



The Octopus

The Newsletter of the Orange County Underwater Photographic Society November 2013

www.ocups.org

November, 2013
Cindy Shaw

Cindy will be presenting on Scuba Fitness and getting in shape for diving



Cindy Shaw, PT, OCS, CBT bio:

- Owner and Director of OSCPT since 1992
- National Board Certification as an Orthopedic Specialist (OCS) since 1992 which includes 2 re-certifications at 10 year intervals
- 32 years experience in the field of Orthopedic Physical Therapy
- Degree in Physical Therapy, California State University, Long Beach (1980)
- Specialization in Manual Therapy and Spine Care
- Specialized training in Visceral Manipulation
- National Certification in Biofeedback
- Selected as a Treating Therapist for the 1984 Olympics, Los Angeles, and as a consultant to the United States Diving Sports Medicine Committee
- Cindy has two grown children, a daughter and a son
- When she is not sharing her passion in Physical Therapy, she is usually scuba diving.

=====

November Club Contest Urchins

The entry fee is \$2/per images up to two images, \$5 for three images.

Slides are still accepted for entries but the slide projector is not brought to the meeting unless you contact Linda in advance. Call 949-837-7734

Digital Submission Guidelines:

Please email your entries to ocups1@gmail.com, no later than Sunday evening.

FILE FORMAT: JPEG sized at 1024 x 768 (or 1024 on the longest side)

Naming and Formatting your files:

Category Abbreviation Key: OPE=Open, ADV=Advanced, AMA=Amateur as follows:

Naming File: Category Abbreviation, dash, First Name Initial, Last Name, image number.

Example, if your name is Babe Nemo and you are submitting 3 photos, in the Amateur category, the file names should be:

AMA_BNemo1
AMA_BNemo2
AMA_BNemo3

Examples of Advanced and Open:

ADV_BNemo1
OPE_BNemo1

FILE FORMAT& SIZE: Please use JPEG sized at 1024 x 768 (or 1024 maximum, on the longest side).

Club Officers 2013

President.....Linda Blanchard
 Vice President.....Allan Jones
 Treasurer and Membership....Jane Huessener
 Work shops..... Bonnie Pelnar/Allan Jones
 Monthly Contest..... Michael Bonneau
 Newsletter..... Johanna & Bruce Wight
 Refreshments..... Anita Watrin
 Web Master.....Bonnie Pelnar
 Communications Director.....Kevin Lee
 Speaker Chair.....Roeland Papen
 Special Events.....Roeland Papen

Check out the OCUPS Web site at www.ocups.org

DIGITAL SUBMISSION DEADLINE: Digital photographers that would like to participate in the monthly contest don't forget to send your .jpg file to [ocups1@gmail](mailto:ocups1@gmail.com) no later than the Sunday before the meeting

See complete contest rules near end of Newsletter

For Prelude images:

P_WM01 ; P_WM02 ; P_WM03 ; etc.

"P" indicates "Prelude", and letters are your name initials, followed by a number sequence for your images. For number sequence use 01, 02 for the single digit number, so photos stay in the order you want. Either email your prelude images, in advance, or bring them on a CD or jumpdrive.

Prelude limits to 10 to 15 slides, video 3 minutes or less. Preludes will be shown dependent on time available.

OCUPS videographers:

Instead of bringing your entries on a thumb drive or DVD, please upload them to this website:

<https://www.wetransfer.com/>

Please try not to reenter previous OCUPS winning photos in future OCUPS contest.

Mentors Corner

The mentor program has been set up to answer your questions or critique your images before the meeting. If you would like help with an area of photography or videography send an email or call and I will set you up with a mentor. This way a member with the skills to help will be available to mentor you before the meeting. We hope this program will be of benefit to beginning as well as advanced photographers that are working on improving their skills. You can contact me at ljbdiver@sbcglobal.net or call 949-837-7734.

Mentors: set up mentor and time before the meeting.
Linda

OCUPS News Letter Submission Schedule deadlines:

February Newsletter	Received by January 21
March Newsletter	Received by February 21
April Newsletter	Received by March 25
May Newsletter	Received by April 21
June Newsletter	Received by May 21
July Newsletter	Received by June 27
August Newsletter	Received by July 25
September Newsletter	Received by August 20
October Newsletter	Received by September 22
November Newsletter	Received by October 21
December Newsletter	Received by November 20

Announcements

OCUPS Meeting Parking

We are able to have our meetings at the current location for no charge.

