



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 59

What's New

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

November was quite slow because Connie and Joe were both away for most of the month!!

Joe was out with his work on exercise and **Connie** and **Claire** spent a week in **Florida** diving **Blue Heron Bridge** and in Orlando at **DEMA!!**

Coming up this month will be **COJO's Annual Christmas Tree Dive** and the **COJO Christmas Party!!** Don't miss out!!



For a new twist, because divers tend to indulge a bit much on New Year's Eve, we are **moving the New Year's dive to January 2nd!!** The dive will be on **Deer Island** at **Customs (Can Cat) Beach** for the low. The **low on January 2nd is at noon!!** E mail or Facebook for details!! Don't miss out!!!

A **very special congratulations** to **CONNIE** on completing her **PADI Open Water Instructor course!!** Great job Connie!! Woo Hoo!!

Doc Octo has an awesome article this month on **Nitrox** in diving!!

COJO STORE HOURS ARE EXPANDING!! STARTING DECEMBER 7

Monday	6pm to 9pm
Tuesday	3pm to 9pm
Wednesday	3pm to 9pm
Thursday	5pm to 9pm
Friday	3pm to 9pm

And gone diving Saturday and Sunday!!

Thanks and Safe Diving!!

Connie and Joe
COJO Diving



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Courses During November

During November, COJO had the following courses.

- **PADI** – **Advanced Open Water Diver** course



Courses To Come

Looking ahead into **2016**, we already have plenty of courses scheduled!! We are looking to do quite a few early in the new-year and keep training all year long!!!!

- 9 to 10 Jan – **PADI/SDI** – **Recreational Sidemount Course**
- 3 Feb to May – **PADI** – **Open Water Diver Course**
- 23 to 27 Mar – **PADI** – **Ice Diver Specialty**
- 7 Apr to May 8 – **PADI** – **Rescue Diver Course**
- Continuing – **PADI** – **Divemaster 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

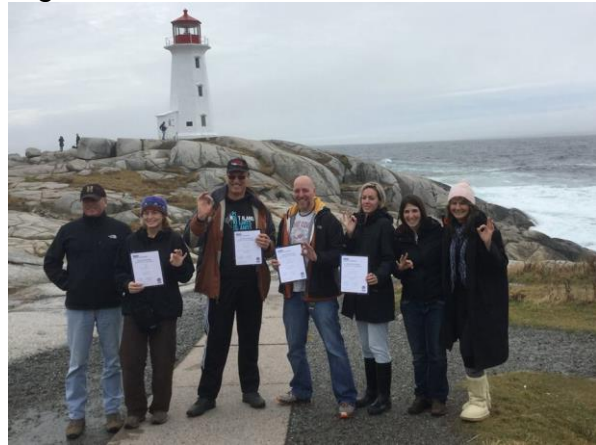
EVENTS DURING NOVEMBER

BLUE HERON BRIDGE / DEMA

In November Connie and Claire headed to Florida to dive Blue Heron Bridge at Singer Island (Florida) and attend the annual DEMA conference. We have several new product lines we are bringing in for 2016.. stay tuned for details and specials!!

Connie will be hosting an evening to show pictures and talk about diving at Blue Heron Bridge this Winter!! While there, Connie received her EFR Instructor Certification from Course Director Barb DeClerque at Pura Vida Divers.

Also in November Connie completed her PADI Instructor Development Course with Course Director Neil O'Hare at Torpedo Rays in Dartmouth, and the Instructor Examination the following weekend. Congratulations Connie! Woo Hoo!!





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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!!**

******* 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 11th**, 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**. Bring the children to keep Joe busy!!

We hope to see you all there!!





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

COJO's New Year's Dive!!

This year on **January 2nd**, the COJO **New Year's Dive** is more of an institution than turkey at Christmas!! **COJO and crew** will be out for an awesome low tide dive at **12pm on 2nd of January 2016!!** We will head to **Custom's (CanCat) Beach** on **Deer Island** for the dive. Send us a note at cojodiving@gmail.com for details. Don't miss out!!





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

And Now, Doc Octo!!



Is nitrox the “Q-ray bracelet” of diving gases?



Nitrox has been used as a breathing gas in recreational diving for over 20 years. This gas mix (with any oxygen content over 21%) offers the advantage of decreased nitrogen-loading to tissues at depth. This means that divers can stay deeper or longer with either longer no-decompression times or a reduction in decompression obligations. Anecdotally, divers have also reported that they have noticed reduced fatigue after diving on nitrox. This raises a very interesting question. Is this “enhanced sense of well-being” a result of fewer nitrogen bubbles coming out of solution after the dive, the increased content of oxygen in the breathing gas or just the diver’s imagination? The data, as usual are insufficient but interesting.

In simulated dives using hyperbaric chambers, divers could not reliably tell if they were breathing air or nitrox by their perceived level of fatigue. This would tend to support the idea that reduced fatigue after diving on nitrox is just wishful thinking. However, in a 2010 study (done in water), diver mental alertness was slightly improved when diving on nitrox. The opinion of the diving researchers at the divers alert network (DAN) is that the evidence for reduced fatigue from breathing nitrox is weak at best. This suggests that feeling better after diving on nitrox is probably more the result of the placebo effect. The



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

placebo effect in popular terms, means some people still feel better when given a sham treatment, such as a sugar pill, instead of a real treatment. In reality when we expect an improvement, parts of the brain involved in anticipation of reward get turned on and real changes in physiology do take place. Responding to a "sugar-pill" doesn't mean a person is weak-willed, things happen when we anticipate good outcomes.

For example, for years the Q-ray bracelet has been marketed to reduce pain and improve athletic performance. The claims of the parent company are somewhat vague, and most scientists see the product as a scam. However, many users are convinced of the bracelet's effectiveness (as the companies testimonial section will attest). Interestingly, if subjects are given any bracelet (Q-ray or not) and told it is a Q-ray product, they tend to feel better. This suggests two things; first there is likely nothing special about the Q-ray bracelet. Second, the anticipation of improvement can often cause improvement (at least in the short-term).

The upshot is this; if you think you feel better diving nitrox, you probably will and nothing anyone can say can change your mind. But, it may turn out that that great feeling after diving on nitrox has more to do with a great dive and less with the gas you were breathing.



Here is a picture of Joe after a Nitrox Dive!!



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Featured Certification



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





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Winter's Feature 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**



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>

A BIG welcome to COJO's newest staff addition!! **Mike Lavallee** will be starting with COJO on 7 December. **Mike** is **retiring** from the **Canadian Armed Forces** after more than **40 years of service!!** Mike will now be employed as a full-time babysitter for Joe and working the store too!!

Welcome Mike, you will be awesome!!



Mike (Papa Mike to his friends) possesses a deep and abiding passion for diving and enjoys the interaction with potential new divers. Mike started the PADI Divemaster program with COJO in April 2015 and will be a regular at the store, as well as the pool and open water sites assisting with classes and events.

Our new book, "**The Technical Tao of Joe**" will be out by Summer 2016!! Don't miss out!! This book gives you insights on **Joe's methods and teachings on Technical Diving**.



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

Connie and Joe!!