



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: COJO World Headquarters, Lincoln, New Brunswick

ISSUE 67

What's New

Welcome to the **August 2016** edition of the **COJO Diving Safety Stop** newsletter.

July was absolutely crazy with both courses and diving!! **COJO** started out the month with a double header!! A **PADI Open Water** and **Advanced Open Water** course in **Atlas Park**!! On top of that, Connie was busy doing another Open Water course and Joe did a Rescue, Sidemount and a bunch of other courses!! Holy!! **What a busy Month!!**



A HUGE thanks to all who came out for the **Kimble Cove Expedition**!! They are dating the wood that was brought up so they can further narrow it down but it looks like it is from the 1870s!! Very awesome!! Thanks Brent and crew!!

The **New Brunswick Nature Trust** beach clean-up of **Whale Cove** and the **REEF Great Annual Fish Count** at **Pettes Cove** was totally successful!! There were over **20 divers** out to help with these events!! Thanks to all who came out!!

COJO is now in partnership with **Atlas Park**. They have opened as a **PADI Recreational Facility** and are working very hard there to help the local divers to have a blast!! Keep an eye out for events coming up this Fall and Winter at Atlas Park such as the **Underwater Pumpkin Carving** and **Ice Dives**!!

Doc Octo is back with another awesome article!! This one is a rerun because he was too busy surfing to write a new one!! "**The Dive Reflex**" is a COJO favorite!!

Our Summer COJO Lincoln Store Hours:

Monday	5pm to 9pm
Tuesday	5pm to 9pm
Wednesday	5pm to 9pm
Thursday	5pm to 9pm
Friday	5pm to 9pm

Thanks and Safe Diving!!

Connie and Joe
COJO Diving



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Courses During July

During **July**, COJO ran a crazy amount of courses.

- **PADI** – **Advanced Open Water Diver Course**
- **PADI** – **Open Water Diver (Checkouts)**
- **PADI** – **Sidemount Diver Course**
- **PADI** – **Rescue Diver Course**
- **PADI** – **Bubblemaker Course**
- **PADI** – **Divemaster course (Cont'd)**

Great Job to the Open Water Students: Quinten, James, Nakua, Eric, Steven, Sarah, Josh, Jeremy, Mike and to all the other students from this month's courses!!

Woo Hoo!!





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Courses To Come

Looking ahead for the rest of summer and into fall, we have plenty of courses scheduled!! We are getting booked up so if you are interested in any of the courses listed, don't delay!! **Get enrolled now!!!!**

- 2 to 3 Aug – PADI Self Reliant Diver course
- 4 to 5 Aug – PADI Sidemount Diver course
- 5 to 6 Aug – EFR First Aid, Level C CPR course (Bathurst)
- 5 to 7 Aug – PADI Rescue Diver course (Bathurst)
- 15 to 18 Aug – DAN Dive Emergency Management course
- 31 Aug 16 – PADI Enriched Air Nitrox
- 1 to 4 Sept – PADI Advanced Open Water Diver course
- 25 Sept – COJO Discover Diving (St Andrews)
- 15 Oct – PADI Bubblemaker course
- 16 Oct – PADI Zombie Apocalypse Diver course

If you would like information on courses for 2016 or on our **Training Calendar**, contact us at cojodiving@gmail.com for more details!!





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Events During July

Kimble Cove Expedition

From 8 to 10 July, **COJO Diving** and, **COJO Exploration Group** was on expedition on the **Kingston Peninsula** and diving at **Kimble Cove** trying to identify a newly discovered wreck. Working with the **Archeology Society of New Brunswick**, COJO's group of divers made 8 dives on the wreck to get all pertinent information available. Thanks to all the great work, the Archeologists were so far able to narrow it down to three different wrecks that went down in the 1870's!! Great job to all and a very special thanks to **Brent Suttie and crew!!** If you would like to watch the video submitted by **Mike Corey** of **Kick the Grind TV**, please tune into **COJO's YouTube Channel!!**



COJO
EXPLORATION
KIMBLE COVE EXPEDITION 2016



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Great Annual Fish Count & New Brunswick Nature Trust's Whale Cove Cleanup Dive In Grand Manan

On 23 and 24 July, **COJO Diving** teamed up with **REEF** and **Nature Trust of New Brunswick** to carry out a **HUGE 2-day beach clean-up** throughout Nature Trust sites in New Brunswick as well as to participate in the **REEF Great Annual Fish Count** annual event on Grand Manan!! This year the clean-up dive was at **Whale Cove** and the REEF GAFC was at our annual **Pette's Cove**!! COJO had **over 20 divers** out through the weekend and cleaned up almost 50 lbs of garbage. We also submitted **8 REEF Fish Surveys**!! Great job team!!

As if that wasn't enough, 3 new open water divers finished their checkout dives during the weekend!! Great job to instructor-extraordinaire Connie Bishop on completing the divers' certifications!!





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

And Now, Doc Octo!!

