



# May Newsletter

[www.hups.org](http://www.hups.org)



2017

## Reviewing Tips for Better Photography

Making good pictures is a complicated art, with many aspects to consider. Making great pictures underwater has many additional levels of complexity. Light behaves differently underwater, and very often we have to face challenges associated with weather, currents, critter's behavior, and our own equipment. Many times we hear that we have to be good divers before we can become good photographers. That wisdom cannot be said enough. What else do we need to become better at our craft?

Find out at our May's meeting: Photography Tips Divers Need, But are Too Shy to Ask: Expert View on Common Photography Techniques. We will talk about what experts look at in a photograph, and how to make it more impactful. We will review the winning aspects of composition, balancing light, getting the shot to tell a story, and how to achieve a WOW factor with combining the above principles. We will look at the examples of photographs taken by beginner, intermediate and advanced members, and have an open discussion, with feedback from the experts and questions from the audience, of what could make the shot more successful. We are encouraging wide participation and group feedback. I hope you will find this meeting useful and will deliver to you a full toolkit of new ideas to take with you onto your next photo trip.







# President's Page

I want to thank Cecilia Clementi and John Noe for their marvelous program covering the sharks of French Polynesia in and around the Rangiroa atoll and the unusual video taken by Frank of hermit crabs changing their shells. I do not think anyone in the club had been aware of how the hermit crab gets out of one shell into a larger shell before viewing this video.

I encourage you to attend our May 2017 meeting as the program will be somewhat different due to the previous selected presenter from outside the club backing out at the last moment. The May program, **Reviewing Tips for Better Photography**, will dissect several members' pictures and judges will give opinions and constructive advice or tips on how to improve the impact of each image. The program should be both interesting and informative.

Our fourth workshop of 2017 again will be the 3rd Saturday of this month and pertains to **Viewing, Sorting and Filtering Your Photos** which will continue our Photoshop Lightroom video presentations. If you have not been to one of these Lightroom Workshops previously and you are interested in Lightroom as a post picture processing tool, you may want to be present as there are so many tricks and tips one can learn from attending this workshop series.

The contest topic for May deals with **Close Focus Wide Angle** which is detailed on our Website and in this Newsletter.

## How Much Neoprene do I Need?

This month's President's Page will discuss "How Much Neoprene Do I Need". This topic grew out of a conversation I overheard among several Hupsters debating at our February meeting how many millimeters of neoprene they needed for an upcoming trip. That peaked my curiosity as I had seen some of the manufacturers recommendations and thought they were extremely, shall we say, liberal in their ideas as to how their product would keep you warm. We all know thinner neoprene means less strain on our muscles when we move and are much easier to put on than the thicker suits. Thicker wetsuits are more restrictive, create more resistance to your outer extremities and can make you somewhat clumsier but probably warmer. We want to avoid getting cold as cold drains your energy, can make your reflexes slower and can be plain dangerous to your well-being. Factors that come into play when selecting a wetsuit should include water temperature, air temperature, wind, a person's cold sensitivity, activity, duration and number of dives, depth, and the quality of the wetsuit itself.

While a certain thickness of wetsuit may be fine for windsurfing or surfing when the whole body is not submerged for a period of time that same wet suit may not be suitable for scuba diving. According to some PADI studies, water surrounding a person can cause as much as 25% loss of body heat versus air temperature. The body has three main areas where heat loss occurs. Those areas include the inner thighs near the femoral artery, under the arms near the brachial artery and the head and neck where as much as 20% to possibly 60% heat loss can occur.

There are several types of wetsuits including dive skins or rash guard suits, 1/2mm suits, short john wetsuits, full farmer johns and full wetsuits from 1/2mm to as much as 8 mm. There are also battery powered units to attach to your body inside your wetsuit to keep you warm. Hoods and gloves are also of great assistance to keep the body warm and prevent temperature flow from your body into the water. One of the main reasons for heat loss while wearing a suit is the suit simply does not fit correctly. While custom suits cost more, they will fit much better and presumably will allow you to stay warmer. Wet suits wear out. Some studies show a wet suit needs to be replaced every 3 to 7 years as the bubbles inside the neoprene flatten out and lose much of their insulation properties. While the suit still looks good it may not keep you as warm as it used to. When that begins to happen, it is time to by a new one. When you are buying a wetsuit remember that neoprene sheets are measured in fractions of an inch or in millimeters. To assist you an approximation of the suit thickness is as follows:

