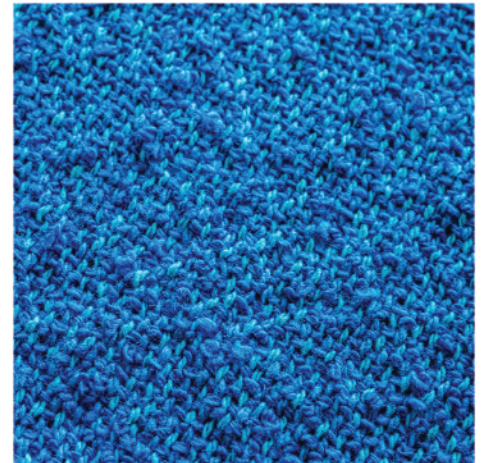


FEBRUARY 2023

365
*Picture
Today*



365 *Picture Today*

IF YOU ARE IN THE SPIRIT, YOU ARE IN THE RIGHT PLACE!

February is the month of LOVE. Let's make it a month to pamper yourself! First off, give yourself a pat on the back and raise a glass of champagne (or coffee or tea) and tell yourself you are awesome! Why? Because you have completed one full month, 31 spectacular days, of taking a photo every single one of those days! Bonus, you have also become a member of this fantastic group. If that's not pampering, we don't know what is.

February is also a month of adjustment. Maybe January was kind of a 'test run' of trial and error for you. It might have been a time to 'test the waters' and figure things out. You may have thought, "what is it exactly that I am doing?"

What you are doing is connecting with a community, taking fabulous pictures, and bravely posting them! There are no rules here...you do what you want and you are applauded for it.

Now that you have figured it out, we hope you are motivated to keep it going! If you are in the spirit, you are in the right place! Let February be your month to really enjoy your photography and maybe even make progress with it too.

Amy, Diane, Garnett, Kris, Lee Leslie and Lysle

EXPLAINING THE PROMPTS

Each month is broken into 4 weekly themes: Picture Life, Picture Basic, Picture Color and Picture Style. These are meant to fuel your imagination, keep you engaged, and challenge your creativity. They give you the opportunity to see the same things in different ways.

PICTURE LIFE

Picture Life is where you will be challenged to chronicle your life. Each Picture Life week will have a theme which will give us a glimpse into your day to day life. This is where we all will have the opportunity to get to know one another a little more. We encourage you to show us all aspects of your life, including your beautiful self! In Picture Life week there will be a Where I Stand prompt coupled with a time of day prompt. Here we encourage you once a month to show us what you are doing at a certain time of the day by showing us where you are standing.

PICTURE BASIC

Let's get technical! This will challenge your creativity with a technical agenda. In these weeks of your year you will look at leading lines, flat lays, lights and shadows, (to name a few!). Don't be shy to ask for clarification, camera settings or any tips and tricks. We aren't magicians here, we share our secrets!

PICTURE COLOR

We will focus on a specific color chosen by the Creative Team for these weeks. This year our colour choices will be a little beyond just the basics. You can include a little of the color, go completely monochrome or anything in between. You will likely find that this is one of your favourite weeks.

PICTURE STYLE

Lifestyle, architecture, landscape, sports, golden hour, are just some of the styles you will be encouraged to play around with to try out something new. Some of these might be a little out of your comfort zone. Our hope is that by the end of the week you may have discovered something you love. You might find style in your original photo or add some style in post-processing.

EXTRA CHALLENGES

Along the way you'll notice a few added monthly challenges sprinkled in to give you extra inspiration.

