



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 42

What's New

Hello, Happy **Canada Day**, Happy **Independence Day**, Happy **Memorial Day** to all the Newfs and welcome to the **July 2014** edition of The **COJO Diving Safety Stop Newsletter**.



June was totally wild with courses and adventures!! **COJO** did tons of Recreational and Technical training as well as Discover SCUBAs and some exploration projects that they have been trying to get to!! **COJO** dived on Deer Island, Eastport, Bar Harbor and in quarries and pools everywhere!!

During June, members of **COJO** also helped out with the **YOHO Lake Clean up** and the **Fredericton Anglers Club River Clean up**!! Thanks to all the divers who came out and braved the elements to help the community!! **GREAT JOB!!**

Doc Octo is back with another awesome article. This one is on **The Dive Reflex**!! Don't miss out on this one!!

This month, **World Famous Author** and **Nudibranch expert**, **Jerry Shine** will be here to talk about **Nudibranchs of the Northeast**!!! **COJO** can't wait. **Don't miss the specials!!**

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



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

The summer is going to ROCK!! We are running so many courses it is absolutely **CRAZY HERE!!** During June we ran:

- **COJO** – SCUBA Introduction Night
- **COJO** – Drysuit Orientation Course
- **IANTD** – Advanced Recreational Trimix
- **TDI** – Intro to Technical Diving
- **PADI** – Open Water Course
- **PADI** – Rescue Diver Course
- **DAN** – DEMP Instructor Qualification Crse



Thanks to the **2nd Hanwell Cub Scouts** for coming out to learn about **SCUBA!!**

Joe has joined up as a Cub Scout now!!



Courses To Come

During **July** we will be running the following courses.

- 1 July 14 – **DAN** Instructor Qualification course (Classroom, Confined Water)
- 4 to 6 July – **PADI** Open Water Checkout dives
- 30 July 14 – **PADI** Enriched Air Nitrox course
- 31 July 14 – **PADI** Advanced Open Water (Classroom)

If you are looking for a specific course you don't see here, give us a call!!



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Excursions During June

During June, **Joe** took a trip with a bunch of **COJO Divers** to Bar Harbor to visit **Diver Ed**, **Captain Evil** and the **League of Underwater Superheroes**. While there they all got to take in the **Dive In Theater!!** What an awesome trip!! After that, they all went for a few deep dives aboard the **Starfish Enterprise!!**

The second day was a blow out (**probably because of Diver Ed**) so there was no diving. That sucked but the weekend was still awesome!!

Thanks to **Diver Ed** and **Captain Evil** for your awesome hospitality!!



ANDREW MARTINEZ WAS BACK IN TOWN!!

That's Right!! On 1 June, **Andrew J Martinez** was at COJO Diving to give a seminar on diving and **Underwater Photography in St. Vincent!!** It was totally awesome!!

Thanks Andy!!





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

EXCURSIONS TO COME

Jerry Shine Comes to Canada!!

Since the hockey season, we didn't think Jerry would ever come back to Canada!! We are very excited and totally pleased to have **one of our favorite Underwater Superheroes, Tri-view**, here for an **awesome lecture on Nudibranchs of the North-East** on **9 July 2014!!** This is right in line with Jerry's book of the same name!! **We cannot wait!!!**

As a very special part of this event, we have **Jerry's books on sale for the ENTIRE Month of July!!!!** Don't miss your chance to get autographed copies of "Nudibranchs of the Northeast" as well as "Shore Diving Guide to New England" from COJO for \$24.95 each or buy **BOTH BOOKS during July for \$45.00 + tax!!!**

Joe Goes to Halifax!!

This is especially exciting for Connie because she will finally get a break!!! Joe is **going to Halifax** for a week from **7 to 11 July** with work!! While there he will be completing a bunch of military diving as well as teaching a **DAN Dive Emergency Management Provider course!!** It promises to be an awesome trip!!



Here we see Joe at work. As you can see it is much different than Joe at home...He is in backmount!!



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

NEWFOUNDLAND 2014!!!

FINALLY!!! Our trip to **Newfoundland** for July 19 to 26, 2014 is at our doorstep!!! If you have never been to Newfoundland and haven't been on these wrecks **now is the time!!** If you have been there, nothing more needs to be said!! It is **World Class Diving** and will be a **World Class Trip**.

We are well into the planning and we have collected deposits. **There are just 3 spots available** so if you are interested, let us know. This is the trip of a lifetime!! We will be offering **TDI Advanced Nitrox and Decompression Procedures course!!!** Don't miss out!! If you are interested, send a note to info@cojodiving.com for details!!





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

ASK DOC OCTO...