1/16 inch =1.5 mm; 5/64 inch=2mm; 3/32 inch=2.5 mm; 1/8 inch=3mm; 3/16 inch=5mm and 1/4 inch = 7mm

From the various studies and charts I have reviewed, it would appear there may be 2 additional criteria other than the factors listed above in selecting a wetsuit. Are you or are you not susceptible to cold? Many divers seem to get cold very quickly while others do not seem to be affected by the cold. I cannot take credit for the chart listed below as the information contained in it is a collection of susceptibility factors gleaned from articles in Sport Diver magazine, Dive Training magazine, wet suit manufacturer's charts, Scubaboard.com and numerous bloggers.

### Water Temperature

85 degF

80-84 degF

73-79 degF

66-72 degF

50-65 degF

Below 50 degF

### Divers Susceptible to Cold

Dive skin to 1mm shorty or full wetsuit

Dive skin to 2mm full wetsuit

3 to 5mm full wetsuit

5 to 7mm full wetsuit

Dry suit

Are you sure you really want to dive this badly?

### Divers NOT Susceptible to Cold

Dive skin or 1/2mm shorty wetsuit

Dive skin to 2mm shorty wetsuit

3mm full wetsuit to 2mm shorty wetsuit

3 to 5mm full wetsuit

7 or 8 mm semi dry wetsuit to 7mm full wetsuit

\*Below 60 feet you may want to consider the next highest level of protection.

The next question then arises is how much weight does one need relative to the thickness of the neoprene one has on. Thanks go to Craig Beasley for sending me information he learned from an unknown "young Swedish dive master" noting that as a rule of thumb and a starting point is 2 lbs. per millimeter which is usually sufficient to offset the buoyancy of the wetsuit. As an example, if you use 6 pounds of weight with no wet suit and you put on a 3 mm full wetsuit, you will probably need and additional 6 pounds of weight or a total of 12 pounds.

I hope this information is of some assistance to any of you questioning how much neoprene is needed? Hoping to see everyone at the May meeting. Let's try to dive often and safely. ---Russell Ramsey





# Announcements

## Release the Kraken! Texas sinks cargo ship off Gulf Coast

Everything's bigger in Texas, and this is especially true of its waters. The Gulf of Mexico has been a beloved fixture of scuba diving for decades, largely because of its plethora of dive locations ready to be explored. A new scuba diving addition, the Kraken, was recently installed just 58 nautical miles off Galveston and into the Gulf. Texas Parks and Wildlife's Ship-to-Reef program successfully sunk the 371-ft cargo vessel on Jan. 20. It rests within 140ft and encompasses an area of 80 acres.



<http://www.divenewsnetwork.com/single-post/2017/04/12/Release-the-Kraken-Texas-Sinks-Cargo-Ship-off-Gulf-Coast>

## HUPS Photo Display at Moody Gardens, again!

New display to open May 8th

--by Dennis Deavenport

When Greg Whittaker, the Animal Husbandry Manager at Moody Gardens, contacted us over a year ago to tell us that they were undertaking a major renovation to the aquarium that would eliminate our display spot in the central rotunda, it looked like our days at Moody Gardens were about to end. That was until recently when Greg got back in touch and asked if we would be interested in creating a new display that was focused on images on and around a Gulf oil rig, the main subject of their new cylindrical aquarium.

After securing Board approval, we got the ball moving quickly as Moody Gardens was planning a soft opening May 8th for school children. A small team of 5 was formed to start getting the word out, assembling images, selecting the ones we wanted to use, and getting them printed. Team members, Bess Bright, Monica Losey, Russell Ramsey, Tom Collier, and Dennis Deavenport, quickly got the message out to our members that we needed good images of Gulf oil rigs and the things that hang out on or in them. We also contacted specific individuals that we knew had collections of rig shots. Within a short time, we had assembled a fairly large and diverse set of almost 300 images from which to select.

About 60% of the images were removed from consideration after which we all voted on the remaining to help assemble the final 29 that would be framed for use at the aquarium. As these are really large prints, we had to be careful to select only high resolution images that would stand up to the magnification.



Last Tuesday, the images were ready and Tom Collier sent them off to Nations Photo Lab for delivery before May 8. When they arrive, the prints will be taken to the aquarium, trimmed to the proper size, and mounted in the frames. Final installation on the walls will be done by Moody Gardens.

