



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

ISSUE 29

## What's New

Welcome to the **June 2013** edition of The **COJO Diving Safety Stop Newsletter**.

Even though Joe's trip to see the **Dive In Theater** with **Diver Ed** got cancelled due to weather, May was a crazy busy month!! COJO completed several courses and hosted the **Shearwater SCUBA Club** on Deer Island again this year!! That club is a blast!! We had a **Victoria Day** that was absolutely packed!!! There were over 30 divers on Deer Island throughout the weekend! A special thanks to **Hugh and Miriam Crammond** for hosting the **Divers' Potluck**!! FANTASTIC!!



There are several courses coming up during June and don't forget, on 10 June, COJO's good friend **Andrew Martinez** will be here to give a talk on **Marine Life in the North Atlantic**!! That will be fantastic!

COJO also just remodeled the shop!! It looks totally awesome with **TONS MORE STOCK**, all new flooring, a huge new projector and screen in Classroom 1 and a great TV in Classroom 2!! It is absolutely incredible!!! **Be sure to stop in and see the renovations**!!

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 Completed During May

During May, COJO completed the following courses:

- **COJO** Drysuit Course
- **DAN** Instructor Qualification Course
- **PADI** Advanced Open Water Course
- **PADI** Enriched Air Nitrox Course



Photo Credit ©: Connie Bishop 2013

As well as the exam for the **PADI Dive Master Course**. Great work to all!!!

### Courses To Come

During **June** we will have several courses on the go. If you would like information, message us at [info@cojodiving.com](mailto:info@cojodiving.com) and we will get it to you. Don't miss out!!

- **1 and 2 June** – **PADI** Advanced Open Water
- **1 June** – **PADI** Underwater Navigation
- **6 and 8 June** – **PADI** Enriched Air Nitrox
- **9 June** – **PADI** Dive Master Confined Skills
- **22 June** – **DAN** DEMP Instructor Course
- **29 and 30 June** – **PADI** Open Water Diver



Photo Credit © Connie Bishop 2013

### Excursions During May



Photo Credit © Connie Bishop 2013

For May COJO didn't go far but we hosted the **Shearwater SCUBA Club** for their annual **Deer Island Diving** weekend and the unofficial opening of the dive season for **Victoria Day weekend!!** There were **over 30 divers** during the weekend. **Hugh and Miriam Crammond** hosted a Divers' Pot Luck and there were tons of dives logged on the weekend. It was absolutely amazing to see so many divers out and such beautiful weather!! What a summer this is going to be!!



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Also during May, COJO's own, **John Prendergast** had an awesome excursion to the **DAN 73rd Diving and Hyperbaric Medicine** course in St Lucia!! Here is a cool story he wrote (of course I had to check the spelling!!) of the trip. The story is an awesome example of what **DAN** is doing and involved in to promote Diving Safety everywhere and why **COJO Diving** is a proud partner of **Divers Alert Network!!!**

Please have a read as you are guaranteed to love it!!!



### The DAN 73rd Diving and Hyperbaric medicine course.

*The Diver's Alert Network (DAN), besides providing training in diver first aid, also offers an exciting conference aimed at physicians with an interest in dive medicine. This year the 73rd Diving and Hyperbaric medicine course was offered on the Caribbean Island of St. Lucia. Apart from the incredible beauty of St. Lucia, the primary attraction of this course was a chance to hear about controversial areas of dive medicine from the world's experts. Of course, it didn't hurt that after a morning of lectures and discussion a charter would take the conference participants to some of the world's best tropical dive sites. There were many excellent lectures over the week, so it's hard to pick favorites. However, one very good series was presented by Dr. Debbie Pestell (from the Halifax Hyperbaric facility). Debbie discussed the power of hyperbaric oxygen to treat severe carbon monoxide poisoning, gangrene, severe tissue infections and*





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*failing skin grafts. Dr. Simon Mitchell, a world expert in diving medicine, summarized the latest thinking on decompression illness, including several models to explain spinal cord DCI. Simon also spent a great deal of time*



*discussing the controversies surrounding PFOs and why we shouldn't screen divers for this common anatomic variant. Another major area of concern was how to medically screen potential divers. A lot of time was spent trying to answer the question, "How fit does a diver need to be?" This is a particularly important*

*issue since recent DAN statistics indicate that 27% of recreation diving fatalities are caused by heart attacks. There were also disturbing lectures about the high frequency of DCI in commercial divers in many areas of South America. The role DAN was playing in the treatment and prevention of DCI in these workers was particularly encouraging. Of great interest to me were lectures presented by fellow Canadian Dr. Neil Pollock. Neil is an exercise physiologist with a special area of interest in diving physiology. Neil discussed the limitations of current diving software, and why "computers don't get decompression sickness". As well there were great discussions about extreme diving activities such as apnea diving, technical diving and diving in extreme environments. If you have a medical background and a love of diving, I can't imagine a better match than the DAN dive medicine courses. How can I swing going again next year?*

*By John Prendergast*

**Thanks very much John for the awesome article!! Very interesting!!**



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### Excursions To Come

During June we don't have an excursion scheduled so far but for sure we will be touring around the local diving hotspots and having a blast!! Be sure to catch up with us on [Facebook](#) for information on where and when we are diving and come out for a dip!!

