



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 58

## What's New

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

October was the **busiest month yet!!** It was **NUTS!!** COJO ran their first ever **Zombie Apocalypse Diver** course, had guided dives, courses and **were crazy busy the full month!!**

**COJO** also helped out with **Hope Ginsburg's "A Tidal Meditation"**!! Totally awesome time!!



COJO's ever popular, annual **Underwater Pumpkin Carving** was fantastic!! Thanks to Joe's dive buddy **Anita Morrison** for putting up with him and giving Connie a well-deserved break

**November** will be totally slow due to our closures but **Connie** and **Claire** will be doing their annual **Blue Heron Bridge** trip mixed in with **DEMA!!** They will be meeting up with World Famous **Jerry Shine**, **Diver Ed** and **Captain Evil**, **Edna** for some awesome diving!!

**Doc Octo** has been crazy busy but managed to get his article finished!! This month is on The Aging Diver!! It is an awesome article, don't miss it!!

**THE COJO RETAIL STORE WILL BE CLOSED NOVEMBER 2 – 8 AND 16 – 17.**

**STARTING IN NOVEMBER THE STORE WILL BE BACK TO WINTER HOURS AND WILL BE CLOSED ON FRIDAYS EXCEPT BY APPOINTMENT DUE TO COJO WINTER HOURS!!**

Thanks and Safe Diving!!

Connie and Joe  
COJO Diving



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## Courses During October

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

- **COJO** – Drysuit Course
- **PADI** – Open Water Diver course
- **PADI** – Reactivate course
- **PADI** – Zombie Apocalypse Diver course
- **PADI** – Advanced Open Water Diver course
- **PADI** – Enriched Air Nitrox Diver course
- **PADI** – Dive Master Course





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### Courses To Come

For the rest of the year and **into 2016**, this is what we have **SO FAR!!!!**

- Continuing – **PADI** – Advanced Open Water
- Continuing – **PADI** – Open Water Diver course
- 10 Dec – **COJO** – Drysuit Orientation course
- Jan - Apr – **PADI** – Winter Session Open Water Course
- 23 to 27 Mar 2016 – **PADI** – Ice Diver Specialty

If you would like information on courses for the new-year or on our **Training Calendar**, contact us at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) for more details!!





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### EVENTS DURING OCTOBER

#### Zombie Apocalypse Diver Course

During October, **COJO** held their first **PADI Zombie Apocalypse Diver course**!! It was totally awesome!! We had **Diver Ed** come down with **Captain Evil** from Bar Harbor!! They brought along **Patrick** and **Sarah White** for the trip!! What a total Blast!! Special thanks to **all that helped out** and great job to our students **Isabelle, Jacques, Caleb, Jeff, John, David, Patrick** and **Peter**!! This course refreshes and teaches many skills from **Open Water, Search and Recovery, Rescue, Intro to Tech** and **many, many more**!! Great job to the whole **COJO** (undead) crew!! Woo Hoo!!



#### Hope Ginsburg's "A Tidal Meditation"

On Sunday, November 25th, **COJO Diving** worked with artist **Hope Ginsburg** (Richmond, VA) to produce a video shoot for her project "**Breathing on Land**".

The work, which will be **exhibited in Spring 2016** at **Mass MoCA** in **North Adams, Massachusetts** and **Temple Contemporary** in **Philadelphia, PA**, takes meditating on land with scuba gear as a starting point to refocus viewers' and participants' attention on their bodies, contexts and implicitly the health of our atmosphere. Our own **Connie Bishop** proposed the site of Carrying Cove at **New River Beach** for the event, as Ginsburg wanted to undertake one of her "scuba meditations" in a place where the water would literally rise on the bodies of the "breathers" until they disappeared.