From what I can tell from the several articles and news releases on the new display, the prints will have a wonderful home in a prominent location.

I have no doubt that the contributions over the past 7-8 years by Tom, Bess, Debbie, Russell, Monica, and too many others to name here, laid the foundation for being invited back to the Moody Gardens Aquarium. If you have time or visitors from out of town, you should go down and see the new exhibit. Take photos and send them to Monica for the newsletter, Lance Glowacki for Facebook, or Joe Holden for HUPS.ORG.

Special thanks to Joyce & Frank Burek, Beata Lerman, Jesse Cancelmo, Bess Bright, Monica Losey, Jackie Reid, Tom Collier, and David Lenderman for having images selected for display.

I really like the article and images in [this link](#). It not only tells about the changes to the aquarium and what it will be offering to the public, but also shows a lot of photos taken during the construction phases of the new cylindrical

## Viewing, Sorting, Filtering your Photos Workshop

May 20, 12:30 - 2:30pm Bayland Community Center

The workshop consists of 9 video lessons created by Matt Kloskowski. The average length of each video is approximately 4 to 5 minutes. The intent of this workshop is to provide an organized method of learning Lightroom from a professional photographer. The following subjects are covered in these lessons:

- |  |  |   |
|--|--|---|
| 1 Three Different Ways to View Your Photos | 4 Quick Tip: Using Auto Advance        | 7 Quick Tip: Knowing Where You Left off |
| 2 Quick Tip: Changing the thumbnail size   | 5 Filtering and Viewing Your Favorites | 8 Changing the Sort Order               |
| 3 Using Flags, Ratings and Color Labels    | 6 Easily Deleting the Rejects          | 9 Grouping and Stacking Photos          |





# 2017 POTY Standings through April

## Novice

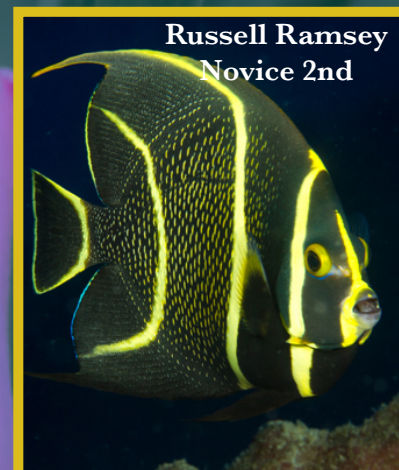
1 <sup>st</sup>	John VanAtta	305
2 <sup>nd</sup>	Lorna Carpenter	250
3 <sup>rd</sup>	Kathy Long	222
4 <sup>th</sup>	Kevin Crofoot	186
5 <sup>th</sup>	Russell Ramsey	169

## Intermediate

1 <sup>st</sup>	Beata Lerman	371
2 <sup>nd</sup>	Paul McDonald	341
3 <sup>rd</sup>	Bess Bright	330
4 <sup>th</sup>	Lance Glowacki	264

## Advance

1 <sup>st</sup>	Jackie Reid	388
2 <sup>nd</sup>	Craig Beasley	364
3 <sup>rd</sup>	David Lenderman	343
4 <sup>th</sup>	Martin Daniels	207