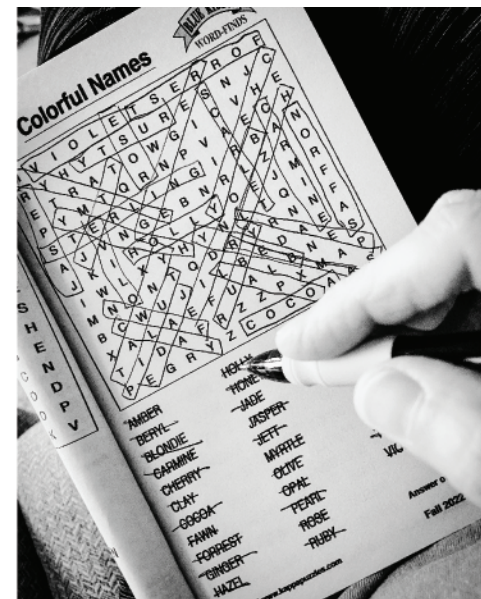
Macro Monday - For this prompt we encourage you to get in close. Grab your macro lens, macro filters or just crop your photo in post-processing. This is where we can focus on the little details.

Scavenger Hunt - A quarterly challenge where instead of one prompt, you have 4. Take the 4 photos and make a collage. Make it work for you and your day.

Picture My World - This is a quarterly challenge. We are hoping you can return to the same spot 4 times on these days to document the changing seasons in your world or in your life.

Extra Seasonal Challenge

We are introducing something new this year... Seasonal challenges. Seasonal challenges are extra technical challenges to help you learn or practice technical skills. The challenge is separate from daily prompts and is there to give you that extra boost if you want to take it on. The extra challenge will occur 4 times a year and will come with technical instruction. Once the challenge is offered, you will have a week to think about it, practice, and then take and post your image.



How do you nurture your brain?

Puzzles and Games, Yoga and Meditation, Reading and Enjoying Music,

Maybe you are learning a new skill or giving an old one another try.

I find those word search books to be very addictive... once I start its hard to put down!

Amy

FEBRUARY 2

UPBEAT

Life-Long Learning

*Picture***LIFE**



Last August I took my four nieces and my sister-in-law to Italy for a girls trip. It was a trip of a lifetime and it was so easy to be upbeat for the whole trip.

Visiting a different country provides lots of opportunities for learning. A new culture, new people and beautiful landscapes to explore. We all learned a lot throughout our 10 days. This is a photo of my niece Kristen that I took during the pasta-making class we signed up for while we were there. It was an awesome learning experience for all of us.

Be upbeat and try something new today. Try a new recipe, virtually explore a place you've always wanted to visit. What can you learn from trying something new?

Diane

FEBRUARY 3

WONDER

Life-Long Learning

*Picture***LIFE**



Regardless of how near or far I travel, or how many times I visit a place, I am in wonder of this beautiful Earth. There is something to learn everyday about our World. It could be a beautiful vista that leaves you breathless. It could be a newborn baby or a place you have never been before. Think about the wonders around you... the mysteries yet to be unlocked. What can you learn today about yourself and what touches your sense of wonder?

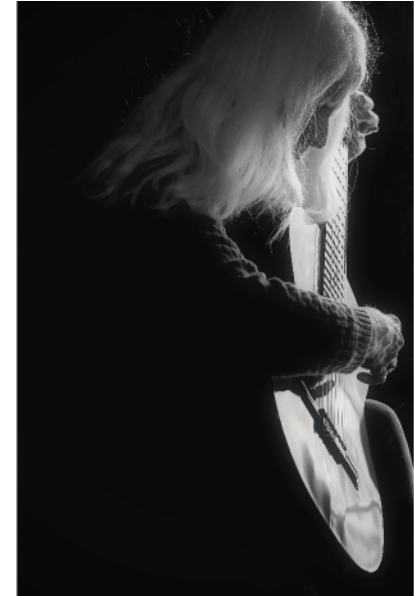
Garnett

FEBRUARY 4

UNIQUE

Life-Long Learning

*Picture***LIFE**



After fifty plus years of life as a professional musician who played the clarinet, I had this deep desire to learn to play the classical guitar. Having played another, quite different, instrument for so long brings a unique perspective to the learning process. Since I also study guitar with one of my colleagues at school, the teacher-student relationship is also a bit unique. I am grateful that I was able to follow this dream. Sometimes I wish I'd started chasing it a little earlier in life.

Is there a dream that you have embraced later in life that brings with it unique experiences, opportunities, or relationships? Or maybe there is a dream that you want to start chasing today. Photograph your unique self as a dream chaser.

