



The Octopus

The Newsletter of the Orange County Underwater Photographic Society March 2015

www.ocups.org

OCUPS Meeting March 10, 2015

March Club Contest Critter on Critter

Monthly Contest "How to Enter"

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

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).
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 deadlines:

Two weeks before the meeting date.

Club Officers 2014

President.....Linda Blanchard
Vice President.....Allan Jones
Treasurer and Membership....Jane Huessener
Workshops..... Bonnie Pelnar/Allan Jones
Monthly Contest..... Michael Bonneau
Newsletter..... Johanna & Bruce Wight
Refreshments..... Marcia Holland
Web Master.....Bonnie Pelnar
Communications Director.....Kevin Lee
Speaker Chair.....Needed

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

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.

OCUPS website: www.ocups.org.

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

International Exhibition of Photography held at the San Diego County Fair

Only seven weeks to go!

The dead line for entering the International Exhibition of Photography held at the San Diego County Fair is April 17. This show started in 1947 and with over 10,000 sq ft. of gallery space and \$25,000 in prizes and awards is one of the largest exhibitions in the country.

Don't miss out go to <http://www.sdfair.com/index.php?fuseaction=exhibits.photo> for complete details.

They have cash prizes for the winners. It is open to anyone who wishes to enter and is not restricted to San Diego residents. If the fair does not get enough participation in the underwater division, they will do away with it in the future.

Thanks,
Dave Hinkel

Wildbook for Whale Sharks

Wildbook for whale sharks is a photo-identification library database of photos of whale sharks. This visual database is used by researchers to track, identify and analyze whale shark sightings data to learn more about these amazing creatures.

If you have photos of whale sharks you would like to share with them, please visit their site for details.

<http://www.whaleshark.org/>

INSIDE THIS ISSUE

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

From Snails to Whales Photo Exhibit March 3 thru April 17

Mark Strickland and Chris Huss just launched "From Snails To Whales", an extensive photo exhibit to celebrate marine biodiversity. It's at the G2 Gallery, 1503 Abbot Kinney Blvd., Venice, CA 90291, (310)452 2842

To attend the opening reception this Saturday evening March 7th, from 6:30-9:00 pm, please RSVP to: rsvp@theg2gallery.com

Please feel free to spread the word, and hope you can make it!

All the best,
Mark

Mark Strickland Photography
www.markstrickland.com
1-805-271-9798
Mailing Address: 526 Ebbitide Circle, Port Hueneme, CA 93041 USA
American Society of Media Photographers Member since 1997
[Ocean Artists Society](http://OceanArtistsSociety.com)

CHAMBER DAY & EVE 2015 www.chamberday.org

Although diving accidents are rare, can you imagine what it would be like NOT to have a recompression chamber around? A study has shown that 69% of diving accidents are caused by diver error. So can you imagine inadvertently doing something wrong, getting bent or embolized, and hearing "Sorry, there's nothing we can do for you." Fortunately, that's NOT the case in SoCal because, since 1974, we can rely on the USC Catalina Hyperbaric Chamber to be there for us.

But we almost lost it in the late 80s when L.A. County was considering pulling funding from the Chamber. Roger Hess, then owner of Charisma Charters, came up with the idea that all the dive boats should come together for a day of diving with all the proceeds being donated to our Chamber. And thus, Chamber Day was born.

Now in 2015, we are celebrating our Chamber's 41st year of unbending service to the Southern California diving community.

While our Chamber still gets about 50% of its funding from the County, Chamber Day & Eve have become the major source of funds to keep our Chamber available to us 24/7/365. And that's why we hope you'll participate in Chamber Day & Eve 2015 on Wednesday, May 6.

The first Chamber Day attracted about 200 divers and netted around \$15,000 for our Chamber. Over the years the event has grown to over 1,000 participants by adding Chamber Eve, the *Flying Dutchman*, and the Chamber Challenge. And last year we raised just under \$100,000 for our Chamber. We are justifiably considered the largest single-day scuba charity event in the United States and perhaps even the world.

It's important to know that *all* monies raised go to the Chamber. No administrative fees are deducted from the proceeds, many of the local SoCal boats donate their time and services, the manufacturers donate gear for raffle prizes, the Aquarium of the Pacific donates their facility for Chamber Eve, hundreds of volunteers donate their time, and you (hopefully) donate your money.

Here's what's happening:

