



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: Bathurst, New Brunswick

ISSUE 64

## What's New

Welcome to the **May 2016** edition of the **COJO Diving Safety Stop** newsletter.

**April** was crazy with diving, courses and SCUBA Fun!! **COJO** started out April in Florida, diving Blue Heron Bridge and a bunch of different cave systems. Once back, they had the last **PADI SEAL class!! This was a totally awesome course!! The SEALs are now** ready for the **Advanced Aqua Missions!! Woo Hoo!!**



The **new COJO dive van** is here!! Finally!! A very special thanks to **Paul Dionne of Dionne Signs** who has come though again and done a fantastic job decaling the van!! Awesome Job!!

Don't forget about the **COJO Diving Annual Gear Sale and Swap Meet!!** This year it will be on **May 15<sup>th</sup>** at COJO Diving World Headquarters and it promises to be the best ever!! Also in May, we have the **Kimble Cove Expedition Brief!!** Don't miss it!!

**Doc Octo** is back with a new article on **How not to age gracefully!** This is a great introduction to **Neal Pollack's "Diving Through the Age Continuum" webinar** in May!!

### Our **NEW** Summer COJO Lincoln 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 April

During **April**, COJO ran a crazy amount of courses.

- **PADI** – **SEAL Team Course**
- **PADI** – **Open Water Diver**
- **PADI** – **Discover Scuba Diving**
- **PADI** – **Enriched Air Diver course**
- **PADI** – **Divemaster course (Cont'd)**
- **PADI/SDI** – **Sidemount Diver course**

Great job to all of the students!! Especially the **PADI SEAL Team Graduates** - **Liam, Jenna** and **Abel**!! Special thanks to **Seal Team Instructor Assistant Abby Cammack**, and the **Divemasters of COJO Diving** who helped on all the sessions!! **WOO HOO!!!**



*PADI Seal Team Members 2016*



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## Courses To Come

Looking ahead into **spring and summer**, we have plenty of courses scheduled!! We are getting booked up so if you are interested in any of the courses listed, don't delay!! Gets enrolled now!!!!

- 1 May – **PADI/SDI** – Recreational Sidemount Diver course
- May - Jul – **PADI** – Open Water Courses
- 5 to 7 May – **PADI** – Rescue Diver course
- 13 & 27 May – **PADI** – Discover Scuba Diving
- 17 May – **DAN** – Emergency Oxygen for SCUBA
- 31 May - 5 Jun – **TDI** – Intro to Tech/Tech Sidemount – **Bathurst**
- 24 - 16 June – **PADI** – Advanced Open Water course
- 2 to 4 July – **PADI** Open Water Checkout Dives (Bathurst)
- 2 to 4 July – **PADI** Advanced Open Water (Bathurst)
- 29 to 31 July – **TDI** – Advanced Nitrox / Deco Procedures Pt 1
- 5 to 7 Aug – **TDI** – Advanced Nitrox / Deco Procedures Pt 2

If you would like information on courses for 2016 or on our **Training Calendar**, contact us at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) for more details!!





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### Events During April

#### Florida Diving Trip



Although this was not an actual event, Connie and Joe had a **GREAT** vacation to Florida with lots of diving!! First a visit to **Jackson Blue** for cave diving, then on to **Blue Heron Bridge** for the best muck diving dive site in Florida!! And finally a cave dive at **Wes Skiles Peacock Springs** for a duckweed covered dive at Orange Grove Sink. Thanks to the dive shops that supported us with fills on this trip – Edd Sorenson's Cave Adventurers, Amigos Dive Center and Pura Vida Divers. And thanks to Win Brown for the tour at Orange Grove and Susan Brown for the pic.. **Woo Hoo!!**





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### EVENTS TO COME!!

#### Diving Through the Age Continuum

By: Neal W. Pollock, Ph.D. - Research Associate in Anesthesiology, Duke University Medical Center

Join us **Wednesday May 4 from 7:30pm to 9pm** for an **AWESOME** webinar by Neal Pollack on the aging diver!!

"Diving holds the attention of some for life and draws others at young or older ages. The hazards of diving can change across the age continuum, from risk comprehension in youth to progressive declines in medical, physical and cognitive fitness that accompany increasing age. This presentation will review issues of concern for the modern diver and discuss interventions to favor a long and safe diving life."

#### Kimble Cove Expedition Brief

The details will be revealed at the **brief on May 11<sup>th</sup>!!** This will be an **AWESOME EXPEDITION!!** It is set to be completed in **July of 2016**. We are looking for a crew of 10 to 12 people to help with the expedition. Don't miss out!!

