



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 51

What's New

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

Winter is breaking and **Spring is springing!!**

March has been an extremely busy month and **April** is only getting busier!! Look out, **summer is coming!!** During March COJO ran several courses and although they didn't make the trip to Florida, **Doc Octo** and a few other COJO Divers did!! They had a totally awesome time cave and open water diving with **Jill Heinerth** down in **Cave Country!!**

COJO headed to **Boston Sea Rovers** for their favorite show with their favorite Newfie, **Rick Stanley** of **Ocean Quest Adventure Resort!!** Thanks to Rick and all the gang that went to Boston Sea Rovers for a great time!!

While in New England, Joe got to get out for a dive with his best **friends Diver Ed** and **Jerry (Triview) Shine**. Connie had a cold and couldn't dive but she was glad to see Joe go!!

This month COJO is announcing a whole bunch of **new initiatives and partnerships!!** Don't miss them and feel free to come in for more information!! COJO is now partnering with the **Nature Trust of New Brunswick** to explore New Brunswick's unbelievable hidden treasures!! Don't miss the article below from **Jessica Bradford** of the Nature Trust!!

COJO encourages you to send in your pictures for the **Photo Of The Month**. If your picture gets chosen, your picture and name will be published in the Safety Stop and you could win a coupon redeemable for merchandise or services at COJO Diving.

If you would like to stop receiving this newsletter please reply to this e mail with "Unsubscribe Me" in the Subject Line

Thanks and Safe Diving!!

Connie and Joe
COJO Diving





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Courses During March

What a crazy month!! We had a slower winter than normal but man, it is crazy busy now!! During March, we managed to run the following courses:

- **PADI** – Ice Diver course
- **DAN** – Basic Life Support course
- **PADI** – Discover SCUBA course
- **PADI** – Advanced Open Water (classroom)
- **COJO** – Drysuit course
- **PADI** – Computer Enriched Air course

As well as kicking off the **COJO PADI Dive Master Internship!!** What an exciting month for some exciting training!!



Courses To Come

During April, we will slow down a tiny bit. COJO will be running the following courses:

- Continuing – **PADI Dive Master Course**
- 10 Apr – **PADI Open Water (classroom)**
- 15 Apr – **PADI Project Aware**
- 22 Apr – **DAN Basic Life Support**
- 23 Apr – **DAN Oxygen Provider**
- 25 April – **PADI Discover Scuba Diving**
- 25 April – **PADI Open Water (pool)**

May through to September are absolutely **CRAZY** with courses and if you would like information on a course you don't see here or on our Training Calendar, contact us at cojodiving@gmail.com for more details!!



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EXCURSIONS DURING MARCH

Boston Sea Rovers!!

For March 6 through the 8th COJO headed down to **Boston Sea Rovers**. This is always a totally amazing time and this year was no exception!! Connie and Joe met up with **Jerry (Triview) Shine**, **Diver Ed** and **Captain Evil**, **Edna** at **Pierce Island**, New Hampshire for an awesome dive!! What a totally awesome way to kick off the weekend.

In Danvers, Massachusetts for the Boston Sea Rover's show Connie and Joe caught talks from Jerry, **Andy Martinez** and many others!! **Connie** took her **Level 2 Surveyor Test** with **Janna Nichols** from **REEF** and we can now offer the **Surveyor Course at COJO** and conduct **Level 2 testing**, **Woo Hoo!!** Joe also was caught several times eyeing the new Sidekick Rebreather from **KISS Rebreathers!!** We met up with **Rick Stanley** from **Ocean Quest Adventure Resorts!!** If you have never been to Newfoundland for wreck diving, bye you don'ts know what you're missin'!! Give Rick and the crew a shout!! **John (Doc Octo) Prendergast** and **Alastair Klima (Who is not an Underwater Superhero at all)** met up as well for the show!!





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Ice Diving Course

March 13th to 15th COJO Ran the **PADI Ice Diving** specialty. This was totally awesome!! Not only did we have 6 students, we had the Dive Master Interns and others divers as well as the **YOHO Lake community** out to visit and help out with the dives!! A very special thanks to **Sean Haley** of **Haley's Pawn Shop** in Fredericton for all the help coordinating the course and especially to **Ralph Perry** who allowed COJO to use his property, garage, guest house and his lake access to complete the dives!!! **Woo Hoo!!!** Can't wait for next winter!! Just kidding, yes we can!



Dominican Republic

Another trip undertaken this month by COJO Divers, **Mike Lavallee**, **Shannon Driscoll** and **Chris Neadow** was an awesome trip to the **Dominican Republic**. Here is a short story from Mike on the awesome trip!!

Hello COJO Divers, here is a quick trip report on our recent dive trip to Dominican Republic, 22 Feb – 1 Mar 15.

