



May Newsletter

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May 2016



HUPS 2014 & 2015 Bonaire Trips

Once again, HUPS groups led by Jim and Debbie Mensay headed down to Bonaire for some fine mental readjustment away from the big city. As has been the norm for these trips, it was totally mellow and fun for everyone. Most of us have been to Bonaire at least once and there's a good reason for that... it's just a great place to hang out and suck nitrox with the fish. When not diving, there's plenty of neat places to explore and lots of social stuff going on topside. As you will find out from their show, the group had plenty of time to explore Bonaire from above and below the waterline.

The Bonaire presentation will include contributions from participants on both the 2014 and 2015 club trips (John VanAtta, Sudi & Jim Babcock, Paul & Mary McDonald, Lance Glowacki, Steve Silva, Lorna Carpenter, Martin Daniels, and of course, the Mensays). The 2015 trip was their 20th trip to the island and their 5th time to lead a trip there for HUPS.



May HUPS Meeting - Special Added Attraction

Mitch Carlson has offered to give a short presentation on the the diving and the storied Coco View Resort on Roatan, Honduras. Coco View, on the south-central portion of Roatan, is ideally located for easy access to a wide variety of spectacular dive sites. The resort has been a staple for many divers over the years for good reasons. It's a great place where you can kick back and enjoy the local ambiance or go out and dive your self crazy. Shore diving is excellent with a wide variety of critters and fish in the shallow grass covered cove which is easily reached from their pier. A bit farther out in the inlet, the purpose-sunk 140 ft Prince Albert makes a great place for both day and night diving. Other famous dive sites include "Mary's Place", known to many of us by a slightly different name, allows divers to explore a deep rift in the reef. Walls, coral gardens, and patch reefs are just a few of the types of diving you can enjoy when you visit Coco



Martin Daniels

April HUPS Workshop Brazos Bend State Park

Some of the HUPS members tried their skill at and enjoyed some topside nature photography in early April. The alligators were a plenty, along with the clouds to keep it cool.



Lance Glowicki



Monica Losey



Russell Ramsey

24th Annual Cozumel Labor Day Dive Trip

Who: Teresa Roberts leading group of divers & non-divers

What: Round trip airfare, 7 nights lodging, 7 days diving (3 boat dives daily), full breakfast, & more

Where: El Cid La Ceiba Beach Resort & Aqua Safari

When: Sat, Sept 3, 2016 - Sat Sept 10, 2016

Why: Enjoy the Great Mayan Reef, relax with a massage, get your adrenaline racing with a zip-line adventure, shop for Mayan handicrafts, or snooze on the white sandy beaches

Cost: \$1995 for divers and \$1370 for non-divers. Single room is \$2339/diver

Scuba Cuba, Legally

Who: Teresa Roberts in association with Oceans for Youth Foundation

What: 2 nights in Havana & 7 nights aboard the Jardines Aggressor M/V for diving in the Gardens of the Queen Marine Park

Where: Iberostar Parque Central Hotel, Havana and Jardines Aggressor

When: Thursday, March 30, 2017 - Saturday, April 8, 2017

Why: Learn the culture, history, and unique marine environment of Cuba; meet with scientist & biologists; dive one of the largest, healthiest marine parks in the Caribbean

Cost: \$4884 to \$5184 pp/dbl occupancy excl airfare, visa, nitrox, and insurance

President's Page

Those of you who attended the April meeting were treated to a wonderful program by Jesse Cancelmo, a long time HUPS member and author of the book, Glorious Gulf of Mexico – Below the Blue. The program reviewed his most recent book and Jesse gave us very important information on “how to” go about publishing a book if one was so inclined to do so. The program was sold out and we continually were having to get more seating for those who arrived after the program started.

HUPS Dive Trips

HUPS has two remaining trips scheduled this year. The BVI trip is scheduled to begin in a little less than two weeks from our meeting this month starting May 14th through May 21st to Virgin Gorda, BVI with an add-on trip to the USVI's largest island, St. Croix, scheduled from May 21-25, 2016. A program concerning this trip is scheduled for the August mtg. The last scheduled HUPS trip, “The Annual HUPS Trip to Bonaire” will hopefully coincide with the Bonaire coral spawning. This third trip is scheduled for October 15 – 23. The cost is \$970.75 per diver double occupancy, (\$1,276.76 single occupancy)–Deluxe Ocean View Room; \$1,071.55 per diver Double Occupancy (\$1,586.35 single occupancy) Ocean Front Deluxe Jr. Suites. Non divers should deduct \$275.40 per person for this trip. Deposits are now due and should indicate number of divers & non-divers and room type. Please mail your deposits or give them to Debbie Mensay, HUPS treasurer. For more details pick up the flyer at the May meeting or see Lorna Carpenter for details on this trip.