Park Plaza has asked us not to park in the front of the building, that is the side with the doors. We need to park in the back area or next door in the business complex.

Check out our new website at
www.ocups.org.
Many Thanks to Bonnie!

INSIDE THIS ISSUE

1	Speaker, Contest Category
2-3	Announcements
3	Subjects of Interest
4	Contest Categories ,Contest Rule and Club Contest Winners
5	Detailed Club Contest Rules
6	Location & Schedule

MERCHANDISE WITH OCUPS LOGO

Shirts, blouses, jackets, caps and other merchandise can be ordered with the embroidered club logo. See the complete catalog at CompanyCasuals.com/rjemb. If the item you order is over ten dollars there is no charge for the embroidered logo. If the ordered item is less than ten dollars, the price will remain at ten dollars. There is no minimum order for embroidered pieces. Silk screen items are available, however, there is a 15 minimum order required. The embroidered logo can also be placed on articles of clothing you already have at a price of \$6.00.

R J Embroidery
Rhonda Mertins
331 Lassen Circle
Placentia, CA 92870
Home phone: 714-223-9683
Cell: 714-396-7034
Fax: 714-223-7483

Peak preview of 2014 Contest Themes

January - Texture
February - Mug shot
March - Green
April - Rays
May - Manmade structures
Jun - Eggs
July - Parasites
August - Two of a kind
September - Divers on an anchor line
October - Framing (use nature to create the frame i.e. photo through an arch)
November - Tunicates

Save the Date December 10 for the OCUPS
Holiday Party to be held at the
New Port Tennis Club

**Kevin Lee Awarded Adventurer of the Year
2013
by Adventurers' Club of Los Angeles**



In spite of missing half the year because of a nasty surf injury, Kevin Lee was named Adventurer of the Year 2013 by the Adventurers' Club of Los Angeles. Club members include former astronauts, deep sea explorers, scientists and several members who have climbed the World's highest peaks. One even holds the record for climbing Mt. Everest twenty-one times. Even through all the glory and accomplishments of its members, they voted for Kevin because of his adventurous spirit, his travels and for diving in all seven continents.



Kevin with Apa Sherpa and his wife. Apa Sherpa holds the record for most summits of Mt. Everest (21 times). He was bestowed the ACLA Lifetime Achievement Award.

Subjects of Interest

Sponges Help Coral Reefs Thrive in Ocean Deserts

<http://www.bbc.co.uk/news/science-environment-24398394>

A team found that sponges keep the reef alive - by recycling vast amounts of organic matter to feed snails, crabs and other creatures. Fro

complete article see above link.

October 2013 Lembeh Indonesia Dive Report by Johanna Wight

Why was I going here again?? This would be my 4th trip to dive Lembeh Strait, hadn't I seen it all yet? Wow, I was unaware of the LAX international airport remodel, I was taken by the simple yet elegant design that made the beginning of the trip feel special.

After flying and flying and flying we finally make it to hot humid wonderful Manado and so does all our luggage. It usually does but it is always great to see all the bags getting loaded onto the truck that takes it to the resort.

I greet the airport agent that helped me two years ago to rescue my camera gear that was stranded in Tokyo by my own fault. He remembers me and now I know why I come back, this strange place at times feels like home.

I actually love the feel of the heat and humidity, it lets me know I am in a tropical place. As we gather outside the airport we are greeted with cold bottles of water and moist towellettes. Many of the resort personell picking us up know us and we them. Yes it does feel a bit like home.

Climbing into the small SUVs I think of the 2 hour ride that always stimulates my senses. We go through winding narrow roads flooded with motor bikes and other vehicles. The lines painted on the pavement identifying lanes are really just guidelines, no one seems to pay attention to them. Our SUV straddles the line and traffic barrels towards us head on moving out of the way just in time.

Unpacking our gear in the camera room of the resort the anticipation builds. Diving here is not for everyone, it is not your typical coral reef picturesque dives although that can be found here as well. I am here for the "muck" diving. There are wonderous and very odd and different creatures to be found in the "muck". Tell the dive guides what you want to see from the guide books and they will find it for you.

Skill is needed to not be my own worst enemy by stirring up the bottom, so as always when diving Lembeh, I endeavor to hone my diving skills.

I take my first giant stride off into the 85 degree water, descend to the bottom and know why I have come back here again. The incredible creatures of Lembeh never disapoint, finally I get to see blue ring octopus that I have never seen before and much, much more.