Kris

FEBRUARY 5

PAMPER

Frame-in-Frame

*Picture***BASIC**



This week we're going to practice a compositional style called "frame-in-a-frame." The edges of our photos always create a frame within which we compose our picture, but did you know you can go a step further? A component of your composition can create a frame all its own which will call more attention to your subject. It also adds visual interest and can add to your photo's story.

I love to include a container of essentials and treats in the bedroom to make my guests feel at home. In my photo, I framed the container within the blocks of my great-aunt's vintage quilt. Its lines frame the subject, and the colors and patterns hint at the homey decor.

Try filling a container around your home. It could be a vase, a plate, a box, anything! Then frame it within some lines: a placemat, window, or whatever you have on hand. Don't overthink this. Watch how your subject becomes more interesting when framed within the background's frame!

Leslie

website: 365picturetoday.com

FEBRUARY 6

PRESERVE

Frame-in-Frame

*Picture***BASIC**



To preserve something is to maintain it in its original state, or to leave it unaltered.

A frame within a frame is the use of visual elements in a scene to border a subject. This further draws the focus to the scene.

In my sample picture, I used the limbs of the tree to frame the old homestead, thus making it stand out.

The old homestead has hardly been maintained, but it has been preserved in time.

Find something to photograph today that has been preserved. Don't forget to frame it in a frame!

Lysle

instagram: [365picturetoday](https://www.instagram.com/365picturetoday)

FEBRUARY 7

QUAINT

Frame-in-Frame

*Picture***BASIC**



Quaint means old-fashioned; nostalgically attractive.

For today's frame in a frame photo find a quaint object that can help add depth and visual interest. Architectural features like doors, windows, and arches are excellent choices for framing your view.

How will you frame your view?

Amy

instagram: [365picturetoday](https://www.instagram.com/365picturetoday)

FEBRUARY 8
PROMPT FREE
Frame-in-Frame

*Picture***BASIC**

365 *Picture Today*

Today is a blank canvas for which all of the other prompts have prepared you.

Keep your eyes open and have fun!

Prompt Free

FEBRUARY 9
HILARIOUS
Frame-in-Frame

*Picture***BASIC**



As we look for our frame within a frame today, keep it lighthearted. I found it hilarious that this owl was giving me the stink eye. He is framed in his shelter and then I photographed him through some lattice. He was not enjoying my creativity it seems!

Garnett

FEBRUARY 10
TERRIFIC
Frame-in-Frame

*Picture***BASIC**



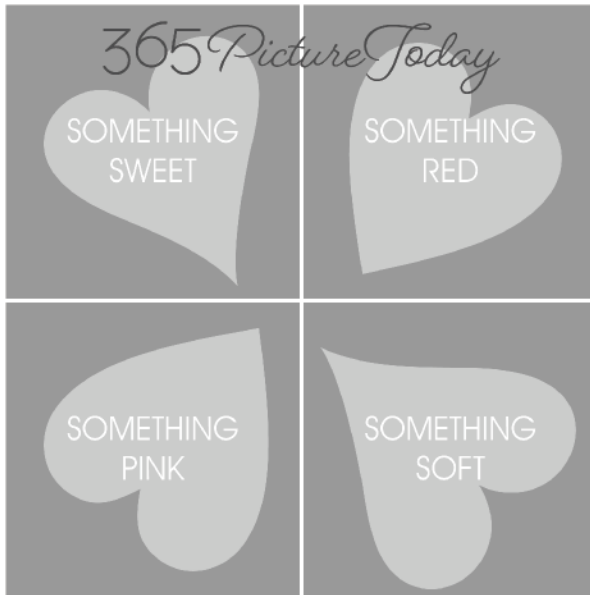
In this photo, not only do my arms help to frame my grandson's sweet little face, but his hands reaching up to mine also tell a big part of this photo's story. As you compose your photo today, let your framing tell a part of the story. Whether its role is subtle or the star is up to you!

