



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: COJO Diving World Headquarters  
158 Garden Grove Road, Lincoln, NB, Canada

ISSUE 55

## What's New

Welcome to the **August 2015** edition of The COJO Diving **Safety Stop** Newsletter.

**July has been absolutely CRAZY!!** The weather is perfect for diving and the water is beautiful!! July has been nuts with courses and with ongoing expeditions!! Connie organized the PADI Women's Day Dive in Eastport, Maine!! Great job!! This event was absolutely awesome!! Thanks to The Commons for such a great response and for all of your support!!



Congratulations to Joe on being accepted as a member of The Explorer's Club!! Woo Hoo!! This gives COJO fantastic resources when working on expeditions throughout New Brunswick and World Wide!!

Also during July, COJO teamed up with their favorite inn, The Tara Manor in beautiful Saint Andrews, NB for some more awesome Discover SCUBA Diving!! Special thanks to The Tara crew for absolutely amazing rooms and service!!

COJO is still busy with the **Nature Trust of New Brunswick** planning and carrying out events!! During August, COJO has an awesome expedition out to New River Island!! Thanks to **Jessica Bradford** and the Nature Trust for making this possible!! Also, special Thanks to **Michelle Richards** of **AKONA Adventure Gear** and **Emotion Kayaks** for the support for these expedition!! You are helping make them possible!!

**Doc Octo** is back with a new article on ears and diving called "**The Twilight Zone**"!! This is an awesome, must-read for any diver!!

Thanks and Safe Diving!!

**Connie and Joe**  
**COJO Diving**



## THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

### Courses During July

During **July**, all of the following courses went on!!

- **PADI** – Open Water Diver course
- **PADI** – Advanced Open Water course
- **TDI** – Normoxic Trimix course
- **COJO** – Drysuit Diver course
- **REEF** – North-Eastern Fish ID Seminar
- **PADI** – Advanced Open Water
- **PADI** – Dive Master Course
- **PADI** – Self Reliant Diver course
- **COJO** – Discover Diving course



### Courses To Come

For **August** and beyond, **COJO** will be crazy busy running the following courses!!

- Continuing – **PADI** – Dive Master course
- 16 Aug – **COJO** – Discover Diving course
- 26 Aug – **COJO** – Going Tec Info Seminar
- 29 Aug – **PADI** – Open Water Diver course
- 29 Aug – **PADI** – Discover SCUBA Diving course
- 2 Sept – **PADI** – Computer Nitrox course
- 3 to 6 Sept – **PADI** – Advanced Open Water course
- 10 to 13 Sept – **TDI** – Intro to Technical Diving course
- 10 to 13 Sept – **TDI** – Technical Sidemount course
- 17 to 20 Sept – **PADI** – Deep Diver course

**All the way through to December** will be absolutely **CRAZY** with courses. If you would like information on a course you don't see here or on our **Training Calendar**, contact us at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) for more details!!



## THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

### EVENTS DURING JULY

### PADI Women's Day Dive



July 18, 2015 was the **1<sup>st</sup> annual PADI Women's Dive Day!!** We partnered with the women of **The Commons – Eastport**, and **Landmark 1887** restaurant for an awesome outing for the ladies at Eastport ME! Activities for the day included a **buffet luncheon** at Landmark 1887, the **premier showing** of an Eastport Diving promotional video by Jonathon Bird, a special event slideshow highlighting women in diving and local marine life, and **raffle prizes** (many graciously donated by The Commons. Following the lunch we had a great dive at the incredibly popular **Old Pier** site on Sea Street. Next year the event will be on July 16, mark it on your calendars!!







## THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

### REEF / COJO Great Annual Fish Count (Grand Manan)

Brought to you by the **REEF** Environmental Education Foundation, **GAFC** is an annual event in July to introduce divers (and snorkelers!) to the need for marine life surveying, and education on marine identification and resources.



This year COJO hosted a GAFC event at **Pettes Cove on Grand Manan**. Fantastic turn out for this event!! We had 14 divers and one snorkeler, and a lot of fish counting!! Congratulations to all participants at all the NB GAFC events in July, on supporting such a great cause!!





## THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

### EVENTS TO COME!!

#### New River Island Exploration

This is going to be an awesome event!! Coming up in August 2015, **Akona / Emotion Kayaks** will be teaming up with **COJO** to support this awesome expedition!! COJO will make daily trips to New River Island to carry out **REEF** Surveys to determine the health of the island's marine life. This promises to be one of the most exciting expeditions of the year!! Send us a note for more information!!





## THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

### And Now, Doc Octo



### The Twilight Zone



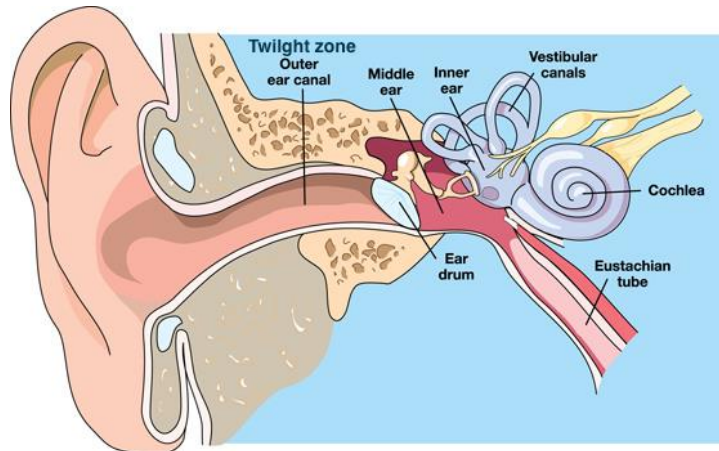
***You're traveling through another dimension, a dimension not only of sight and sound but of mind. A journey into a wondrous land whose boundaries are that of the outer ear and the ear drum. That's the signpost up ahead—your next stop, the outer ear canal!***

As a kid I loved that black and white TV series narrated with Rod Serling's unforgettable flat staccato voice. Each week's episode began with an intriguing monologue about the mysterious world of the Twilight Zone. As you have no doubt guessed, this month's "Twilight zone" concerns that mysterious recess of the human body usually traversed only by illicit Q-tips and "Wet Willies," the outer ear canal!



## THE SAFETY STOP

COJO's MONTHLY NEWSLETTER



For divers, the most important aspect of the outer ear canal (or auditory canal) is the disturbing ease with which it can become infected. Unfortunately, an infected auditory canal may not only hurt (and potentially lead to a more serious infection), but can more tragically **stop you from diving**. This condition, known as swimmer's ear or otitis externa, results from the perfect storm of water in the outer ear canal and bacteria with an insatiable hunger for human flesh. As an aside, you should know that in the microbial world the yumminess of humans is legendary and a host of fungi, bacteria, parasites and viruses exist simply to dine on our flesh. Zombie microbes; think about that next time you don't wash your hands.

So here's how the dirty deed gets done. Wet skin in the inner canal becomes puffy causing a natural barrier to infection to be lost. The swelling occurs because, unlike tissues such as those that line the mouth (specialized for a long-term wet environment), the lining of the auditory canal is simply skin. If you've seen how white, puffy and gross a foot in a wet boot can appear, you're getting the picture. Interestingly, experts disagree on the source of the bacteria. Some blame surface bacteria often present on the surface of healthy tissue, but kept at bay by intact skin and a good immune system. Others claim the source is the water itself. Myself, I blame society, and the former. But let's get back to the zombie-bacteria. As these zombie bacteria feast on your puffy flesh, (nom, nom, nom) the resulting edema and inflammation produce a goopy discharge and painful swelling. Clearly this is bad news. Make no mistake, just like their bigger zombie cousins, these bacteria want your BRAINS! Once things get this bad, you need to see your local MD to confirm the diagnosis, remove the goop, keep the canal open and provide the "double tap" of topical or even oral antibiotics. Wondering if you have otitis externa? The diagnosis is usually easy. You've





## THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

been in the water a lot, your ear hurts particularly when you move the outer part and for bonus points you have pus coming out of your ear.

