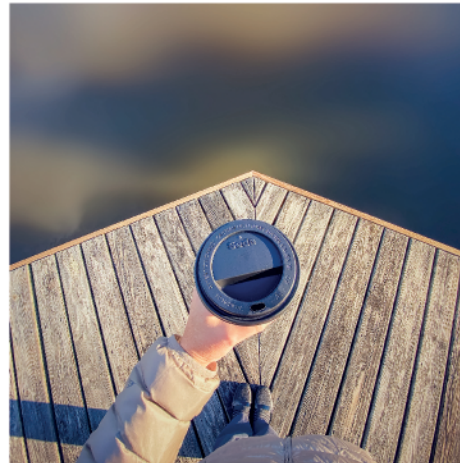


MARCH 2023

365
Picture
Today



365 Picture Today

"MARCH COMES IN LIKE A LION AND OUT LIKE A LAMB."

We have all heard this expression... it is basically a visual of the moving from Winter to Spring in the Northern Hemisphere.

You began this year's 365 Picture Today project in the dead of Winter (unless you are in our Down Under group!) You endured shadow week when there was no sun, Picture Life weeks when all there was to picture was gray skies and snow, Color week when there was no color to be found. You met the challenges and you persevered!

Don't be surprised that now is the time you begin to waiver. You may skip posting your photo a day or two. You may forget to take your photo until the last minute when the light has disappeared. You may not "feel" the prompt or even want to follow it.

It's natural to have ebbs and flows in our lives, and that will spill over into our photography as well. We might find that we are enjoying the better weather and being outside sunshine keeps us busier and less engaged in looking for photo ops.

You can do it. You stayed the course through the long Winter and you can persevere through the Spring. Just pick up from wherever you are and begin again. If you miss a few days, don't worry about playing catch up, just jump back in and continue from there! Think about why you are taking a photo a day. What is your why for the project? Has it changed? Do you want to be more creative? Learn more about your camera? Capture family events? Inspire yourself with nature photos? Capture your mood? Be a part of a community? If your why has changed, that is perfectly fine. This is your project.

You've got this! Whether you feel like the lion or the lamb, go with it.

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

EXPLAINING THE PROMPTS

MARCH 1
PICTURESQUE
Ordinary Objects

*Picture***LIFE**

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.



Taking an everyday object and make it look good.

I took some spoons and made a flower photo.

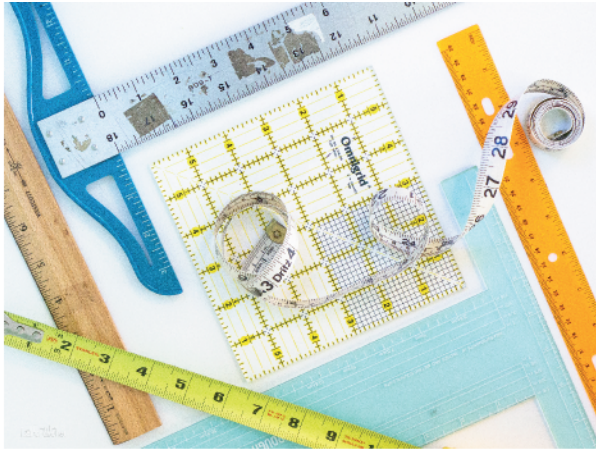
What ordinary object are you using today that you can make look picturesque?

Lee

MARCH 2
USEFUL

PictureLIFE

Ordinary Objects



Without this very ancient object, the world would be a sorrier place. Imagine no pyramids, no navigation, no well-fitting clothes, no framing for photos! I thought about this when deciding on my subject. Thanks to my varying interests, I easily found several different rulers in my house and arranged them in a quick flat-lay (everything arranged on the same plane and shot from above.)

What do you have that you maybe take for granted, but--come to think of it--you couldn't live without? Do you have several? Try arranging them in a flat-lay to add some artistry if you like. But however you choose to photograph it, tell us why it's important in your life. That would be really useful!

Leslie

MARCH 3
UPLIFTING

PictureLIFE

Ordinary Objects



Uplifting means to inspire happiness, optimism or hope. We are concentrating on ordinary objects this week. Just for fun, dig deep into your cupboards and find something you haven't used or seen for a while and photograph it! Let's see what you are hiding away that should see the light of day.

I found some sterling silver place card holders in the shapes of apples. They really lifted my spirits and reminded me of the family member who gifted these to me many years ago as a shower gift. They really need to be put to use again....after I clean them!