Kris

FEBRUARY 11
BELOVED

PictureBASIC

Frame-in-Frame - Scavenger Hunt



The first Scavenger Hunt of the year - four photos each time this year. If you want help then please do read our BLOG on our Scavenger Hunt.

This month being the month of love, we have prompts to reflect this

- Something Sweet
- Something Red
- Something Pink
- Something Soft

If you don't fancy taking four photos then just take one of your beloved.

Lee

FEBRUARY 12
COOL
Navy

PictureCOLOR



You don't have to carry a designer bag that costs more than a car to look cool" - Kesha

It's navy week!

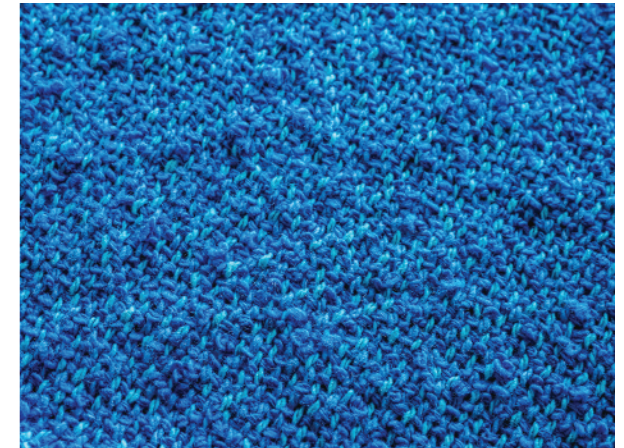
What do you have in your wardrobe that makes you look cool? It doesn't matter what others think; if it's cool to you, then it is cool! (I have a new camera bag that has a sling part that holds my camera that I can rotate to the front! True story! It might just be the coolest bag ever!)

Lysle

FEBRUARY 13
COZY

PictureCOLOR

Navy - Macro Monday



Today get in close and highlight the details of something that is comfy cozy!

This is a close up of a scarf a friend made from fabric she wove herself - this small area probably represents hours spent at her loom. I find the process fascinating.

Maybe you have a favorite blanket or sweatshirt that is warm and comforting. Remember you don't need a macro lens. You can zoom in or use a tight crop.

Amy

FEBRUARY 14
LUSCIOUS
Navy

*Picture***COLOR**



When I think of the word "luscious," rich, vibrant colours come to mind. I think of something that's appealing and full of life. Perfect word for Valentine's Day, don't you think?

This photo reminded me of all those things. When I first got my lensball, I wasn't sure what to do with it. I wanted to play with it, so I searched the internet for colourful wallpapers for my iPad. I stood my iPad up and shot the colourful background through my lensball. I just love the shades of navy and blue refracted through the lensball. Looks luscious, doesn't it?

If you have a lensball, take it out and play with it today. If you don't have one, that's ok. Just show us what lusciousness you can find as you go about your day today.

Diane

FEBRUARY 15
IDYLLIC
Navy

*Picture***COLOR**



I hope you are enjoying color week and mixing it up with color variations. There is something idyllic in the blue hour. Everything takes on a sense of calm. This scene is peaceful and idyllic to me. The blue hour occurs just before the sun rises or just after the sun sets. With the shorter days here in the Western Hemisphere, it's easier to get out during blue hour. If blue hour doesn't interest you, what represents idyllic to you? Photograph it.

Garnett

FEBRUARY 16
MELLOW
Navy

*Picture***COLOR**



PJs, a teddy bear, and a soft quilt make for some mellow moments! Add a good book, a hot cup of coffee or tea, and some quiet and the mood may mellow even more! What does your ideal mellow moment look like? Hopefully it includes a bit of navy!

Kris

FEBRUARY 17
RELIABLE
Navy

Picture **COLOR**



The blue hour reliably arrives shortly before sunrise and after sunset, and this is a great time to take photos. If you manually adjust your white balance on your camera, you can make your photo more blue!

Read the tips on how to take a better photo - [Click Here](#)

I adjusted the white balance in my camera to Kelvin 3,800 (Fluorescent).