The topic
of the Photo Contest
this month is: “curves” including fish,
invertebrates or even non-living things.



Lance Glowacki
Intermediate 2nd

I look forward to seeing everyone
at the May Meeting. Please keep on
diving and do so safely.

Russell Ramsey

This month's program is really a two for one type presentation with the main program concerning the HUPS trips to Bonaire trips in 2014 and 2015. Jim and Debbie Mensay, longtime HUPS members, have put together a program of photographs and video from HUPS members on those trips which you do not want to miss. The second shorter program will pertain to CocoView Resort which you will recall we talked about in last month's meeting and gave out prizes. The presenter will be Mitch Carlson, General Manager of CoCo View Resort.

Are You a Culturally Sensitive Travel Photographer

Many President's Pages in the past have dealt with in some manner dive travel and photography while travelling. I would like to take the discussion one step further in this month's column. I was recently reading an article in the Digital-Photography-School.com entitled [“6 Tips for How to be a Culturally Sensitive Travel Photographer”](#). I will refer you to that article but these comments are a paraphrased version of that article. I thought the tips were not only very informative but also very apropos to HUPS as many of our members are world travelers.

1. Research customs, mores, people, geography, political issues and photography restrictions before you begin your travel as it will make your trip more meaningful and easier.
2. Be reasonable and communicate your photographic needs to anyone before taking their picture.
3. Get Permission before you take that photograph.
4. Take time to travel without taking a photograph every minute or every day with your camera.
5. Know your camera or recording gear.
6. To pay or not pay for taking someone or something's photograph–this is a judgment call.

I hope these are helpful tips that we can all use for our next trip.

2016 POTY Standings through April

NOVICE

1st	Mathis Weatherall	285
2nd	Craig Beasley	204
3rd	Kevin Crofoot	193
4th	Lorna Carpenter	120
5th	David McCracken	103

INTERMEDIATE

1st	Beata Lerman	243
2nd	Martin Daniels	242
3rd	Lance Glowacki	233
4th	Bess Bright	231
5th	Paul McDonald	223
6th	Joe Holden	155

ADVANCED

1st	Jackie Reid	316
2nd	Dennis Deavenport	313
3rd	Jim Mensay	230
4th	Debbie Mensay	225
5th	Daniel Bergeron	58

Martin Daniels
Intermediate 1st



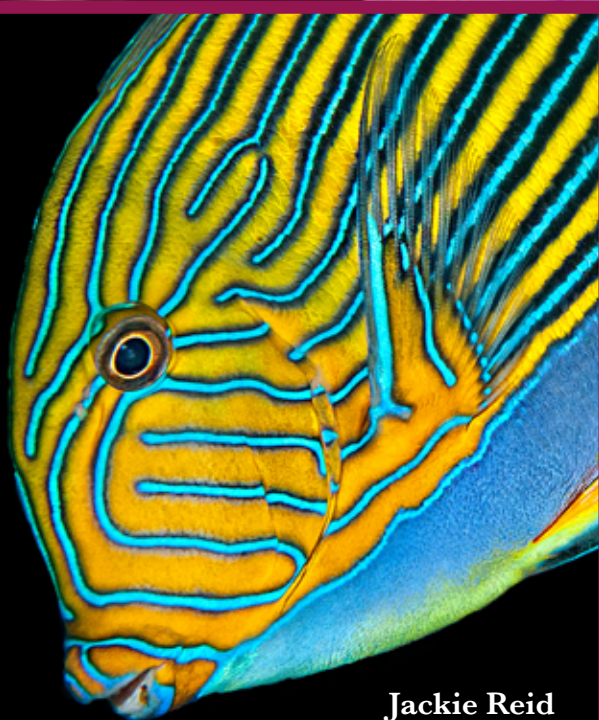
Craig Beasley
Novice 1st



Martin Daniels
Intermediate 1st



Jackie Reid
Advanced 1st





Sunscreens and the Coral Reefs

by Monica Losey

A common ingredient found in sunscreen is toxic to coral and contributing to the decline of reefs around the world, according to new research published in October 2015.