Lysle

MARCH 4
GRATIFYING

PictureLIFE

Ordinary Objects - Where I Stand



For added fun, we have coupled the Where I Stand & time-of-day prompts!

So show us what you're up to at 2 o'clock.

(Note: it can be A.M or P.M., your choice)

I find a stroll with a cup of coffee to be a very gratifying afternoon pick me up!

Amy

MARCH 5
PROMISING

PictureBASIC

Shooting Through



Photographing an individual "through" something can yield promising results. You can take an ordinary portrait and elevate it by bringing depth to the image. In my example image, I placed my subject behind the tree branches and had her hold them such that I could shoot through them and frame her face.

Practice this technique today. If you don't have a willing human, place your furry friends behind something.

Garnett

MARCH 6
QUALITY

PictureBASIC

Shooting Through



Shooting through doors, windows and gates can add movement and even some mystery to your image. I enjoy photographing buildings, not always because of their architectural significance per se, but because of the interesting lines and shapes that are possible. Sometimes these things naturally occur in a building and its surroundings. And sometimes, we have to play with our own position and perspective to bring that interest to our photos.

Find a gate, window, or door to shoot through today. Bonus points if you can shoot through to something of architectural interest.

Kris

MARCH 7
MEMORABLE

PictureBASIC

Shooting Through



It was very memorable for me to shoot through a small window into the big outside, on my trip from Brussels to London, going onto Singapore for a holiday with my sister.

This is the outskirts of Brussels.

What memorable thing is going to happen to you today?

Lee

MARCH 8
PROMPT FREE
Shooting Through

*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

MARCH 9
PEACHY
Shooting Through

*Picture***BASIC**



To add interest to your photograph, try shooting through something or placing an object in front of your lens. You can shoot through something semi transparent such as gauze or cellophane, or you may want to just use the natural elements around you.

You can make it "PEACHY KEEN" by adding a peach colour to your photograph. I lucked out by managing to shoot the Calgary Tower through some bare tree branches at sunset. If you can't find peachy tones, remember to try some apps or Lightroom to get the peach colour. (You can also try using peach coloured gauze or cellophane!)

Photograph something you think is 'peachy keen' but remember to shoot it through something. Peaches are peachy!

Lysle

MARCH 10
SHINY
Shooting Through

*Picture***BASIC**



Today we are going to shoot through the open of something. It's a fun way to practice depth of field. The aperture setting you choose will help control the blur and sharpness of your image.

Depth of Field Tip:

Lower f-stop = less in focus / blurry background

Higher f-stop = more in focus / sharper background

With the prompt photo, I shot from above a jar with a low f-stop and set my focal point inside which is why only the shells are in sharp focus.

What will you choose more or less in focus?

Amy

MARCH 11
INTERESTING

Picture **BASIC**

Shooting Through - Picture My World



Going on a photowalk in your own home town is always interesting. Joy and I wandered around her hometown of Carleton Place last year taking photos of lots of interesting things. We were standing on this bridge when Joy crouched down to shoot through the slats on the bridge to photograph the ice formations on the river. It was an interesting technique. I didn't see how the photo eventually turned out but I'm sure it was fantastic.

I'm sure as you go through your day today you'll come across something interesting to photograph. Can you also find something interesting to shoot through as you take your photo?

Diane

MARCH 12
COMFORTING
Scarlet

Picture **COLOR**



This week we are on the hunt for the color scarlet, a bright red hue with hints of orange. Scarlet is associated traditionally with things such as courage, passion, heat, and joy.

For me, my scarlet sweatshirt is associated with comfort, the same kind of comfort that a child feels from a favorite security blanket. I wear it when I'm tired, on rough days, when I want to escape from the world and feel like I am wrapped in a hug.

Do you have a piece of clothing or a blanket or a stuffed animal or other item that brings you a sense of comfort? Photograph it today. If it's not scarlet, find a pop of scarlet to include in your photo - a flower, a glass, a book, a piece of furniture.

Show us your comfort zone!

Kris

MARCH 13
ROSY

Picture **COLOR**

Scarlet - Macro Monday



It is Macro Monday so you need to get in close with your Macro Lens. If you don't have a macro lens then just get in as close as you can whilst still in focus, then in processing crop the photo to show the details.

This was my daughter's shoe. If you knew her, you would find she doesn't wear many colours. When she does, I love how much it adds to her rosy personality.

What is scarlet in your life that makes you think rosy thoughts?