Take a photo at blue hour (either end of the day) and help the background become navy by changing your setting in your camera to help.

Lee

FEBRUARY 18
VIVID
Navy

Guest **PROMPT**



I love to travel and this was an especially exciting journey to tour Vietnam. While I was wandering the market in Ho Chi Minh City, I was captivated by this touching scene of a mother and her child. The little boy is surrounded by his school things and is busily doing homework while contentedly cradled in his mother's lap.

But it was the vivid colors that first caught my eye. The contrast of the red on blue made this image successful. Without that strong but simple background, the scene would not be nearly as powerful. It was one of my favorite photos of my trip.

Today, look for or create an image with a contrast between navy and another vivid color. See what a difference that contrast can make.

Tracey Bitcon

FEBRUARY 19
DURABLE
It's in the Details

Picture **STYLE**



It's all about the details this week!

This can mean including more or less in your photo to help tell a story or provide context. Try a wider angle to allow more of your surroundings in the frame or a tighter crop to show aspects that would normally get overlooked.

In the prompt photo, including the red flag lets the viewer know it's not a great beach day. Plus those flags have to be pretty durable to withstand the high winds at the coast.

When composing your images, what details will you leave in or out?

Amy

FEBRUARY 20
PRACTICAL
It's in the Details

PictureSTYLE



Bird feeders are practical don't you think? They provide nourishment to the local birds.

When I took this photo I wanted the details of the bird feeder and the bird to be the focus. To accomplish this I used a relatively wide aperture of f3.5. A wider aperture allows the focus to fall on the subject of the photo-- the bird and feeder--while the background remains out of focus. It draws the eye directly to the subject and allows the details to really stand out.

What practical item will you choose to photograph today? Make it the subject of your photo and show us the details you want us to focus on.

Diane

FEBRUARY 21
SPECIAL
It's in the Details

PictureSTYLE



Details can be glorious, can't they? There is so much goodness in examining a flower. The flower head (or floral disc) in this example is full of exquisite detail. The petals are gorgeous, yes, but just look at all of the tiny little details in the center. You all know how much I love textures, so I just had to add one. That is another little detail that adds dimension to this image. What special details can you capture today?

Garnett

FEBRUARY 22
REMARKABLE
It's in the Details

PictureSTYLE



When it comes to musical instruments, it is the sound that makes them remarkable. Many of the elements of craftsmanship that create the beautiful sound are not visible. With the guitar, however, the attention paid by the maker to the inlay details creates another layer of beauty to the instrument.

Photograph something, or someone, that exhibits remarkable characteristics both inside and out.

Kris

FEBRUARY 23
PLENTIFUL

PictureSTYLE

It's in the Details



When I get the chance to go into Brussels, I usually take my camera, and it is surprising what you can find to photograph when you start to look around. These winter flowers called Hellebore are plentiful at this time of year.

By getting down to the level of this box of flowers I was able to show in detail how many are in the box.

What can you find that is plentiful at this time of year where you are?

Lee

FEBRUARY 24
FAVOURITE

PictureSTYLE

It's in the Details



Normally we're encouraged to crop in close, but there are times when little details can add up to a big story.

The event of firing hundreds of bricks the 18th-century way was a big deal at the living history museum. In this photo, the viewer is immediately drawn to the three workers harvesting the fired bricks, but then the eye is allowed to scan all the details that went into the project: the setting, the lumber for fuel, the tools, the oven, and the immense amount of handmade bricks!

The museum is a favorite of mine to explore and photograph and you can probably see why! Do you have a favorite place you like to photograph? Or maybe an event? Even if you're staying inside today, step back and include the details that enhance your story. I can't wait to "read" it!

Leslie

FEBRUARY 25
WHOLESOME

PictureSTYLE

It's in the Details



A picture tells a thousand words and one picture can tell a whole story! It is the details that support the main idea of your story.

We are going to use the word "wholesome" to try and tell a story. Today try shooting a scene exactly how it plays out! It might be all of your groceries spread across your counter ready to be put away, or your laundry ready for folding, or your kitchen after preparing a meal. Make a visual presentation of something wholesome that occurs in your daily life. Keep it real!