For July, we have a [Basic Wreck Diving](#) course and charter scheduled for Lunenburg, NS to the [HMCS Saguenay](#)!! This will be an awesome trip and promises to be a full, two days of diving on the beautiful wreck!! Send us a note at [info@cojodiving.com](mailto:info@cojodiving.com) for details!!





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### June's Featured Course PADI Rescue Diver Course

The **PADI Rescue Diver** classroom portion can be completed here in **COJO's premium training facility** or **Online** in the comfort of your own home. The course covers a wide range of topics including, The Psychology of Rescue, Recognizing Diver Stress, Accident Management, Assisting Responsive and Unresponsive Divers at the Surface and Underwater, Equipment Problems, Oxygen Delivery Systems, Missing Diver Procedures, Responding to Diver Emergencies and In water Rescue Breathing.

After completing the classroom portion of the **PADI Rescue Diver** Course **COJO** will take you out to complete the in water training portion. **Your COJO instructors** will have you complete ten rescue exercises in open water. Finally, you participate in two Rescue Diver Scenarios in open water.

The **PADI Rescue Diver** course is designed for anyone who wants to learn how to prevent, and if necessary, manage dive emergencies. The course broadens a diver's awareness and improves their skills and confidence. Most certified **PADI Rescue Divers** look back on their rescue training as one of the most challenging - sometimes demanding - and therefore most rewarding courses they've taken.

The dates are on the Training Calendar, don't Delay!! They are **July 5, 6 and 7**. If you would like more information, feel free to send us a note at [info@cojodiving.com](mailto:info@cojodiving.com) for details. The course is filling up!!

**Don't miss out, sign up now!!**

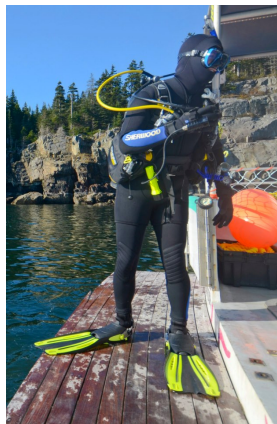


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### JUNE'S FEATURED PRODUCTS

## OLYMPUS "Tough" TG-2 Waterproof Digital Camera and Underwater Housing

June Package Price: **\$680+HST**



#### TG-2 iHS DIGITAL CAMERA BLK/RED

12MP BSI CMOS Sensor, iHS Technology, f2.0 Hi-Speed Lens, 3.0",

610k OLED Screen, Aperture Priority Mode, Waterproof 50ft.,

Shockproof 6.9 ft., Freezeproof, Crushproof, Full HD Video with

HDMI, GPS & eCompass, Manometer

#### HOUSING UW PT-053 Use with TG-1 and TG-2 Cameras;

Waterproof up to 45m,

conversion lens can be attached; Included with the housing is O-ring,

Silica Gel, Silicone Grease, LCD Hood, LensCap, Optical Fiber

Cable Adapter and Antireflective Ring





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### Photo of the Month

The June picture of the month was taken by [Sean MacCready](#). He took this awesome picture of Joe sitting as Standby Diver on his recent requalification for his Military Dive Supervisor's Course. Every three years a Combat Diver is required to "requal" in order to stay current with the rules and regulations required to be a military diver. The bugs sucked but it was a blast!!! [Great Picture Sean!!](#)

For this awesome picture Sean wins 10% off his next purchase at COJO Diving!!

**Keep sending in those pictures!!**



PHOTO CREDIT © Sean MacCready 2013





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### Other News

Our good friend Andrew Martinez (Marine Life of the North Atlantic) will be here on 10 June at 7pm to give an awesome talk on his experiences with the local marine environment. Don't miss it. Andy's books are on sale here at COJO Diving World Headquarters!!

Our book "**Sidemounting for the Recreational Diver**" is available online or in our store. We kept the costs low and there are some fantastic lessons in it for all divers, not just Sidemounters.



We would love for you to follow us on Facebook. Become a friend of COJO Diving at <http://www.facebook.com/COJODiving>

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!!**

**Looking forward to diving with you soon!!**

**Connie and Joe!!**