The Dive Reflex

Despite what you would imagine, the “dive reflex” is not that impulse to drop everything when someone says-“lets go diving.” Instead, the dive reflex is a series of profound physiologic changes designed to prepare an animal for submersion. This mechanism is present to a greater or lesser degree in all mammals, including us. The dive reflex works like this; when an animal’s face (particularly around the nose) is exposed to cold water the animal stops breathing. The technical term for not breathing is apnea. Remember that gasp when you took your mask off in cold water? Yup, that was apnea. The second step is a rapid drop in the heart rate. There is a really cool Youtube video showing Bear Grylls’s heart rate slowing from 164 to 55 beats per minute after plunging in an icy lake. Of course, depending how you feel about Bear you may be disappointed his heart didn’t go down even further. The third part of the reflex is constriction of the peripheral blood vessels. This makes sense, if you drop the heart rate you drop cardiac output and naturally blood pressure will drop. However, by decreasing the size of the peripheral pipes your body is still able to muster the pressure needed to supply blood to the all important brain and heart. The overall purpose of all of these mechanisms is to allow an animal to remain longer underwater on a single breath.

Recall that all mammals began their evolution on land. Around 50 million years ago a select few said-“screw this” and returned to the water. They may sound like quitters to you, but when it comes to the dive reflex these back-tracking aquatic cousins are the champs. In addition to apnea, slowed heart rate and selective blood vessel constriction, whales, dolphins and seals have many other modifications to allow for prolonged diving. How useful are these adaptations? Well, on a single breath the Cuvier’s beaked whale was recently recorded diving to almost 10,000 feet for 138 minutes! To put this in perspective, the human apnea record is a little over 20 minutes.

Physicians can also exploit the dive reflex to treat patients with some uncontrolled rapid heart rates. Having a patient hold their breath while immersing their face in cold water will rapidly terminate some of these rapid rhythms. Even if it doesn’t work imagine the fun you can have trying it on your friends! Another possible therapeutic benefit for the dive reflex may be in the treatment of some kinds of anxiety. In particular, there is some interest in the dive reflex being used as a treatment for the anxiety associated with PTSD. At this point it certainly doesn’t seem to be a mainstream therapy, but it is still an intriguing thought.

"The world and the universe is an extremely beautiful place, and the more we understand about it the more beautiful does it appear."
— Richard Dawkins



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

COJO “Rent To Own” Program

The **COJO “Rent to Own” Program** is born from the need for divers to get into their own gear sooner. You’ve already decided the diving sport is awesome and you want to go diving as much as you can! But spending money on rental gear doesn’t allow you to save up to buy your own gear. This program supports your dive habit AND gets you into your own gear sooner!

How It Works

- You set up an appointment for a gear consultation, and we put together your perfect gear package.
- We provide you a quote.
- You pay at least 30% deposit towards your personal “**Rent To Own**” gear package.
- Every time you rent items from our awesome rental fleet that are in the same category as your “**Rent To Own**” package, 100% of those rental fees go towards your gear package!
- Once you have at least 60% down towards your personal “**Rent to Own**” package, we’ll order in your shiny new gear for your personal rental use until your package is fully paid!

More detail is available on our website [here](#).

[Contact Us](#) to setup your appointment!



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER



PADI Advanced Open Water Diver
\$300.00 + HST

Package with the PADI Enriched Air Diver
For only \$350.00 + HST !

PADI Enriched Air Classroom **Aug 31 – 6pm**
PADI Advanced Open Water Diver Classroom **Sep 1 – 6pm**
Ocean Dives Sep 2 – 4

Dive Schedule TBD

Dives planned at Fredericton/Fundy:

Night Dive
Deep Dive
Navigation Dive
Drift Dive
Underwater Naturalist Dive



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Featured Product "THERMALUTION"

It's time to **redefine your diving!**

Tired of being **cold** on your dives? We have the solution for you!

We are pleased to be new dealers for the **Thermalution** product line. Thermalution have a series of shirts and vests that brings powered heat into the water with you, whether you are diving wet or dry.

**ADVANCED
YELLOW GRADE**

Thermalution Yellow Grade is the first power heated undersuit to endorse the ground breaking heating technology with a **wireless control system**. It is an advanced model for those who wish to dive deeper and stay longer under the sea.

PSD08-BI Size: XS, S, M, L, XL, XXL

It's **waterproof**, **washable**, and available as a **wireless solution**.

Contact us for a quote! Or come in and try it, we have a demo model in store!

Read more about the styles & models [here](#)!



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Other Awesome News!!

COJO will be making approximately **1 trip a month to Bathurst** to fill Nitrox for the divers there. There has been a request for nitrox fills so COJO is on the go!! Woo Hoo!!

A HUGE CONGRATULATIONS to **Carolyn Lavallee** and **Nick Faryna** on their **engagement!!** Although many divers get engaged, only the bravest get engaged on a **REEF Fish Count!! Woo Hoo!!**



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

COJO has a YouTube Channel where you can view some of our dives as well as training videos. It is constantly being updated so don't miss out!!

[Click for COJO YouTube Channel](#)

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

Connie and Joe!!