Shannon Driscoll, Chris Neadow and I signed up with SeaPro Divers out of Punta Cana for this excursion, all I can say about SeaPro is that they are true professional in all aspect and their services was second to none.

Diving.



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Day 1, 23 Feb. As per our correspondence with Seapro Divers in Punta Cana, their staff showed up at the hotel for pick-up right on time. After the 5 min drive to their HQ in Punta Cana, we signed the release forms, paid our dues and found ourselves on a fast boat to link up with the dive boat for our first 2 dives. The first dive was supposed to be on the wreck "Astron" north of our location on the Atlantic side of the island, but as we soon found out this one was called off due to rough seas. Yes Shannon tossed his cookies and I turned a little green myself. In turn we did our first 2 dives in the local area, nothing out of the ordinary to see other than one Stingray upon entering the water, minimal sea life and tons of boat filled with divers buzzing above our heads. Very strong surge/waves and were actually happy to return to our hotel and relax for the rest of the day.

Day 2, 24 Feb, no diving, Shannon and Kim's wedding anniversary, rent buggies/ATV's and hit the country side, never again, my back will never be the same and driving through poverty stricken area is definitely not my cup of tea. Mike is not feeling well.

Day 3, 25 Feb. Mike is very sick, not diving and sat on the white throne over watching his kingdom for the next 24 hours. Shannon and Chris went on to the Atlantic Princess followed by a shallower reef dive. See final dive for details.

Day 4, 26 Feb. Thank God for powerful meds, not firing on all cylinders but I'm back in business. As usual, the SeaPro staffs are right on time for pick up for the 1 hour drive to Bayahibe. The next 2 dives are around Catalina Island (the Wall) to 120 ft followed by a shallow reef dive (Aquarium) on the other side of the Island. All I could say is WOW what fantastic Sea life, from your usual tropical fish to Scorpion fish, Lion fish, Puffers, you name it was all there.

Day 5, 27 Feb Final Day. Back to Bayahibe, first stop is a 5 Star PADI Centre, yes Joe 5 *'s. We hopped on a boat to begin the 25 minute journey to the St George. The St George is a cargo ship sunk by Hurricane "George" hence the name. The ship sits in 144 ft of water, the stack reachable at about 50 ft, nice wreck, quick penetration and back up the anchor line. Max dive time about 30 minutes. Doubles and Nitrox are definitely the way to go on this one. Oh well, maybe next time.

Next stop the Atlantic Princess, a small cargo ship in about 40 ft, great for novice diver to penetrate and exit with one breath as large square entry and exit holes were cut on the ship. The surrounding are crawling with sea life to include the usual as above we also managed to spot quite a few trumpetfish and the biggest Puffer fish I have ever saw

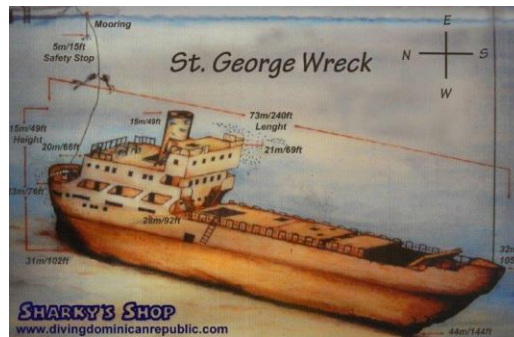


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For those who may be interested in a dive trip to the Dominican Republic I strongly recommend SeaPro, Emile and Beatrice at the front office were both wonderful. To all the SeaPro DM's Wilson, Johnny Rubeo (Blondie) and Leandro a great thank you, you are all professionals and a credit to the Seapro organization. For Resort I would definitely look in or nearby Bayahibe which is on the Caribbean Sea side of the island. Bayahibe is a small fishing but colourful village, it is clean and has beautiful shops throughout the village.

Mike



EXCURSIONS TO COME

Ontario Wreck Diving!!

In **April** Joe will be diving his guts out in **Tobermory**, **Brockville** and in **Essex County!!** It promises to be an awesome trip!! He has teed up with the **Aquateers of Canada**, the local Base Borden SCUBA Club for fills and tank rentals while there!! Special thanks to the Aquateers!! While he is Essex County, he will be staying at **Towns Estates**, a beautiful Bed and Breakfast in Harrow and diving out of **Drexler Diving Systems** with **Mike Drexler** and **Jeff Omstead!!** This promises to be an awesome trip for sure!!



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Kingsclear Expedition

Don't miss out!! If you are in the area on **April 2nd**, COJO will have the **Kingsclear Expedition** presentation. This is a large expedition that will go on during the summer of 2015 where **COJO Diving's Exploration Group** will be searching for, mapping and laying line through the old Kingsclear Settlement in New Brunswick!! This promises to be one of the best expeditions yet with tons of insight into the local community pre-Mactaquac Dam!!

