



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

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

What's New

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

April was a slow month as far as courses and the shop however Connie and Joe headed on the road for a couple weeks. They were at **Divers Alert Network**, **Blue Heron Bridge**, High Springs, **Dive Rite** and Massachusetts as well as several points in between! It was an absolute blast!



At the beginning of the month, COJO did conduct a couple courses and with the great Canadian weather being what it is, the courses were not able to be finished up because of wind. The **Intro To Tech** is rescheduled as well as the **Advanced Open Water Dives**.

There are several courses coming up during May and for **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 is also remodeling their World Headquarters, replacing flooring in the main showroom, classroom and COJO Pro Lounge as well as the tank on the toilet..lol. **Be sure to stop in and see the renovations**, it will be awesome!

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

Courses To Come

During **May** we will have several courses on the go. We will be finishing up checkout dives on some of the ones that we couldn't get done and completing the following courses.

- **Date TBD** – **PADI** Inactive Diver Program
- **24 to 26 May** – **PADI** Rescue Diver Course
- **11 May 13** – **PADI** Underwater Navigation
- **21 to 23 May** – **TDI** Intro To Tech Course
- **17 to 20 May** – **COJO** Drysuit Orientation



Photo Credit © Connie Bishop 2013

Excursions During April

During April, COJO headed on a road trip. And what a trip it turned out to be!! Our first stop was at **Diver's Alert Network's** World Headquarters at Duke University in **Durham, North Carolina** where Joe completed his **DAN Instructor Trainer Course** for all of the DAN Courses. **Frances Smith** was there to meet, teach and feed Joe throughout the entire course and guide Joe into becoming **DAN's newest Instructor Trainer!!** Thanks for everything Frances!!

The next part of the trip was from North Carolina to West Palm Beach. Specifically, **Phil Foster Park** at **Blue Heron Bridge**. This place was absolutely amazing. We had an awesome dive guide, **Monica Schandel**. **Monica** and her boyfriend **Jason** run a company there called **Breathe Sail Dive** and if you are interested in heading that way they are the best guides you could get!! Let us know if you want more information on them!! I cannot say enough about this place!! We want to go back with a group and spend a week or so exploring the variety of critters there. **Connie** will be writing a full blog but as a quick overview, we saw **Sea Horses, Barracuda**, Tons of **Octopus** just to name a few!!! WOW!!! It is best dove at **High Tide** so we managed two dives over two days of diving, the first one was to a max depth of 21 fsw for 97 minutes with a water temperature of 78 Deg F. Joe wore a drysuit and Connie sported a 7mm Farmer Jane with a 2mm jacket. Joe needed an IV to rehydrate! The second dive / day was a max depth of 15 fsw for 139 minutes and a temp of 79 Deg F. Joe Rented a 3mm



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

suit and was a lot better off!! **YOU HAVE TO COME ON THE NEXT EXCURSION TO BLUE HERON BRIDGE!!! It is a MUST DIVE!!**



From there, Connie and Joe headed to Cave Country where they met Marissa at [Cave Country Dive Shop](#) and picked up a couple sets of rental tanks. There was quite a bit of flooding in Northern Florida so some of the caves were not open for diving. Connie and Joe headed to the Ballroom at [Ginnie Springs](#) to do a couple quick dives and get used to the fresh water before heading into the caves. During the Cave Diving portion of the trip, they stayed at [Jim Wyatt's Hotel California](#) and dove [Ginnie Springs](#), [Little River](#) and even [Peacock Springs](#) the last day! [Joe's parents](#) even made the trip to spend some time with their [favorite child!!](#) **Thanks Mom and Dad!!**

What a week of cave diving it was!!



Photo Credit © Connie Bishop 2013



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

To round out the week, Joe and Connie wanted to do a Regulator Clinic on the new **Dive Rite XT Regulators**. They were taught by **Pete Nawrocky** and had a blast with **Mike Engle**, **Lee Ann Hires** and **Lamar Hires**. Thanks for the great clinic, great fun and great Subway food!! On top of that, Joe was presented a **NEW Nomad XT** (because his looks so old!!) from **Lamar and Lee Ann!!** Thanks for the Nomad!! This Sidemount diving rig is absolutely amazing!! If you would like to know more about it, just send a note to COJO for information or a **Discover Sidemount Diving** Clinic in your area!! You will never forget it!!!



Photo Credit © Mike Engle 2013



Photo Credit © Connie Bishop 2013

On the way home, COJO stopped in to see **Jerry Shine** and **Andy Martinez!!** They met up with **Diver Ed**, **Captain Evil**, **Wayne Printy** and **Zach Whalen** as well and had an awesome dive at **Niles Beach** in Massachusetts!! Thanks for the dives everyone!!



Photo Credit © Edna Leone Martin 2013

What an awesome Excursion!! Be sure to check out the excursion page on our website for future excursions! www.cojodiving.com



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Excursions To Come

Bar Harbor, Maine!! Woo Hoo!!

During May we will be doing a lot of catching up on courses from previous months as well as heading to **Deer Island** for the Long Weekend of 17 to 20 May. We will be spending it with the **Shearwater Dive Club** from Shearwater, Nova Scotia. That promises to be a total blast!!

Joe will also be going to visit **Diver Ed, Captain Evil** and the **League of Underwater Superheroes** for a few dives aboard the beautiful **STARFISH ENTERPRISE** on 25 and 26 of May. He can finally take in the **Dive In Theater**. This is going to be totally awesome!!!



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THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

May's Featured Course PADI Rescue Diver

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 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 **May 23 to 26th**. If you would like more information, feel free to send us a note at info@cojodiving.com for details. The course is filling up!!

Don't miss out, sign up now!!

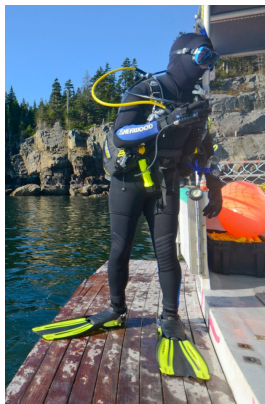


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THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

MAY'S FEATURED PRODUCTS

XS SCUBA Turtle Fins

Now in 3 Sizes
L, XL or XXL!!!



\$ 122.50

May Only!!



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Picture of the Month

This picture was at **Ginnie Springs** by **Joe George Sr.** This is a picture of Connie and Joe just coming back from a dive into the lovely Ginnie Ballroom. This room is used to teach Cavern training and is an awesome place to test out weighting and for open water divers to take a look at all the beauty of Ginnie Springs!! Great picture Joe!! For winning this month's Picture of the Month contest, **Joe wins a lifetime supply of Nitrox!!**



PHOTO CREDIT © Joe George SR 2013

Keep sending in those pictures!!



THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

Other News

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!!