It was a fabulous trip, but the muck may not be for everyone but it is most definitely for me.



MONTHLY PHOTO COMPETITION

October 2013 Contest Winners

VIDEO

1st: John Forbes
2nd: John Forbes
3rd: Walter Marti

OPEN

1st x2: Barbara Jones
Co-2nd: Fletcher Forbes
Co-2nd: Roeland Papen
Co-2nd: Barbara Jones
Co-3rd x2: Fletcher Forbes
Co-3rd: Allan Jones

ADVANCED

1st: Michelle Hoalton
2nd: Michelle Hoalton
3rd: Linda Blanchard

AMATEUR

1st: Deanne Beck
2nd: Deanne Beck
Co-3rd: Julianne Steers
Co-3rd: Mike Couffer

Contest Categories 2013

January – Patterns

February - Eye Contact (animal appears to be looking at you)

March – White

April –Diagonal

May - Kelp/Seaweed

June - Black & White Photo

July - Benthic Fish

August - Eating/Feeding

September- Sunlight Rays

October- Compositions using Bokeh (Bokeh is a technique used by photographer's skillfully to melt the edges and blur the background into itself with a focal point.)

November –Urchins

December - No Contest –Holiday Party

Videographers

Prelude Video short clips are welcome. They can be on a CD, jump drive or bring your camera to connect.

CONTEST LEVELS

Contestant Levels and Advancement

1. AMATEUR

Only global changes* are allowed. This category includes members shooting an SLR camera system, with one year or less of underwater photography experience, or shooting with a point and shoot (PAS) camera. At the end of the year the first place winner/s or any member attaining 18 points shall advance to Amateur. PAS camera users who have advanced to the Amateur category and have entered images for at least 6 months, but have not accrued more than 6 points, may choose to return to the Amateur category the following year.

2. ADVANCED

Only global changes* are allowed. This category includes members having at least one year experience in underwater photography or who no longer qualify for the Amateur category. PAS camera shooters may choose, or be required, to be in this category. At the end of the first year, the first place winner/s or any member attaining at least 18 points (board confirmed) shall advance to the Open category. Members who have advanced to the Open category and have entered images for at least 6 months but have not accrued more than 6 points, may choose to return to the Advanced category the following year.

3. OPEN

Digital manipulation is allowed except for composite imaging (adding to an image). This category includes members who are considered professional or advanced underwater photographers by the OCUPS board or any member wishing to manipulate their images beyond basic global changes*. Open category members who have entered images for at least 6 months but have not accrued more than 6 points may choose to return to the Advanced category the following year.

*Definition of Global Modification: Changes that affect the entire images, such as cropping, saturation, white balance, levels, sharpening, and contrast. Prohibited modifications would include the use of layers or other tools that are applied to a specific area i.e. brushes, healing, cloning, etc. Contestants may enter images for only one still category in a given year. However, the video category is separate and may be entered independent of the still category. Member eligibility for a category will be determined at the first of the year or when joining the club. Members may choose to move up a category, but not down, during the year, forfeiting all previous points accumulated.

Photographers taking photos with both PAS and SLR cameras will be classified as an SLR photographer. PAS photographers are not restricted to the Amateur category. The OCUPS board may review eligibility qualifications and request a member to change their category.

Fee: Please contribute \$2 per slide up to 2 slides and \$5 for 3 slides entered.... this money goes to help pay for the awesome trophies and plaques at the end of the year. We, however, do not need any money to improve the Perpetual Trophy for Flooding, it is a gem just the way it is!

**Orange County Underwater Photographic Society
OCUPS
Monthly Photo Contest Rules**

General

1. This competition is open to OCUPS members only.
2. The entry fee is \$2 per submission or \$5 for three submissions maximum.
3. Captured frames from streaming video are not allowed as single image contest entries. Digital images should be emailed, not later than Sunday evening preceding the meeting, to: ocups1@gmail.com
4. Digital Submission Guidelines:
Please name your files in the following format:
Category Abbreviation, a dash, First Name Initial, Last Name, image number.

For example, if your name is Babe Nemo and you are submitting 3 photos, in the Amateur category, the file names should be: AMA-BNemo1, AMA-BNemo2, and AMA-BNemo3

Category Abbreviation Key:
OPE=Open, ADV=Advanced, AMA= Amateur

FILE FORMAT& SIZE:: Please use JPEG sized at 1024 x 768 (or 1024 maximum, on the longest side).