Also, check out the **[COJO Environmental Stewardship](http://www.cojodiving.com)** page on **www.cojodiving.com** where we list our new neat partnerships with Nature Trust of New Brunswick and Reef Environmental Education Foundation (REEF)!! Check us out!!

Saguenay River, Quebec

Connie, Joe and the gang will be heading to **Quebec** to dive the **Saguenay River!!** This is an amazing river because of several reasons!! The first 30 feet or so is fresh water so it creates a really dark environment. Then when you get past the halocline and into the salt it is clear as a bell!! So you have **black water that is perfectly clear!!** Really awesome!!

Joe will be teaching a **Normoxic Trimix** course there because it is a Fjord and it is approximately **1 000 000 feet deep!!**, APPROXIMATELY.

We will also be exploring the deep there to see what kind of crazy creatures are making this their habitat!!

There will be **tons of divers** from all levels of training so if you want to come and dive 30 feet, it is awesome, if you want to come and dive 300 feet, it is awesome as well!! If you are interested, go to the **Facebook event page** on COJO and sign up or just send us a note for more info at **cojodiving@gmail.com** !!



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And Now, Jessica Bradford of the New Brunswick Nature Trust!!



I am thrilled to be a guest writer for this edition of the Safety Stop newsletter to announce a new partnership between COJO Diving and the Nature Trust of New Brunswick. The Nature Trust of New Brunswick is a non-profit conservation organization with over 40 nature preserves throughout the province many of which are located in or along the Bay of Fundy. Working for a conservation organization and being a diver who is incredibly passionate about the ocean prompted me to reach out to Connie and Joe to see if we could potentially work together to raise awareness for coastal conservation efforts. In true COJO style, they met my idea with open arms and lots of enthusiasm.

So what would a Nature Trust and COJO partnership look like? After an initial brainstorming session, there are a few dive excursions in the works for this summer that will involve diving off of Nature Trust sites. One in particular is a dive from New River Island Nature Preserve (<http://www.naturetrust.nb.ca/wp/blog/new-river-island/>) across from New River Beach in August. If this is something you are interested in joining, make sure to get in touch with COJO and attend the expedition briefing in May. We also hope to host a Nature Trust Discover Diving night for our members and supporters to expose our community of conservationists and naturalists to the wonderful world of recreational diving. As for the other potential events, you will just have to wait to find out!

This partnership will not only help to raise awareness for conservation, but COJO and other divers can help to explore our nature preserve shorelines to provide a better picture of the health of aquatic/marine life found there. Everything is interconnected after all and much of the wildlife that live on our nature preserves rely on the oceans for their food such as the nesting seabirds on New River Island. Any data collected from our nature preserves can also be submitted to larger, citizen science driven marine conservation monitoring programs such as the Reef



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Environmental Education Foundation (REEF)'s Fish Survey Project. Overall, I hope that this exciting and innovative partnership will help create some buzz for the Nature Trust and COJO, as well as highlight New Brunswick as a top scuba diving destination.

Stay tuned for more updates! If you would like to learn more about the Nature Trust of New Brunswick, please feel free to contact me at communications@ntnb.org or call (506) 457-2398. You can also find more information on our website: <http://www.naturetrust.nb.ca>.



And Now, Doc Octo!!

Imagining you are a better diver than you are...



More than once this winter I, like many Canadians, have asked myself "Why, why, why am I living on ice planet Hoth?" It's a sad truth. In Canada we have three seasons; snow, bitter cold and finally snow with bitter cold. Due in large part to the damn snow, diving this winter has been poor. As you know, access to most of our favourite spots has been blocked for months. And lets be honest, when ocean diving does finally begin most of us are going to be pretty rusty. Traditionally, divers prepared after an off season by using the pool or just fumbling through those first dives of the season. One great way to get up to speed quicker, in addition to skill retraining, would be by using a mental imagery program. Visualization techniques have been used by professional sports teams and individual athletes for years. Furthermore, the evidence of their effectiveness has been repeatedly confirmed by sports psychologists. Many of these systems allow you to focus on the rehearsal of selected skills. For example, you could focus on improving a certain motor skill (such as finning), or to visualize success, or to motivate yourself or to produce just the right amount of mental alertness for a specific activity. I do want to stress that visualization alone is not enough.



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For while I can imagine myself singing like Michael Buble, in reality my voice sounds like a badger caught in a trap. So let's be clear, visualization is not daydreaming. Instead, visualization is a valuable aid to the practice of a previously known skill.