Lee

MARCH 14
INCREDIBLE
Scarlet

*Picture***COLOR**



Not every day do you and your Porsche-loving husband pull into a parking lot and discover a Porsche club having a meet-up! The brilliant colors in this dreary weather lit up the whole area. One owner even hitched his bike to the top of his vintage car. Can't see my husband taking that chance! An incredible experience on what we expected to be a routine stop.

What's something scarlet that brightened things for you? Did your day go from ho-hum to incredible? Keep your eye out because as the saying goes, "When you see red, shoot it!"

Leslie

MARCH 15
HARMONIOUS
Scarlet

*Picture***COLOR**



In order to create a visually stimulating image in art and photography, similar elements should be seen throughout the frame. Some of the elements used can be colour, shape and texture. This week we are focusing on the colour scarlet, and we all know that if you see red, photograph it!

In order to find "Harmony" in your photography you will need to find contrast. Without contrast you may lack the 'wow factor' you want to make an interesting photograph. Today find something scarlet and add some contrast to make that colour pop! In my photo sample I was lucky to not only find a red grain elevator, but had the great fortune to photograph it against a brilliant blue sky for contrast.

I used colour contrast to find harmony in my photograph but feel free to use texture, shape, colour or all three!

Lysle

MARCH 16
STRIKING
Scarlet

*Guest***PROMPT**



I think this little Kia Sol looks striking sitting in front of the old train depot in Red Wing, Minnesota. I didn't intend to get the car in the photo, but as it turned out, I kind of like it. It adds interest to the photo. The train station is old and neutral in color and the Kia is new and flashy.

See what you find that is scarlet today. You may find something old or something new, but whatever you find, I'm sure will be striking!

Sharon White

MARCH 17
FRIVOLOUS
Scarlet

*Picture*COLOR



A pretty scarlet coloured shot glass is pretty frivolous don't you think? Pair it with Lindt chocolate and a heart shaped scarlet candle and the frivolous scale goes way up.

What frivolity will you capture today? Be frivolous and throw in some scarlet colour while you're at it.

Diane

MARCH 18
PLEASANT
Scarlet

*Picture*COLOR



How are you enjoying our unique color challenges this year?

Today look for something scarlet and pleasant to photograph. How can you make it stand out? One way is by using selective focus and a shallow depth of field. The example photo was taken wide open at F2.8 using my 100 mm macro lens. By placing more cherries in the background we get lots of pretty color and still keep the focus on the one cherry. What's more pleasant than a ripe and delicious cherry?

Garnett

MARCH 19
LUXURIOUS
Storytelling

*Picture*STYLE



In this house it is birthday month, three out of four of our children have a birthday, plus other family members. Today is my sister-in-law's birthday.

We celebrate their birthdays even if we don't see them, by having a chocolate cake and some bubbly.

What luxurious event is happening in your life today?

Lee

MARCH 20
IDEAL
Storytelling

PictureSTYLE



I love a photo with lots of details that help to tell a story. On this perfect day, a colonial couple strolls down shell-paved walks through the 18th-century kitchen garden. Many aspects of raising food the old way are on display including tender greens under glass cloches and in window-like cold frames. The gardener carries his harvesting basket, listening to M'lady's instructions. In all, an ideal scene to inform the viewer about gardening in the past.

Do you know of an ideal place to tell a story? Or some ideal objects that inform us about something of interest to you? Or maybe it's just an ideal day. Include the details, then share it!

Leslie

MARCH 21
ROMANCE
Storytelling

PictureSTYLE



Story telling is my FAVOURITE! This is your week to tell your stories, whether they be fictional or real! You don't have to do an elaborate set up! Whether you prefer to document what is happening in the moment with all its messiness and realness or to stage a story is totally up to you.

Romance is in the air for today! It can be as simple as a kiss on the cheek to your loved one as they leave for work, a sweet note, a lovely gift, or a warm hug! Me, I opted to set the scene with a romantic bath....totally staged!

Lysle

MARCH 22
TIMELESS
Storytelling

PictureSTYLE



Timeless usually refers to something that is a classic or that is unchanged by the passage of time. In other words, it's just as good today as it was yesterday...like cookies & milk!

What timeless classic makes it into your day?

Maybe a tasty treat, something you wear or have on display or it could be a place you frequent.

Amy

MARCH 23
HEAVENLY
Storytelling

PictureSTYLE



Is there anything more heavenly than a relationship between a grandfather and a grandson? I love the relationship that these two have and this photo really tells that story. I caught Charlie as he was running to give his Gogo a hug.