SUBMISSION DEADLINE: Photos should be submitted by Sunday evening, prior to the club meeting. The Club is not responsible if the digital images will not project.

5. Only global (full-frame) modification of images is allowed for Amateur and Advanced categories. Global modifications are those that affect the entire image, such as cropping, saturation, white balance, levels, sharpening, and contrast. Prohibited modifications would include the use of layers or other tools that are applied to specific areas i.e. brushes, healing, cloning, and so on.
6. In the event of a challenge, the original image file or slide must be made available to the Club officers at the next meeting.
7. The entrant must have exposed all images underwater unless specified as a topside contest. Aquarium, pool and tank shots are not permitted.
8. No entry or copy of image that has previously won in an OCUPS competition may be re-entered in a subsequent contest.
9. The contest theme or subject must be the focal area of the image.
10. The Contest Director may disqualify any entry for rule stretching, marine conservation issues, out of theme or level entries.

11. VIDEO CONTEST RULES

- a. Videos can be up to 30 seconds, unedited, continuous clip. As in stills, global changes are allowed.
- b. Themes will be the same as for the still contest for the month but only one level, everyone in one category
- c. Videos may be taken on a video camera or the video function of a digital still camera. A series of still shots is not permitted.
- d. Up to two entries per month per person.
- e. Members may enter in both the video and the still competition each month.
- f. Do NOT include your name in the video file name; rather, choose a neutral name so that the owner cannot be identified, when video clips are shown for judging.
- g. Do not email video files, as they are too large. Instead, video should be brought as an AVI file (or Mac equivalent) on a jump drive (preferred method), CD, DVD, or on a tape with your camera and cables for connection to the projector.

12. Permission to reproduce any entry, only for purposes of OCUPS publicity, is assumed unless otherwise specified. All ownership and rights remain with the photographer.

13. ATTENDANCE REQUIRED TO PLACE: Entrants must be present at the meeting to place in the photo contest. However, if you leave prior to the contest conclusion, you still qualify to place, as long as you were present sometime during the meeting. If you do not plan on attending the meeting, please do not enter photos.

Contest Points (updated 2012)

1. First, second, and third place entries are all considered winning entries.
2. Points are awarded as follows: First = 3 points; Second = 2 points; Third = 1 point.
3. All winning places shall receive corresponding points, irrespective of ties.
4. Two entrants, minimum, are required to hold a contest in a particular category (Open, Advanced & Amateur) and award points.
5. For monthly photo contests where there is only one entrant in Amateur or Advanced categories, the entrant is allowed to compete in the next higher category, only for that month. And, if the entrant places in the higher category, points for the placement will be awarded but be applied to their original category e.g. if a sole Amateur entrant participates in the Advanced contest and wins 2nd place, the entrant would receive 2 points in their original Amateur category.

OCUPS Meeting Location
Always 2nd Tuesday of the Month
Park Plaza at Orange
620 South Glassell St., Orange
It's off the 22 Fwy north on Glassell

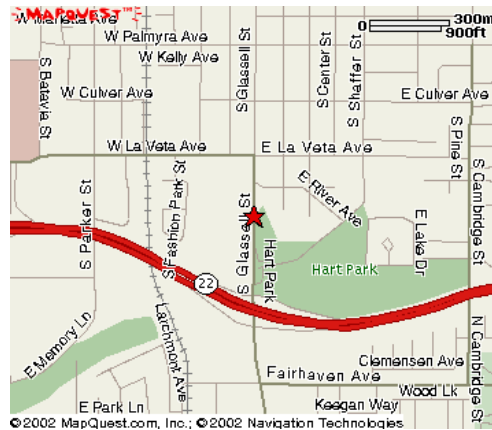
Schedule:

- 7:00 Set up: contest and prelude submissions**
- 7:15 Welcome**
Introduce guests
Announcements/ Congratulations
Business
- 7:30 Workshop - maximum of 10 - 15 minutes**
- 7:45 Prelude - 10 – 15 minutes: limit: 15 Slides, 3 minute Video**
- 8:00 contest**
- 8:15 Break; count ballots**
- 8:30 Speaker:**
- 9:15 Contest winners**
ends at 9:30

We invite all those interested in Underwater Photography, the curious, novice, advanced, and professional. Bring slides for the Prelude! OCUPS members remember to bring your slides and a guest.

Feedback and Submissions for the newsletter should be directed to the Editors
Johanna and Bruce Wight
Bwproductions@earthlink.net

Park Plaza at Orange



Orange County Freeways