The Dive Reflex

Despite what you would imagine, the "dive reflex" is not that immediate. You don't just drop everything when someone says-"lets go diving". Instead, the dive reflex is a series of profound physiologic changes that result in an optimized system for prolonged submersion. This mechanism is present to various degrees in all mammals, including terrestrial mammals such as man. The dive reflex works like this; when the face (particularly around the nose) is exposed to cold water you stop breathing. Remember that gasp when you took your mask off in cold water? Yup, that was the first step. The second step is a rapid drop in the heart rate. There is a really cool Youtube video showing Bear Grylls having his heart rate slow from 164 to 55 beats per minute by cold submersion. 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 exterior (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 purpose of all of these mechanisms is to allow for a longer period 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. In fact, there are some very cool fossils of common ancestors to the modern cetaceans (whales and dolphins) to be found in Pakistan. However, while all mammals have the dive reflex, aquatic mammals are the champs. In addition to the apnea, slowed heart rate and selective blood vessel constriction that we all share; whales dolphins and seals have many modifications to allow for some impressive diving feats. How important 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!





THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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 treatment, 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

Thanks for another awesome article Doc Octo. Did you ever hear of "The Dive Twitch"? That is what Connie says she gets when her hand nervously reaches out and hits me on the side of the head...very interesting...



Northside River Clean Up



Open Water Course with Joe



PADI Membership Forum 2014



Open Water Course with Juanita



THE SAFETY STOP

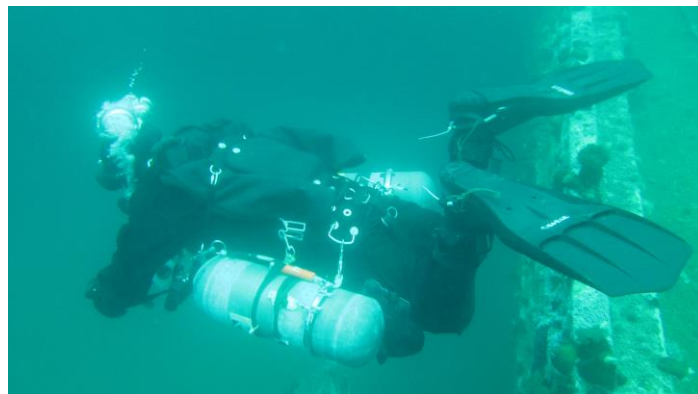
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July's Featured Course

PADI Advanced Open Water – Enriched Air Nitrox Course (July 30, 31 and Aug 1 to 3rd)

Exploration, Excitement, Experiences. They are what the **PADI** Advanced Open Water Diver course is all about. And no, you don't have to be "advanced" to take it – it's designed so you can go straight into it after the PADI Open Water Diver course. The Advanced Open Water Diver course helps you increase your confidence and build your scuba skills so you can become more comfortable in the water. This is a great way to get more dives under your belt while continuing to learn under the supervision of your PADI Instructor. This course builds on what you've learned and develops new capabilities by introducing you to new activities and new ways to have fun scuba diving. The Advanced course includes 5 Open Water dives including - Drift, Night, Deep, Marine Life, and Navigation. Gear rental packages are available!

Also added in is the **PADI Enriched Air Nitrox Course!!** These courses separately are over \$400.00!!



Course Cost: \$300.00+HST



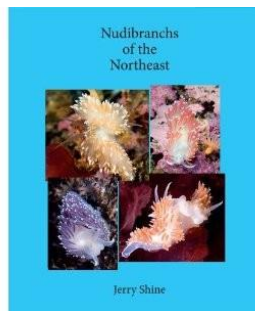
THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

JULY'S FEATURED PRODUCTS

Jerry Shine

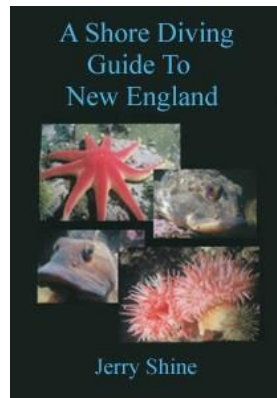
Nudibranchs of the Northeast



"Wild Shapes, Beautiful Colors, Amazing Abilities"

"Nudibranchs Pack An Awful Lot Into An Inch"

A Shore Diving Guide to New England



"Get this book and go diving"

"Drive There, Dive There – No Boat Required"

Only \$45.00 + Tax for Both Books!!



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COJO's MONTHLY NEWSLETTER

Photo of the Month

This photo was taken by **Greg Best** in **June of 2014**. He was diving off of Deer Island on the **Custom's Beach** (Can Cat) dive when he got this picture of a Wolf Fish Screaming out **COJO Diving!!!** Great picture Greg!!

For this cool photo, Greg has won himself a **free Nitrox Fill** in Newfoundland!!

Great Job Greg!!



Keep sending in those pictures!!



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 !!



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 and Joe usually has fresh popcorn on!!

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

Connie and Joe!!