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COJO Divers **Rachel Barrett**, **Jessica Bradford** and **Richelle Martin** braved the chilly waters of the **Bay of Fundy** for a seated dive of an hour and half to get just the shots that Ginsburg and her team needed. With **Connie** providing expert support, so expert in fact that the team called her the "**Tide Whisperer**", **Matt Flowers** and **Jessica Carey** documenting the event and composer **Joshua Quarles** recording sound, we expect a terrific document of the Fundy tides in action. In this case **COJO Diving** went deep, not in meters but in mindfulness and we'll soon have a piece of video art to prove it.

A shout-out also to **Connexion ARC** in **Fredericton, NB** and artists **Janice Wright Cheney** and **Sophia Bartholomew** who hosted the traveling diver and documenters a little farther inland. And to **Jim McNeal** and **The Dive Shop**. <http://www.thediveshoprichmond.com/> in **Richmond, VA** for sending Hope up here with a dry suit; she insists she would have frozen without it. Glad tidings were all around.

(Write up by Hope)!! Woo Hoo!!





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### Underwater Pumpkin Carving

On October 24<sup>th</sup> **COJO** held their annual **Underwater Pumpkin Carving** dive!! This year they combined it with the Advanced Open Water Navigation and **Night dive** and had it at **Morell Park** in **Fredericton**!! This event is always a totally awesome time!! There were participants on land and in the water and **everyone walked away with prizes!!!** Thanks to all who came out and **HAPPY HALLOWEEN!!!**



### EVENTS TO COME!!

#### Underwater Christmas Tree Decorating

The event you've been waiting all year for!!

Let's find a cute little tree and gather marine-friendly decorations. Then we'll drag it all underwater and decorate our tree!! It's all in good fun, don't miss out!!

**Coffee** and **Hot Chocolate** available to warm up cold divers afterwards :)

**Location:** Deer Island, Customs/Cancat Beach

**Low Tide time:** 1:40pm

**\*\* Divers will continue on to dive the wall at Customs beach after putting on the Christmas Tree decorations!!**





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\*\*\* Drift Dive available also to qualified divers.. we'll meet at the Campground Office @ 10:30am and start the dive @ 11:40am.



## Customer Appreciation Christmas Party

On **December 11<sup>th</sup>**, join us for an evening of party fun! Meet up with old and new friends. We'll have food and drink, and party prizes too! Let's celebrate the great year we've all had diving, and **talk about exciting plans for 2016**.

We hope to see you all there!





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**And Now, Doc Octo!!**



### ***How not to age gracefully***



Getting older, like death, taxes and bad Adam Sandler movies, is inevitable. What's not necessarily inevitable, is surrendering many of the physical activities we enjoy. Happily, when it comes to diving, the oceans are full of old farts. Jacques Cousteau was diving well into his 80's, Norman Lancefield was actively diving at 91 and Jerry Shine must be at least a zillion years old. So, if you too want to join the pantheon of great silver-haired sea-gods, only two things will stand in your way; the things you can't control and things you can.





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### ***Things you can't control***

Well, despite my rabbit's foot, magic crystals and lucky numbers, I have never won the lottery. Similarly, despite all your best efforts, bad things may happen. People get sick, people have accidents and as a grown-up you know that that's in part the cruel randomness of the universe. Take my two neighbours, one was the hard-living ex-alcoholic-smoker and the other was a gentle vegetarian buddhist. Who got the heart attack? That's right, since I'm telling the story, you know the buddhist got the stent. While it seems like randomness (and certainly much misfortune does seem that way) the vegetarian likely had the heart attack because his family history was loaded for heart disease. So in a way, since you can't pick your parents, it was still just bad luck.

The second item on the list of "things you can't control" concerns the inevitable loss of physiological function with age. After age 40, fitness declines at a rate of about 10% per decade. This decline will be independent of your muscle mass and physical activity levels. Therefore, no matter what you do, you will be less fit as time passes. However, the good news is, ***"Individuals who start with higher aerobic capacity and continue their activity habits throughout life maintain a greater fitness level at all points in the aging spectrum. In light of the relationship between aerobic fitness and mortality, this suggests that performance of regular exercise throughout the lifespan will both lengthen life and postpone and compact end-of-life disability"*** (Ades and Toth 2005). You have to love that phrase "Compact end-of-life disability." It's the difference between rolling down a gentle hill into a pit or falling off a cliff into the same pit. In any event, muscle function, reflexes and flexibility also show the same age-related decline, and all are improved by regular activity and good habits. So really, the rate of decline and consequently the quality of our later years, depends on good habits.