For more information on this or any COJO Expeditions, contact us at [cojoexpedition@gmail.com](mailto:cojoexpedition@gmail.com) or check out our **COJO Exploration Group Facebook page!!**





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### Gear Sale & Swap



That's right, **COJO's annual Gear Sale & Swap** is coming up!! This year it is **May 15**, right before **Mother's Day**!! Tables will be setup for divers to display their goodies for sale or Trade. COJO will have **rental gear** also for sale. It's a diver's **Bargain Hunting dream**!! Contact us for more information, or to pre-post details on your gear for sale – send pics too!!

### Kingsclear Expedition

That's right, on **May 21<sup>st</sup>** COJO is back exploring the lost town at **Kingsclear**!! More information on this and all of our expeditions can be found on the **COJO Exploration Group Facebook page**!! Look us up. If you would like to know more about any of our expeditions, please feel free to send us a note or come in to the World Headquarters and talk to our explorers!! This promises to be one of the best expeditions yet with tons of insight into the local community pre-Mactaquac Dam!





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### "Pea Point" Cleanup Dive

Put this special event on your calendar for **May 28!**

**Ocean Cleanup Events** are an excellent and fun way (for both divers and non-divers!) to get involved with ocean conservation. **Partnering with Nature Trust of NB** provides us the means of bringing awareness to delicate marine environments right here in New Brunswick that need volunteer support for monitoring and preservation.

**From the Nature Trust of NB Website:**

*"The Connors Bros. Nature Preserve at Point Pea is located on Wallace Cove Road in Blacks Harbour, next to the Grand Manan Ferry terminal within the Fundy Coast Eco-district. The preserve covers 43 hectares (roughly 100 acres) with 2 km of coastline."*



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**And Now, Doc Octo!!**

### ***How not to age gracefully***



Getting older, like death, taxes and bad Adam Sandler movies, is inevitable. What's not necessarily inevitable, is surrendering many of the physical activities we enjoy. Happily, when it comes to diving, the oceans are full of old farts. Jacques Cousteau was diving well into his 80's, Norman Lancefield was actively diving at 91 and Jerry Shine must be at least a zillion years old. So, if you too want to join the pantheon of great silver-haired sea-gods, only two things will stand in your way; the things you can't control and things you can.

#### ***Things you can't control***

Well, despite my rabbit's foot, magic crystals and lucky numbers, I have never won the lottery. Similarly, despite all your best efforts, bad things may happen. People get sick, people have accidents and as a grown-up you know that that's in part the cruel randomness of the universe. Take my two neighbours, one was the hard-living ex-alcoholic-smoker and the other was a gentle





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vegetarian Buddhist. Who got the heart attack? That's right, since I'm telling the story, you know the Buddhist got the stent. While it seems like randomness (and certainly much misfortune does seem that way) the vegetarian likely had the heart attack because his family history was loaded for heart disease. So in a way, since you can't pick your parents, it was still just bad luck.

The second item on the list of "things you can't control" concerns the inevitable loss of physiological function with age. After age 40, fitness declines at a rate of about 10% per decade. This decline will be independent of your muscle mass and physical activity levels. Therefore, no matter what you do, you will be less fit as time passes. However, the good news is, ***"Individuals who start with higher aerobic capacity and continue their active habits throughout life maintain a greater fitness level at all points in the aging spectrum. In light of the relationship between aerobic fitness and mortality, this suggests that performance of regular exercise throughout the lifespan will both lengthen life and postpone and compact end-of-life disability"*** (Ades and Toth 2005). You have to love that phrase "Compact end-of-life disability." It's the difference between rolling down a gentle hill into a pit or falling off a cliff into the same pit. In any event, muscle function, reflexes and flexibility also show the same age-related decline, and all are improved by regular activity and good habits. So really, the rate of decline and consequently the quality of our later years, depends on good habits.

### ***Things you can control***

Many people struggle to control their bad habits. The irony that I have bad habits and I make a living trying to persuade people to give up theirs, is not lost on me. Mark Twain said it best, *"Nothing so needs reforming as other people's habits."* But in the game of staying fit later in life, fixing bad habits is important. Look at the most common cause of diving fatalities in my age group, cardiovascular disease. Most people already know the big risk factors, smoking, diabetes, high blood pressure and elevated cholesterol. These issues are between you and your doctor, and beyond the scope of this article. But what should be obvious, is that heart disease will severely impact your diving career. What you may not know, is that good lifestyle habits can have an enormous positive impact on your risk of heart disease. For example, there is a large body of good quality evidence showing that eating food from the DASH or the Mediterranean diets can significantly reduce the risk of heart disease. Good diets are also associated with lower cancer risks, keeping your weight in a proper range and reducing your risk of diabetes. More importantly, eating a good diet ensures you will have the warm glow of moral superiority at every Christmas buffet. Sure, I'm betting you know something about a healthy diet, but not as much as a dietician. Which of course raises the question; when was the last time you had your diet assessed?