Kathy Long  
Novice 1st



Beata Lerman  
Intermediate 2nd



Kevin Crofoot  
Novice 2nd







# 2017 Photo Contest

Month	Themes	Description
Jan	Angelfish, Butterfly fish, Surgeonfish	If you aren't sure, look it in your fish ID book or just ask someone you trust for an expert opinion. If it's platter-flat, colorful, and pretty, it's probably what you're looking for.
Feb	Black Background	Any primary subject as long as the background has a nice black color
Mar	Sand & Muck denizens	"On muck dives, underwater photographers find rare nudibranchs, juvenile fish, frogfish, and strange critters that are found nowhere else."
Apr	Something Yellow	A critter or fish that has noticeable yellow. Yellow is the color of gold, butter, and ripe lemons. Yellow is the color people most often associate with amusement, optimism, gentleness, and spontaneity,
May	Close Focus Wide-Angle	It is a sub-division of wide angle, as the name suggests, comprising of images taken at camera to subject distances of less than about two feet.
May Video	General	1 to 3 minutes
Jun	Damselfish, Chromis, Hamlets, Basslets	"A group of small fish generally 3 to 6 inches in length that have a perch like or oval profile" If you aren't sure, look it in your fish ID book.
Jul	Diagonal Composition	"Diagonal lines generally work well to draw the eye of an image's viewer through the photograph. They create points of interest as they intersect with other lines and often give images depth by suggesting perspective." This 1 maybe tough or easy depending on your POV.
Aug	Mollusks (Shells, Nudibranchs, Chitons)	"An invertebrate of a large phylum that includes snails, slugs, mussels, and octopuses. They have a soft, unsegmented body and live in aquatic habitats, and most kinds have an external calcareous shell."
Sep	Vertical Compositions	A photograph with a subject in the vertical plane so the eye is drawn up and down the when viewing the picture.
Oct	Weird & Spooky	A subject that appears especially in being eerie or disturbing. Or seems to be strikingly odd or unusual, especially in an unsettling way.
Oct Video	General	1 to 3 minutes
Nov	Hawkfish, Drums, Triggerfish	A group of fish that can be found in the odd-shaped swimmers. Note we are looking triggerfish not filefish subjects ask if you are not sure.
Dec	Best of HUPS	<b>NOVICE, INTERMEDIATE, ADVANCED, and CREATIVE</b> 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.



Lorna Carpenter  
Novice 1st





# 2018 Photo Contest Themes

Month	Themes	Description
Jan	Anemones & things that live in them	Just like it says. To qualify, an anemone must be in the shot. The "things" (clownfish, crabs, etc.) are optional.
Feb	Blennies and Gobies	Some of our favorite tiny guys. The ones that like to hug the reef, hide out in holes, or build their nests in the sand.
Mar	Eels	They are pretty easy to spot. Think "snakes with gills". Detail - Morays, snake, garden, etc.
Mar Video	General	1 to 3.59 minutes
Apr	Fish Buddies (two of the same)	Two fish of the same species in the composition (Max number is 6)
May	Leading lines (natural lines that lead the eye)	An interesting topic and something that true artists use to point the viewer's eye to the primary "focus" of their work.
Jun	Corals-Macro (hard or soft)	Coral: a tiny soft-bodied animal that typically lives within a stony skeleton grouped in large colonies. Not a reef composition theme but individual polys is more of the goal.
Jun Video	General	1 to 3.59 minutes
Jul	Butterflyfish	The common name references the brightly colored and strikingly patterned bodies of many species, bearing shades of black, white, blue, red, orange, and yellow. See the Critter Identification section in the April 2016 HUPS Newsletter edition for examples.
Aug	Large swimmers (>4 ft) – not people	A fish or critter that is swimming with a length > 4 feet. Examples: grouper, tarpon, sharks, stingray, manta ray, dolphin, and moray eel. <u>Big subjects is what you are shooting for.</u>
Sep	Fish Portraits	Side on, angled views, or face-to-the-camera shots are what we're looking for. You can have more than one fish in the shot but be reasonable, keep it to two or less, please. And, of course, we're talking fish here... not critters.
Oct	Polka Dots/Fish with spots	Fish that have noticeable spots. Spot: small round or roundish mark, differing in color or texture from the surface around it.
Oct Video	General	1 to 3.59 minutes
Nov	Nudibranchs & Worms	Again, this is pretty specific but you may need to check your critter ID book if you're not sure.
Dec	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.



Jackie Reid  
Advanced 2nd



Lance Glowacki  
Intermediate 3rd





# 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 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 found the highest concentrations of oxybenzone around coral reefs popular with tourists, particularly those in Hawaii and the Caribbean. 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 seawater 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

alba Botanica products such as:

alba Botanica Hawaiian, Coconut Spray Sunscreen SPF 50

[Amazon.com](#) ~\$9 for 6 oz (\$1.50/oz)

alba Botanica Emollient Mineral Sunscreen Facial SPF 20

[Walmart.com](#) ~\$8 for 4 oz (\$2/oz)

Sunology Face Mineral Sunscreen Moisturizing SPF 50

[Amazon.com](#) ~\$15 for 2 oz (\$4.10/oz)

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. For those who need a little clarification, 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. This is what the Environmental Working Group (EWG) has to say, "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 amazing and super chic brands out there that have created safe, non-toxic and chemical (oxybenzone) free sunscreens that actually work.