### ***Things you can control***

Many people struggle to control their bad habits. The irony that I have bad habits and I make a living trying to persuade people to give up theirs, is not lost on me. Mark Twain said it best, ***"Nothing so needs reforming as other people's habits."*** But in the game of staying fit later in life, fixing bad habits is important. Look at the most common cause of diving fatalities in my age group, cardiovascular disease. Most people already know the big risk factors, smoking, diabetes, high blood pressure and elevated cholesterol. These issues are between you and your doctor, and beyond the scope of this article. But what should be obvious, is that heart disease will severely impact your diving career. What you may not know, is that good lifestyle habits can have an enormous positive impact on your risk of heart disease.



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For example, there is a large body of good quality evidence showing that eating food from the DASH or the Mediterranean diets can significantly reduce the risk of heart disease. Good diets are also associated with lower cancer risks, keeping your weight in a proper range and reducing your risk of diabetes. More importantly, eating a good diet ensures you will have the warm glow of moral superiority at every Christmas buffet. Sure, I'm betting you know something about a healthy diet, but not as much as a dietician. Which of course raises the question; when was the last time you had your diet assessed?

Obviously eating well is only part of overall fitness. When it comes to controlling cardiovascular risk factors, exercise really counts. Using US data, the risk of heart disease can be reduced up to 40% with only modest regular exercise. Sadly, about 250,000 americans die each year, just from inactivity. There is a wonderful review of exercise recommendations on the American Heart Association website, just follow this link

<http://circ.ahajournals.org/content/107/1/e2.full> . Needless to say, since all body systems decline with age, ideal exercise programs should include elements of strength training, aerobic fitness and flexibility. Also needless to say, since I don't know your health status, you should get the advice of your physician before starting a new fitness program.

The final item on the "things you can control" list is; how, where, when and with what you dive as you age. Dirty Harry was right when he said, "A man has got to know his limitations." As fitness and strength begin to decline, modifying our equipment and not where we dive may be sufficient. For example, many elderly divers are sporting side-mounted steel 50s as they enter their twilight years. As physical resources further diminish, older divers may restrict their diving to warmer seasons, or warmer water with better visibility and low currents. The trick seems to be an honest appraisal of our abilities and conditions. When you think about it, judgement is the one thing that should improve with age. Remember, being that know-it-all curmudgeon takes a little planning and discipline, but will definitely be worth it.

### Featured Certification



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### PADI Ice Diver Specialty

Course Price: **\$300.00+HST**

- Includes classroom, open water dives

If the spirit of adventure and unusual, challenging diving appeals to you, try diving under the ice. You will complete a minimum of three ice dives for your certification. Dives are typically done as a group working with support personnel, divers, tenders, and safety divers. You are under the ice to learn to control [buoyancy](#), [navigate](#) under the ice, and keep in contact with the lead diver and tenders via line pulls. This course is available in March.

To enroll in the Ice Specialty course, students must be at least 18yrs old, and Advanced Open Water (or equivalent). Gear rental packages are available

- On course completion, students will receive a Certificate of Completion and PADI Specialty c-card.

**To March 25, 2016**







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### NOVEMBER FEATURED PRODUCT

#### Henderson **TherMaxx** Backzip Wetsuits



3mm Reg \$330.00 **SALE \$297.00**

5mm Reg \$378.00 **SALE \$340.20**

7mm Reg \$418.00 **SALE \$376.20**



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### 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 DRIVE THRU GAS FILL STATION is up and running!!



That's right, pull up, get your Nitrox without ever leaving your car or having to carry your tanks into our compressor room!! Simply drive up, get your gas and take off!!

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!!