Oxybenzone, a UV-filtering chemical compound found in 3,500 brands of sunscreen worldwide, can be fatal to baby coral and damaging to adults in high concentrations, according the study published in the Archives of Environmental Contamination and Toxicology. The international research team that conducted the study, led by Craig Downs, found the highest concentrations of oxybenzone around coral reefs popular with tourists, particularly those in Hawaii and the Caribbean. Downs, of the non-profit scientific organization Haereticus Environmental Laboratory in Virginia, said the study helped explain why scientists aren't seeing baby corals in many established reefs in resort areas. Oxybenzone alters coral DNA, makes coral more susceptible to potentially fatal bleaching and acts as an endocrine disruptor, causing baby coral to encase itself in its own skeleton and die, according to the findings. Between 6,000 and 14,000 tons of sunscreen lotion winds up in coral reef areas each year, much of which containing oxybenzone. The damaging effects were seen in coral in concentrations of oxybenzone as low as 62 parts per trillion, which is equivalent to a drop of water in six and a half Olympic-sized swimming pools, according to the researchers. In Hawaii and the Caribbean, concentrations were 12 times higher, according to the sea water testing. Outside of coral toxins, the Environmental Working Group (EWG) had previously raised concerns about the chemical, saying that it may penetrate the skin

and cause hormonal and cellular changes. The American Academy of Dermatology, says there is no data showing oxybenzone is a health hazard and notes that it is one of the few ingredients in sunscreen that effectively protects skin from harmful UVA and UVB rays.

Sunscreen is a touchy subject, and there seems to be some major confusion when it comes to choosing sunscreens. There are two main types of sun blockers – the physical kind, like zinc and titanium dioxide, and the chemical kind, like oxybenzone and its many relatives. They work in different ways: the former blocking or "scattering" the sun's rays, and the latter causing a chemical reaction. Many sunscreens use chemical sun blockers, like oxybenzone, which trigger allergic skin reactions, may be hormone disruptors, and have been found to be toxic to sea corals.

Facialists will usually recommended zinc (a physical blocker), and agree that we should all avoid sunscreens that contain oxybenzone for personal health reasons. According to the EWG, "Commonly used in sunscreens, the chemical oxybenzone penetrates the skin, gets into the bloodstream and acts like estrogen in the body. It can trigger allergic reactions. Data are preliminary, but studies have found a link between higher concentrations of oxybenzone and health harms. One study has linked oxybenzone to endometriosis in older women; another found that women with higher levels of oxybenzone during pregnancy had lower birth weight daughters. More than 40 percent of all beach and sport sunscreens in this year's guide contain oxybenzone."

Fortunately, there are some brands out there that have created safe, non-toxic and chemical (oxybenzone) free sunscreens that actually work. Shown below, these products can be purchased on-line in prices ranging from \$18 to \$55.

Drunk Elephant Umbra Sheer Physical Defense SPF30

[Sephora \\$38 for 3.3oz](#) (\$11.50/oz)

LaRoche-Posay Anthelios 60 Ultra Light Sunscreen Fluid Extreme SPF 60

[Drugstore.com \\$24 for 1.7oz](#) (\$14.12/oz)

tarte Tartguard 30 Sunscreen Lotion Broad Spectrum SPF30

[Sephora \\$32 for 1.7oz](#) (\$18.82/oz)

MDSolarSciences Mineral Sunscreen Stick SPF40

[Nordstrom \\$18 for 0.6oz](#) (\$30/oz)

Soleil Toujours SPF 20 Daily Moisturizer for Face

[Net-a-porter.com \\$55 for 1.7oz](#) (\$32.35/oz)

Melaleuca Sun Shades Sport SPF45+ Spray (6oz)

Melaleuca Sun Shades SPF 30+ Lotion (6oz)

Available only through membership/subscription to Melaleuca or sometimes on ebay or Amazon for ~\$25 (\$4.17/oz)

References:

<http://www.rawstory.com/2015/10/one-man-sunscreen-ingredient-is-killing-off-coral-reefs-worldwide-researchers/>