A quick look at the internet reveals an abundance of programs, books and articles on sports visualization. However, I have chosen a brief article called "The power of visualization" by Matt Neason (2012) as a nice example. In his article, Neason describes five visualization steps applicable to any sporting activity. They are:

1. **Practice.** The skills involved, even though mental, require time and repetition. The author suggests at least 10 minutes a day. Apparently being distracted early in practice is normal, and does not mean you are not getting benefit. But the important theme is to remain positive and gently bring your attention back to the task.

2. **Visualize.** Neason claims that visualization practice also gives athletes an opportunity to correct negative or failure plagued thoughts. Apparently, imagining success is an important part of this practice. Visualization also provides a clear mental plan of how a successful event would unfold. In this practice, failure is easily dealt with and success is certain.

3. **Shift Perspective.** When visualizing performance, you can imagine seeing the event as if you were there, or as if you were watching yourself perform the skill. Apparently, each style of visualization offers its own advantages. In diving you could imagine yourself donning your gear, knowing where each piece of equipment is placed. You could imagine checking gauges, and adapting to changes in the environment. You can even visualize how you would respond to a diving emergency. This kind of rehearsal leads to decreased anxiety as the location of each item and its function is known in advance. We have already discussed this type of mental rehearsal in the February 2014 column on diver panic.

The second perspective, watching yourself from the outside, would allow you to see yourself interacting with the environment or other divers. You could imagine perfect trim and buoyancy, moving through the water with efficient graceful kicks. The author suggests that an important part of this practice is generating a lot of detail from the environment. For the simulation to feel real it is necessary for all the senses to be involved. For example, you could imagine the smell of the ocean, the feel of the surf on your chest, the sound of the waves and wind. If you dive out this way, you should also imagine the "ice-pick between the eyes" sensation of putting your face in water of about 32 degrees Fahrenheit. In any event, it is the imagined input from multiple senses that gives the practices realism and therefore value.



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4. Emotional content. In addition to imagined sensory details, the emotional component also needs rehearsal. For myself, I would imagine that excited feeling just before going under the water for a dive. You could also imagine the pleasure of interacting with the ocean environment, even for a very short time. Neason suggests “dialing” up or down the “emotional volume” to achieve the ideal level of alertness. For a particular event, the ideal level of alertness means attentive and ready to perform, but not distracted by anxiety.

5. Follow a consistent approach. This tip refers not only to consistently applying the above steps for a visualization, but employing a previously established method.

So there it is, it's almost diving season. Prepare yourself by arranging for physical practice either in a pool or a gentle environment and use the steps above to actively visualize performing those skills and procedures. Have a great season!

Those who dream by day are cognizant of many things that escape those who dream only at night.

Edgar Allan Poe





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Featured Course (April to June) **PADI Project Aware© Specialist**



By earning the Project AWARE Specialist certification, you'll be more aware of the most pressing problems facing our vulnerable aquatic environments, and learn about local actions you can take to help protect them!

Anyone who has an interest in the aquatic world should take this course. There are no pre-requisites, age restrictions or water sessions required for this non-diving specialty!!

You will also learn about how COJO works with partners Nature Trust of New Brunswick and REEF to provide underwater stewardship of coastal sites in New Brunswick!!!

Price: \$80 + HST per person

Next Course Date:

Registration for April 15th by Thursday, April 10th.

Don't miss out!!



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April to June 2015

FEATURED PRODUCT

REUSABLE UNDERWATER SPORTS CAMERA!!

Sign up for **ANY** course with **COJO** scheduled in April through June and get an **INTOVA SS01 Sports Utility Camera with Flash** for just **\$13+HST!!**

This film camera is **pre-loaded** and with a **100+ foot depth rating** and **built-in flash** it is great above and below water!!





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Photo of the Month

This picture was submitted by **Jessica Bradford**. This is a picture looking out from **New River Island** near beautiful New River Beach, NB. Jessica works with the **New Brunswick Nature Trust** and was in to talk about the **upcoming expedition to New River Island** that COJO Diving is making in **August of 2015!!** Beautiful picture Jessica!! Keep up the awesome work!!

For her picture, Jessica wins a **COJO Diving mask strap!!**



Keep sending in those pictures!!!



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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 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 !!



Our new book, "The Technical Tao of Joe" will be out this summer!! 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!!

Our Saguenay Trimix course and dive trip has been moved from May to the July 1st weekend. Please check out our COJO Training Calendar at www.cojodiving.com for details!!

Come in and visit us at the [COJO Diving World Headquarters!!](#) We have a beautiful facility with a nice fireplace to sit and warm up at after a cold day of diving. There is always lots of coffee and hot chocolate, free internet and Joe usually has fresh popcorn on!!

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

Connie and Joe!!