



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: COJO World Headquarters, Lincoln, NB, Canada

ISSUE 101

What's New

Welcome to the **June 2019** edition, of the **COJO Diving Safety Stop Newsletter!!**

This summer is shaping up to be a **crazy awesome summer!!** As always, COJO has been going crazy with courses and events and, the new **COJO Charters** are shaping up to be **AMAZING!!** Woo Hoo!! Thanks to all who came out to support our charter!!



May's events included everything from **Diver Ed's** presentation on Mini Ed, to the Divers' Swap Meet, to the COJO Charters!! The courses were just as crazy!! There were a ton of Open Water courses running all over the province as well as the **PADI** Seal Team grand finale and PIZZA PARTY!! Woo Hoo!!

Also, May was the **PADI Member Forum!!** Thanks To Charles Dupont from PADI

On 15 June, COJO's annual **Pirate Dive** will be sponsored by **Abyss Diving Suits!!** Denise and Gim will be here to BBQ and have a good time with all the pirate divers!! This event is for anyone, from Abyss divers to wetsuit divers!! Come on out and see what we have in store and don't miss this chance to meet the owners and, designers of the **best drysuits on the market!!** Woo Hoo!!

COJO's Summer 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



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Courses during May

May was **simply awesome!!** The amount going on at COJO is just incredible and, the courses are wide open!! **What an amazing year so far!!** Here are all the courses during April

- **PADI – Peak Performance Buoyancy**
- **PADI – SEAL Team course**
- **Red Cross – Emergency First Aid / CPR**
- **PADI – Emergency Oxygen Provider**
- **COJO – Drysuit Diver Orientation**
- **Canadian Power and Sail – Maritime Radio Operator Course**
- **PADI – Open Water Diver course (Fredericton)**
- **PADI – Open Water Diver course (Woodstock)**
- **PADI – Open Water Diver course (Bathurst)**
- **PADI – Open Water Diver course (Tracadie)**

Awesome Job to all the PADI Seals!! You are true adventurers!! **Woo Hoo!!**





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Courses to Come

Looking ahead for the rest of Spring and into Summer, the **Training Calendar** is full with tons of courses and options for classes for all levels!! If you know someone who is interested in learning to dive, don't miss this chance!! **Courses are filling up!!**

If you are interested in any of them or, if you don't see what you are looking for, just send a note to us at cojodiving@gmail.com or on **Facebook** for more information!!



- 1 to 2 June – **OPEN WATER CHECKOUT DIVES!! Woo Hoo!!**
- 3 to 4 June – **PADI – Basic Wreck Diving course**
- 7 to 10 June – **PADI – Full Face Mask / Comms Training course**
- 8 to 9 June – **PADI – Rescue Diver course**
- 8 to 9 June – **PADI – Peak Performance Buoyancy course**
- 20 June – **PADI – Enriched Air Nitrox course**
- 22 to 23 June – **PADI – Advanced Open Water course**
- 9 to 10 July – **PADI – Open Water Diver course**
- 12 to 14 July – **PADI – Advanced Open Water course**
- 12 to 14 July – **PADI – Rescue Diver course**
- And tons more!!





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Events During May

During May, COJO was crazy busy!! Below are a few of the events for the month!! **Woo Hoo!!**

PADI Member Forum

On the 9th of May, **Charles Dupont** from **PADI Canada** came to visit!! He talked to all the pros from COJO and throughout NB about the changes and updates to PADI for 2019!! As always, he brought pizza and a wealth of knowledge!! Because he did such an awesome job, Connie took him for a dive in Eastport the next day!! Awesome job Charles!! **Woo Hoo!!**



COJO Gear Sale and Swap

COJO's Annual Gear Sale and Swap was a huge success this year!! There were tons of divers from all over selling and buying gear from each other!! What an awesome way to repurpose gear and get great prices!! **Woo Hoo!!** Congratulations to **Matt Forward** on becoming the newest Underwater Superhero "**Seal Saver**"!! **Woo Hoo!!**





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Diver Ed's – The Adventures of Mini Ed, 2018!!

Diver Ed delivered the most awesome presentation he has ever delivered!! The place was packed!! He went through the **Adventures of Mini Ed** from 2018 and explained a ton of information about marine life that we just didn't know!! Thanks so much Diver Ed, you are AWESOME!! Just as a note, the 2019 **Dive In Theater** has now started in **Bar Harbor**!! If you would like to see **Diver Ed's** show and meet Mini Ed in person, you can get tickets at this link!! Woo Hoo!!



