRI is pleased to have been a partner in enhancing this sector of the economy.

Report from St. Anthony Seafoods



2015 was again another challenging year for St. Anthony Seafood's with major decrease in quota and increased competition. Therefore, creating the highest historical shore prices for shrimp. Markets have not responded well to price increases as consumption and demand has significantly decreased throughout the fall of 2015.

Based on scientific advice it looks as if the 2016 Northern Shrimp in area 6 and Area 8 Esquiman will see a significant decrease.

We employed approximately 130 people during the peak season. Our workforce continues to shrink due to retirements and employees finding full time employment elsewhere. We have a challenge with attracting and retaining an adequate size labor force in order for us to process additional species. Recruitment of employees remains a challenge for us.

Caroline Davis assumed her role as Manager of St. Anthony Seafood's Ltd. Partnership. Phil Hancock, Procurement Manager Retired at the end of 2015. A recruitment process is ongoing to fill this position.

We continue to implement new processing technology that will help reduce cost and improve quality. In 2015, St. An-



Employees accepting 10 and 15 year service awards

thony Seafood's did see some improvement in its production.

We are active in planning for additional purchase and processing of other species like cod, turbot and pelagics. Clearwater remains committed to St. Anthony Seafood's, and looks forward to continued success in its partnership with St. Anthony Basin Resources Inc.

Report from St. Anthony Cold Storage (Eimskip) Inc.



Eimskip vessel – Reykjavoss preparing to dock in the port of St. Anthony this past year.

St. Anthony Cold Storage (Eimskip) Inc. in its first year of operation seen an increase in the number of port calls. For 2015, there was a reported thirty five port calls which include Eimskip vessels, offshore trawlers and some smaller vessels. Inshore volumes decreased in the year. This decrease can be directly linked to lower pelagic volumes compared to years previous. The local economy benefits for the year include over 40,000 man hours directly at the operation and in combination with spinoffs from the port.

Improved wharf infrastructure is required to support the vision of Eimskip and provide the ability to increase vessel size. We await further information from the local port authority as they progress through their ongoing feasibility study. Diversification of the cold storage operations and expansions in the port will allow the company to look into supplementary options in the future.

Your Board of Directors

Wayne Noel, Chairperson

Rising Sun Developers

Paul Dunphy, 1st Vice-Chair

St. Anthony & Area Chamber of Commerce

Roy Taylor, 2nd Vice-Chair

Plant Worker, St. Anthony Plant

Todd Hedderson, Treasurer

Plant Worker, St. Anthony Plant

Dale Colbourne, Secretary

Communities of St. Lunaire-Griquet to
L'anse aux Meadows

Wilfred Alyward, Director

Fish Harvester, St. Anthony & Goose Cove

Carl Hedderson, Director

Fish Harvester, Noddy Bay to L'Anse Aux Meadows

Sterling Dawe, Director

Fish Harvester, Big Brook to Ship Cove

Dean Patey, Director

Fish Harvester, St. Anthony Bight to Great Brehat

Alvohn Pilgrim, Director

Fish Harvester, St. Lunaire-Griquet to Quirpon

Trudy Byrne, Director

Plant Worker, St. Anthony Plant

Jordan Mugford, Director

Communities of Goose Cove to Great Brehat

Eric Boyd, Director

Town Council of St. Anthony

Lester Bessey, Director

Communities of Big Brook to Ship Cove

Peter Hughes, Director

Plant Worker, St. Anthony Plant

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Facts & Figures

Did you know that since 1997 SABRI has....

.... invested in excess of \$16 million in infrastructure in the region?

.... awarded more than \$260,000 in scholarships to area students?

.... provided \$600,000 to community development in the SABRI region?

.... employed more than 225 individuals from the area?

.... contributed in excess of \$3.5 million in payroll to residents of the SABRI region?

.... donated more than \$580,000 to different groups in the SABRI region?

**Helping to build the economy of
Northern Newfoundland through
investment in our resources
and our people**