If it has gone this far you've really missed the boat. Well, maybe not missed it, but now you get to sit in it and not dive from it. More to the point, you should have had a strategy to prevent this small scale zombie-apocalypse. Remember, two conditions are needed for otitis externa; a wet ear canal and a bacteria friendly non-acidic pH. Treatments to prevent swimmer's ear focus on changing one or both of these conditions. The CDC suggests draining the ear and drying it gently with a low-setting hair dryer. I suggest that this may look only slightly more stupid than sandals with socks and a Tilley hat. A more practical suggestion is instilling a few drops of 1:1 white vinegar and isopropyl alcohol (rubbing alcohol) before and after diving. This witches' brew does double duty of drying the ear canal and lowering the pH. The folks at the Divers' Alert Network (DAN) endorse this treatment, but admit the only real studies were done in the 70's using a prescription medication known as Otic Domeboro. Otic Domeboro is a mixture of aluminum acetate and acetic acid proven to prevent otitis externa in Navy saturation divers. While this is the only well studied treatment, it is expensive, a prescription and...really I lost you at "expensive", so why continue. So the consensus is; preventing the micro-zombie apocalypse of otitis externa requires you to add a few drops of 1:1 isopropyl alcohol and white vinegar to your ear canal before and after diving. Experience has shown that fresh water diving seems to be more prone to otitis externa than diving in salt water. One explanation may be that fresh water is more likely to disrupt the skin barrier, or possibly more bacteria friendly. In any event, common sense would also suggest drying the ear canal at the end of the day as much as possible (without sticking a freaking Q-tip in there). **Signpost up ahead, keep the Q-tips out of the Twilight Zone...**







## THE SAFETY STOP

COJO's MONTHLY NEWSLETTER


### Featured Certification **PADI Master Scuba Diver**



The **Master Scuba Diver** rating places you in an elite group of respected divers who have earned this rating through both significant experience and scuba training. The path starts with earning a **PADI Open Water Diver** certification, followed by **PADI Advanced Open Water Diver** and **PADI Rescue Diver** (or qualifying certifications). You also need to earn five **PADI Specialty Diver** certifications and have logged a minimum of 50 dives.

**Complete FIVE of the Specialty** courses offered by COJO this Fall/Winter, and receive your Master Scuba Diver rating **FREE** (~\$80 value)!

So far on the schedule:

Specialty	Date	Price
<b>PADI Enriched Air Diver</b>	Class: Sep 2 Class: Oct 22	\$130.00+HST Discounts Group Rates Package Discount with AOW
<b>PADI Deep Diver</b>	Class: Sep 17 Dives: Sep 19, 26	\$255.00+HST Discounts Group Rates
<b>Halloween</b>  <b>SURPRISE Specialty</b>	Class: Oct 17 Dives: Oct 17	\$125.00+HST Discounts Group Rates



## THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

**July 1 to September 1, 2015**

### FEATURED PRODUCT

### REDUNDANT AIR SYSTEM - PONY

**All Deep Divers know the importance to carry a completely redundant air system.**

**This month's specialty is available to all divers to order now for delivery September 1!!**

This system includes a Luxfer 19cu pony, convertible valve, a Dive Rite Stage regulator, and a sling with extra large clips.

Regular Price: \$890.00

**SPECIAL PRICE: \$740.00**

**SAVE \$150!!**





# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

## Other News

We would love for you to follow us on **Facebook**. Become a **friend** of **COJO Diving** at <http://www.facebook.com/COJODiving>

Our book "**Sidemounting for the Recreational Diver**" is available either In Store or by e-mail. For information about the most awesome way to dive send a note to [info@cojodiving.com](mailto:info@cojodiving.com) !!



Our new book, "**The Technical Tao of Joe**" will be out by this Christmas!! Don't miss out!! This book gives you insights on **Joe's ways of teaching**. Awesome for anyone taking a course through COJO or from anywhere!!



Thanks and we are looking forward to diving with you soon!!

Connie and Joe!!





## THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

### Parting Shot...



This is a picture taken of our newest COJO member, Zach Albert!! He is the son of Jerome Albert and Dominique Gobeil!! He is a total water hog and will be diving in no time!! Very cute picture!!

Keep sending the pictures in!!