- The main event is Chamber Day, which includes two dives at Catalina, plus a walking tour of the Chamber facilities at the Isthmus. Costs for the event have been going up each year and this year we've finally had to give in to economic reality and raise the event prices to deal with this. Chamber Day is now \$110 (plus \$30 for food and airfills, which goes to the boat) which gets you the diving, the tour, a T-shirt, and 5 daytime raffle tickets.
- If you can't take the day off but would still like to participate, we have the *Flying Dutchman*—a mythical boat, yes, but a big part of Chamber Day and the perfect option for those who can't attend in person. "Diving" the *Dutchman* gets you 5 daytime raffle tickets and a special limited-edition T-shirt available only to folks who sign up for the *Dutchman*. And we're holding the *Dutchman* price at \$95.
- There's also the Chamber Challenge, which "challenges" our community to raise extra funds for our Chamber through direct donations (mostly \$100 pledges, but also \$500 and \$1,000, and even \$5,000 and \$10,000). You donate, and then—we hope—you challenge your friends to match your generosity.
- Raffle tickets, anyone? Daytime raffle tickets are the way to go—because you don't need to be present to win. Tickets are \$1 each, with discounts when you buy more.
- Chamber Evening, co-sponsored by the Aquarium of the Pacific, wraps things up. You'll have full access to the Aquarium, a sit-down dinner in the Great Hall (under the life-sized model of a blue whale), hear a few speeches—we try to keep them short—maybe win a raffle prize, and finally, cheer during the presentation of the Chamber Day check to Karl Huggins, Director of the Chamber. As with Chamber Day, our costs have gone up for Chamber Evening so that price will also be \$110 per ticket.

For more information about these can't-miss events, visit our web site at www.chamberday.org. You can sign up there using our secure server, or you can Chamber Day HQ at 310-652-4990.

Mark your calendar for Wednesday, May 6 and Chamber Day & Eve 2015.

Ken Kurtis (Chairman, Chamber Day/Eve 2015)
&
Karl Huggins (Director, USC Catalina Hyperbaric Chamber)

Subjects of Interest

Yoga and SCUBA Diving by Johanna Wight

You may be asking "What does yoga have to do with SCUBA diving?" I'll be honest, I didn't think it had anything to do with diving either so I'll start at the beginning. Seven years of diving and I still used up air as I did when I started diving. Well, I may have become a bit more efficient but nothing really that ground shaking.

Anyway, I started taking yoga classes as a way to stay in shape in answer to my quest for a low impact form of exercise. The first class introduced the Yoga style of breathing called *ujjayi* (oo-jie-yee) and explained that yoga is all about the breath. The instructor told us yoga positions will be easier to perform and you will remain in the moment when you maintain *ujjayi* breathing.

So what is this breath? *Ujjayi* is a rhythmic in and out breath through the nose, the throat is constricted like when whispering so there is an audible sound on both inhale and exhale. On inhale the lungs fill up expanding the diaphragm so that the belly expands. On exhale the diaphragm contracts and the air is expelled from the lungs. Ironically, it is also known as ocean breath due to this audible sound being similar to the sound of the ocean. It is said that *ujjayi* allows focus on the moment and actually slows the heart rate while engaging in movement. A sense of peace and mental clarity is created that can provide benefits in yoga class and beyond.

So again you must be thinking what the heck does this have to do with diving. Well I don't remember how long I had been practicing yoga when I found I had a lot more air in my tank than I usually would have towards the end of a dive. I noticed breathing through my regulator created an audible breath with a rhythm just like *ujjayi* breathing and that my yoga breath training was kicking in underwater without me even knowing it. Who knew?

So the surprise is that my yoga practice has a lot to do with my diving besides keeping me in shape for this strenuous sport, it greatly improved my use of air. And we all know with the use of digital cameras, air has now replaced film as the limiting factor to diving.

MONTHLY PHOTO COMPETITION

Congratulations to OCUPS February 2015 Photo Contest Winners!

VIDEO

1st: Jonathan Blake
2nd: Evan Sherman
3rd: Walter Marti

OPEN

Co-1st: Dave Hinkel
Co-1st: Cindy Shaw
2nd: Michael Bonneau
3rd: Barbara Jones

ADVANCED

1st: Martha Edge
2nd: Deanne Beck
3rd: Elias Amador

AMATEUR

No Contest

Congratulations and thanks to all participants.

Contest Categories 2015

January: Nudibranchs

February: Pink

March: Critter on critter

April: Scorpionfish

May: Head dress

June: Bubbles

July: Underwater photographer

August: Yawning fish

September: Dangerous to touch

October: Diagonal composition

November: Reflections

December: Awards Banquet

The above list is available on our website at this link:

<http://ocups.org/index.php/photo-contest/2015-categories>

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:

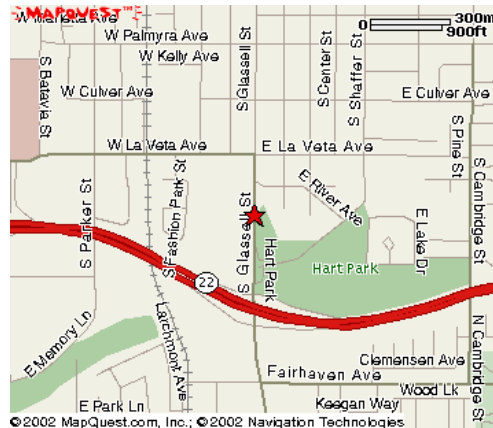
- 7:00 Set up: contest and prelude submissions**
- 7:15 Welcome**
Introduce guests
Announcements/ Congratulations
Business
- 7:30 Workshop - maximum of 10 - 15 minutes**
- 7:45 Prelude - 10 – 15 minutes: limit: 15 Slides, 3 minute Video**
- 8:00 contest**
- 8:15 Break; count ballots**
- 8:30 Speaker:**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