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

[Walgreens.com](#) \$30 for 1.7oz (\$17.65/oz)

tarte Tartguard 30 Sunscreen Lotion Broadpectrum SPF30

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

MDSolarSciences Mineral Sunscreen Stick SPF40

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

	Presentation	Presenter	Contest Topic
January 9	Sabang and Puerto Galera	Beata Lerman	Angelfish, Butterflyfish, Surgeonfish
February 6	Wide Angle Photo Tips & Tricks	Ken Knezick	Black Background
March 6	Forgotten Islands	Dennis Deavenport	Sand & Muck denizens
April 3	Sharks of French Polynesia	Cecilia Clementi & Frank Noe	Something Yellow
May 1	Reviewing Tips for Better Photography	HUPS	Close Focus Wide-Angle
June 5	From Then To Now	Monica Losey	Damselfish, Chromis, Hamlets, Basslets
July 3	Video II	Tom Collier	Diagonal composition
August 7	TBD	Mike Greuter??	Mollusks
September 11	Shooting for Impact & AV on Indonesia & Penguin Parade	Frank & Joyce Burek	Vertical composition
October 2	TBD		Weird & Spooky
November 6	Hidden Features of the dSLR	Jesse Cancelmo	Hawkfish, Drums, Triggerfish
December 4	Best of HUPS	Lance Glowacki	Creative

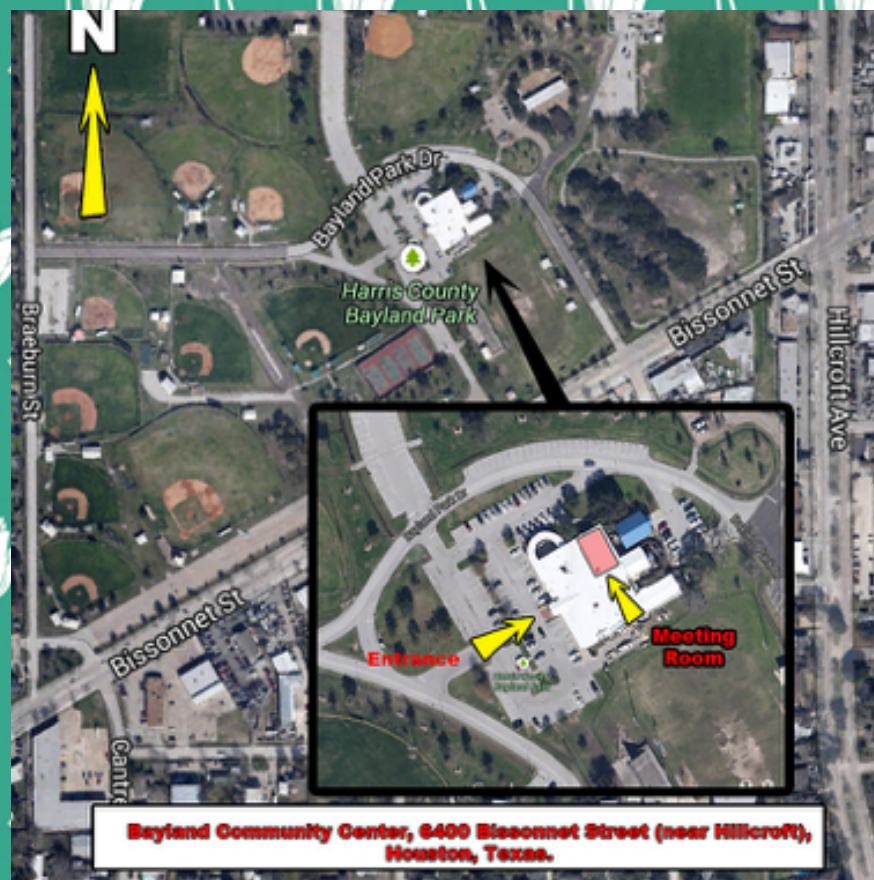




The **Houston Underwater Photographic Society** meets at the  
Bayland Community Center from 7pm - 9pm,  
the first Monday of each month (except for Monday holidays)

6400 Bissonnet (near Hillcroft), Houston, TX 77074

**Visitors are always welcome!**



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### **Coordinator:**

Bess Bright

## HUPS on the Internet



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[www.youtube.com/user/HUPSdotORG](http://www.youtube.com/user/HUPSdotORG)



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