COJO's Dusty Fin Dive

This was the first year we put on the dive in this way!! **The Dusty Fin Dive** was a chance for divers who didn't get out all winter to come and meet divers who didn't stop all winter!! The divers were able to go out for some safe diving and shake the dust off the fins!! Thanks to all who came out!! What an awesome event!!

Woo Hoo!!





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Fundy Dive Charter

We finally got out on our first dive charter of the season!! **Woo Hoo!!** What an awesome trip!! The trip has been sold out for weeks but, don't worry there are tons more coming!! A very special thanks to **Captain Gary** and the crew for keeping us safe and making the trip an awesome adventure!! **Woo Hoo!!**



PADI Seal Team Graduation Party!!

This is one of the most amazing adventures that we do!! This year, three kids teamed up with Joe and, **SEAL** Dive Master **Matt** (**Seal Saver**) **Forward** and completed one of the most CRAZY-AWESOME things a child can do!! They spent 5 weeks in pools learning to dive!! This is always amazing and, this year was no exception!! Hopefully these new **SEALs** get on the next Open Water course and continue the adventure!! Way to Go Seals!! A very special thanks to Matt for all the hard work and teaching you did!! You did AWESOME!! **Woo Hoo!!**





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Events & Trips to Come

June 15

It is time for our third annual **Pirate Dive!!** This year, there is a twist!! It will still be **Doc Octo** that is hosting it, and it will still be in pirate drab with tons of bootie!! BUT this year, **Abyss Diving Suit's Denise** and **Gym** will be there to cook up some pirate food, provide the drinks and give away tons of **Abyss** plunder!! It will be awesome!! Anyone, no matter what, come on out and enjoy the day!! You don't need an Abyss to show up, just to be warm!! **Woo Hoo!!**



June 22 - 23

Our first **Advanced Open Water** Diver course of the season will be paired with a Fundy dive charter!!

June 29 – July 6

Our summer highlight will a return to **Newfoundland** with **Ocean Quest Adventures**. We have an amazing group of divers heading there with us to explore the **Bell Island Wrecks**, discover sea caves, kayaking, icebergs & more!

July 20 - 21

PADI Women's Dive Day, a **Dive for Debris** event at **Pea Point**, plus the **REEF Great Annual Fish Count** events.

Aug 17 - 18

We will again participate in the **Great Fundy Coastal Cleanup** event with our partner **Nature Trust of NB!** For 2019 we plan a return to **Grand Manan**, and make a weekend of it!



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Aug 31 – Sept 1st

We will return for a few days diving at **Perce QC**. Amazing marine life, and dive with the seals on this great charter dive trip. We still have a few spots available!



Sep 21 - 26

We will return for diving at Les Escoumins in QC and a charter weekend at the Saguenay River. We still have a few spots available!

Stay tuned for more dive trips in 2019! Are you interested in a location but don't see it on our calendar? Contact us and let us know!





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And Now, Doc Octo!!

Visualization-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 plant 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 let's 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. 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



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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.

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 "dialling" 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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Product Highlights

Each month we like to bring attention to products that we stock and found are awesome in some way. We may even have a great deal on them! However, the best deal for all divers is to have an active and successful local dive shop.

Please buy local!!



Apeks XTX40 Oxygen Stage Regulator

This oxygen ready regulator is perfect for technical divers looking for a reliable stage deco regulator! Apeks regs are the choice for technical divers!

Manufacturer Suggested Price \$849 +HST



Big Blue VL10000P – Video Light

We love the video lighting available through Big Blue. Quality lights, and the most value for lumens. Talk to us to find out all the options available!

Manufacturer Suggested Price \$649+HST



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Monthly FUN FACT

“Unlike most other fish, the ocean sunfish does not have a tail”

Republished from: <https://www.factretriever.com/fun-fish-facts>
----. *Fish* (Eyewitness Books). New York, NY: Dorling Kindersley Limited, 2005
Image from: <https://allthatsinteresting.com/mola-mola-ocean-sunfish>





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COJO "Throwback" Pic

May 2014

They said they weren't "narc'd"! Doc Octo, Scott, Joe and Matt after a Trimix training dive – Bay of Fundy!



A special congratulations to COJO's Doc Octo on finishing his Advanced Course in Diving Medicine: Diagnosis and Treatment!! Maybe he can finally fix Joe!!

[Click for COJO YouTube Channel](#)

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

Connie and Joe!!