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Obviously eating well is only part of overall fitness. When it comes to controlling cardiovascular risk factors, exercise really counts. Using US data, the risk of heart disease can be reduced up to 40% with only modest regular exercise. Sadly, about 250,000 Americans die each year, just from inactivity. There is a wonderful review of exercise recommendations on the American Heart Association website, just follow this link <http://circ.ahajournals.org/content/107/1/e2.full>. Needless to say, since all body systems decline with age, ideal exercise programs should include elements of strength training, aerobic fitness and flexibility. Also needless to say, since I don't know your health status, you should get the advice of your physician before starting a new fitness program.

The final item on the "things you can control" list is; how, where, when and with what you dive as you age. Dirty Harry was right when he said, "A man has got to know his limitations." As fitness and strength begin to decline, modifying our equipment and not where we dive may be sufficient. For example, many elderly divers are sporting side-mounted steel 50s as they enter their twilight years. As physical resources further diminish, older divers may restrict their diving to warmer seasons, or warmer water with better visibility and low currents. The trick seems to be an honest appraisal of our abilities and conditions. When you think about it, judgement is the one thing that should improve with age. Remember, being that know-it-all curmudgeon takes a little planning and discipline, but will definitely be worth it.

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### COJO “Rent To Own” Program

The **COJO “Rent to Own” Program** is born from the need for divers to get into their own gear sooner. You’ve already decided the diving sport is awesome and you want to go diving as much as you can! But spending money on rental gear doesn’t allow you to save up to buy your own gear. This program supports your dive habit AND gets you into your own gear sooner!

#### How It Works

- You set up an appointment for a gear consultation, and we put together your perfect gear package.
- We provide you a quote.
- You pay at least 30% deposit towards your personal “**Rent To Own**” gear package.
- Every time you rent items from our awesome rental fleet that are in the same category as your “**Rent To Own**” package, 100% of those rental fees go towards your gear package!
- Once you have at least 60% down towards your personal “**Rent to Own**” package, we’ll order in your shiny new gear for your personal rental use until your package is fully paid!

More detail is available on our website [here](#).

[Contact Us](#) to setup your appointment!



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### **TDI Advanced Nitrox / Decompression Procedures** **July 29 – July 31 (Part 1)** **Aug 5 – 7 (Part 2)**

**TDI Advanced Nitrox and Decompression Procedures** combined - \$795

*Intro to Tech Course is a requirement, scheduled May 31 – June 5 - \$375.00*

The **TDI Advanced Nitrox** course (\$495+HST, minimum class size 2) is for divers looking to make use of mixes from EAN-21 through 100% Oxygen for mixes used up to 130fsw. The objective of this course is to train divers in the benefits, hazards, and proper procedures for utilizing EAN-21 through 100% Oxygen for dives not requiring staged decompression.

The **TDI Decompression Procedures** course (\$495+HST, minimum class size 2) prepares divers for planned staged decompression diving. With a maximum certified depth of 150fsw, this course provides the first step beyond standard sport diver limits.





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### Featured Product COJO "Critter Wear"

Wolf Fish Print currently in Stock



**T-Shirts Regular \$25.00**  
**Various sizes and colours in stock!**



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### Other Awesome News!!

Congratulations to **Mike Lavallee**, who retired on Friday from the military after **40 years of service!!**

Mike has been a familiar face at COJO the last 5 months for his first "civi" job, and moving on to even better and bigger things now. Mike will remain involved at COJO as a Divemaster and Service Technician.

**We thank you Mike for your service to our country!!**



### COJO's fleet is growing!!

The new COJO van is here!! Thanks to **Paul Dionne of Dionne Signs** for the awesome graphics!!





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COJO will be making approximately 1 trip a month to **Bathurst** to fill Nitrox for the divers there. There has been a request for nitrox fills so COJO is on the go!! Woo Hoo!!

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

**COJO has a YouTube Channel where you can view some of our dives as well as training videos. It is constantly being updated so don't miss out!!**

**[Click for COJO YouTube Channel](#)**

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

Connie and Joe!!