<http://shesintheslow.com/the-best-oxybenzone-free-sunscreens/>





2016 Meeting Topics

	Presentation	Presenter	Contest Topic	Tech Topic
January 4	"Ancient Waters" Red Sea diving, pre & post excursions in Istanbul & Luxor	Jan Baughman & Dennis Deavenport	Shrimps, Crabs, Lobsters	None
February 1	"Veering Off Course in the Philippines"	Tom & Kay Collier	Black & White	Shooting mandarin fish
March 7	USA - East Coast/West Coast	Beata Lerman	Toadfish, Scorpionfish, Lizardfish	Video - slow it down
April 4	"How-To" on Publishing & Review of <i>Glorious Gulf of Mexico: Below the Blue</i>	Jesse Cancelmo	Something striped	None
May 2	Bonaire - 2014 & 2015 HUPS trip Coco View, Roatan, Honduras	Jim & Debbie Mensay Mitch Carlson	Curves	How I got that shot
June 6	Fluoro-Diving - UV induced phosphorescence (Sponsored by Oceanic Adventures)	Greg Gebhardt	Barracuda, tarpon, spadefish	None
July 11	TBD	Danny Bergeron	Eyes	TBD
August 1	BVI/St. Croix - 2016 HUPS trip	Jim & Sudi Babcock	Echinoderms	TBD
September 12	HUPS does Yap - 2016 HUPS trip	Lance Glowacki	Textures	How to video mating mandarin fish
October 3	Cebu, Philippines & Lembeh, Sulawesi, Indonesia	Kandace & Jim Heimer and Mary Lou & Jackie Reid	Wild faces	How to stalk fish and/or Video Techniques
November 7	The Wonders of Palau - 2016 HUPS trip	Monica Losey & Dennis Deavenport	Hogfish, wrasse, parrotfish, razorfish	Jellyfish snorkeling - video & photo techniques
December 5	Best of HUPS	Lance Glowacki	Creative	

2016 Photo Contest Themes

Month	Themes	Description
1	Shrimps, Crabs, Lobster	Just like it says... look it up in the book (crabs, shrimp, lobsters, etc.). When in doubt... Wikipedia can help you out.
2	Black & White	Mono-color images (black & white, sepia, bluetone, etc.). Only shades of one color are allowed. Can be taken as a monochrome image straight out of the camera or edited down from full color.
3	Toadfish, Scorpionfish, Lizardfish	A group of Odd-shaped bottom dwellers. Normally found resting on the sea bottom. All are consisted experts at camouflage
4	Something Striped	A critter or fish that has noticeable stripes. A long narrow band distinguished, as by color or texture, from the surrounding material or surface
5	Curves	Anything that is characterized by a curve. Can be fish, invertebrates, or even non-living. To have or take a turn, change, or deviation from a straight line or plane surface without sharp breaks or angularity
5a Video	General	1 to 3 minutes. At least 50% must be video footage.
6	Barracuda, Tarpon, Spadefish	A group of fish ranging in color from silver to gray. May have blueish, yellowish or greenish tints. In this theme we are only dealing with 3 types of fish.
7	Eyes	Any sea life that has an eye. Can be fish, invertebrates or mammal.
8	Echinoderms (starfish of all kinds, urchins, sea cucumbers, etc.)	The adults are recognizable by their (usually five-point) radial symmetry, and include such well-known animals as starfish, sea urchins, sand dollars, and sea cucumbers, as well as the sea lilies or "stone lilies".
9	Textures	Texture, another element of art, is used to describe either the way a three-dimensional work actually feels when touched, or the visual "feel" of a two-dimensional work.
10	Wild Faces	The face is the front part of the head that extends from the forehead to the chin and includes the mouth, nose, cheeks, and eyes. The wild is going beyond normal or conventional bounds.
10a Video	General	1 to 3 minutes. At least 50% must be video footage.
11	Hogfish, Wrasses, Parrotfish, Razorfish	A group of fish that have pectoral fins with large, even scales.
12	Best of HUPS	NOVICE, INTERMEDIATE, ADVANCED, and CREATIVE contests: First place winners from each month's Novice, Intermediate, and Advanced categories will be entered automatically for judging. The Creative category lets you enter anything you want as long as you do the photography and any special editing.

REMINDER!!

HUPS Members Galleries

contact [Joe Holden](#)

if you would like to
update the photos in your
gallery or would like to be
added to the gallery on the
HUPS webpage

DON'T FORGET!!

HUPS MAY WORKSHOP

Dive Travel in the
21st Century

presented by Ken Knezick,
Island Dreams Travel
Saturday, May 7th,
starting 1pm at Bayland
Community Center



The **Houston Underwater Photographic Society** meets at the
Bayland Community Center from 7pm - 9pm,
the first Monday of each month (except for Monday holidays)

6400 Bissonnet (near Hillcroft), Houston, TX 77074

Visitors are always welcome!



2016 HUPS Officers

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Dennis Deavenport

Secretary:

Tammy Allyn

Treasurer:

Debbie Mensay

Membership/Newsletter:

Monica Losey

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Lance Glowacki

TGCC Reps:

Alicia Grimes

Frank Burek

Debbie Mensay

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Lance Glowacki

Trip Coordinator:

Jim Mensay

Historian:

Frank Burek

Special Events:

Jan Baughman

HUPS on the Internet



www.hups.org



www.youtube.com/user/HUPSdotORG



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