I photographed my granddaughter 'helping' me paint her room. I let her 'have at it' which is something I never had the courage or patience to do with my own kids. That is part of being the cool granny! (Don't worry, she let me paint over her small details!)

Lysle

FEBRUARY 26

WINSOME

Ordinary Objects

PictureLIFE



Winsome can be defined as something that's attractive in a fresh manner. I've been a lifelong nail biter, but since last June I've been doing my best to grow them. I've had some success and I must say I think they make my hands look winsome. This is a fresh look for me and it's much more attractive than my bitten nails!

I put a clear coat of strengthener on my nails every few days. This ordinary object is such a help when it comes to preventing me from biting my nails.

What ordinary object do you use on a regular basis that helps make you feel winsome? As it's Picture You week, can you include a bit of winsome you in the photo?

Diane

FEBRUARY 27

ZEALOUS

Ordinary Objects

PictureLIFE



Zealous - showing great energy or enthusiasm. I live in a fishing/crabbing community. Our little town is proud of its watermen and the fresh seafood they give us. I took this photo of ordinary crab pots at the golden hour. What are you enthusiastic about? Can you give us some insight into your community with just a capture of an ordinary object?

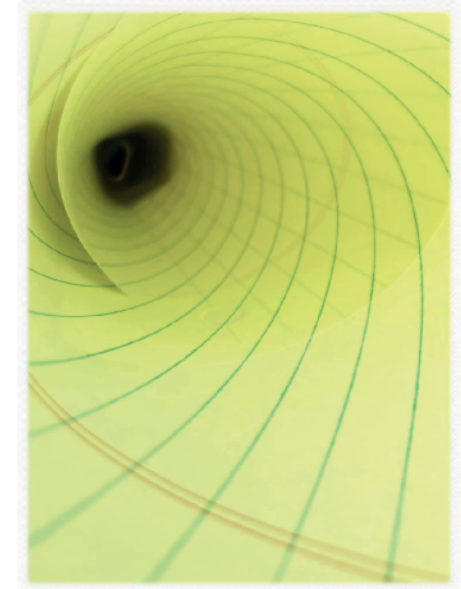
Garnett

FEBRUARY 28

VERSATILE

Ordinary Objects

PictureLIFE



Despite all of the technology available these days, I still prefer to write with pen and paper, specifically a ball-point gel pen on a yellow legal pad. My desk at home and at school are a sea of yellow paper. This ordinary object is indeed versatile. It holds shopping lists, lesson plans, and the sketches of the next great poem. It can be an airplane that lets the imagination soar. It can be a spy scope or folded to make a crane. It can also be an interesting object in its own right. I love the way the red and blue lines swirl and create motion and how the dark center invites mystery and imagination.

Show its beauty and give us new respect for an ordinary object that is so easily taken for granted.

Kris

FEBRUARY 2023

Picture LIFE

Life-long Learning

- 1 Nurture
- 2 Upbeat
- 3 Wonder
- 4 Unique

Picture BASIC

Frame-in-Frame

- 5 Pamper
- 6 Preserve
- 7 Quaint
- 8 Prompt Free
- 9 Hilarious
- 10 Terrific
- 11 Beloved

Picture COLOR

Navy

- 12 Cool
- 13 Cozy
- 14 Luscious

Picture COLOR

Navy

- 15 Idyllic
- 16 Mellow
- 17 Reliable
- 18 Vivid

Picture STYLE

It's in the Details

- 19 Durable
- 20 Practical
- 21 Special
- 22 Remarkable
- 23 Plentiful
- 24 Favourite
- 25 Wholesome

Picture LIFE

Ordinary Objects

- 26 Winsome
- 27 Zealous
- 28 Versatile

365 *Picture Today* CREATIVE TEAM



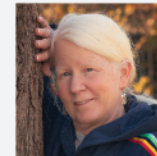
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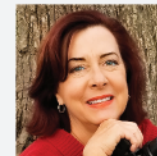
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