What do you think of when you think of the word heavenly? How can you tell that story through your photograph today?

Diane

MARCH 24
JOVIAL
Storytelling

PictureSTYLE



If you describe a person as jovial, you mean that they are happy and behave in a cheerful way. This photo was taken on a vacation to Lake Travis in Texas back in 2020. I love the story of the fun and excitement the girls had as they were tubing. There is no doubt they were happy and feeling very jovial that day!

In your storytelling today, capture an image that conveys happiness or makes us happy when we see it.

Garnett

MARCH 25
INDISPENSABLE
Storytelling

PictureSTYLE



“I didn't have time to write a short letter, so I wrote a long one instead.” – Mark Twain

What Twain is saying with this statement is that when we have limited time and space with which to express ourselves, everything that we include is indispensable in getting our point across. The same thing is true of a photograph. Every detail that is included in an image, or not included, should be an indispensable part of the story you are telling.

I took this photo at my dad's burial. It is the story of that day.

Carefully craft a story in your photo today. Know the story that you want to tell and carefully craft your image. Everything from light and shadow, what is in the frame and what is not, perspective, depth of field...every detail will influence your story in some way.

Kris

MARCH 26

GRACIOUS

My Hometown - Picture Me



It's no secret that I love my new hometown. Because of this area's popularity and proximity to family and friends, the door is always open to guests. (That goes for you all, too!) Being gracious is defined as being courteous, kind, and pleasant. When it comes to hospitality, those are my guidelines.

Today is Sunday Selfie day when you're the star! How do you extend graciousness? Or is there someone that extends graciousness to you? Get in front of the camera—a little or a lot-- and come as you are. This is a judgment-free zone. That's our group's way of being gracious!

Leslie

MARCH 27

HAPPENING

My Hometown - Where I Stand



"Son, take a look around, this is your hometown" - Bruce Springsteen

I am really excited that this week we are concentrating on our hometowns! It is a chance for all of us to get to know each other just a little bit better. Who we are is formed by where we live... it is what shapes us!

Tell us about your hometown and what is happening! What is your hometown best known for? I live in Calgary (my adopted hometown) and it is the home of the Calgary Stampede....the greatest outdoor show on earth! If your town isn't famous for anything, but I am sure it is, then show us what is happening today!

Remember to stand somewhere in your hometown at exactly 3:00! (Extra points for 3:00 am!)

Lysle

MARCH 28

SOOTHING

My Hometown



As many of you know, I live on the Outer Banks of North Carolina. It's a string of barrier islands that stretches over 100 miles long and is surrounded by 900 miles of water. In other words, you really have to zoom in to find me on the map! We have the tallest sand dune on the east coast, a national seashore, a maritime forest, an abundance of wildlife among the salt marshes and so much more! I love that no matter the direction all roads lead to one body of water or another. It's easy to see why I find my hometown so soothing!

Is there an aspect of your hometown that has a calming effect?

Amy

MARCH 29
IRRESISTIBLE
My Hometown

*Picture***LIFE**



I live in Ottawa, Canada. The capital of our country. As the capital we receive a lot of tourists each year. To tourists, our parliament buildings are irresistible. When in Ottawa you have to take a photo of the parliament buildings.

Today, show us what is irresistible about your hometown!

Diane

MARCH 30
AMIABLE
My Hometown

*Picture***LIFE**



It is a great week learning more about our community. Getting a glimpse into your hometown helps us all appreciate the photos we see from all parts of the world.

As many of you know, I live in a small coastal town in Southeast Virginia. The people are amiable and we still have a small town feel.

We have a plethora of seabirds around here and many of them are amiable and allow me to photograph them.

How can you capture an amiable representation of your hometown?

Garnett

MARCH 31
ADVENTUROUS
My Hometown

*Picture***LIFE**



When people think of Texas, it is often boots, cowboy hats, and horses that come to mind. You will see those things in many parts of the state, but not so prevalently in Dallas. I live in a first tier suburb of Dallas in a city of about 37,000 people, and one that calls itself "a city in a park." We are fortunate to have many beautiful parks. If you are looking for adventure much beyond a quiet picnic or a run on some safe and beautiful trails, you are in the wrong place...unless you have a vivid imagination.

My grandson was happy to spend an afternoon in the park being a cowboy. Sometimes hometown adventures are the best!

What kind of adventure can you find in your hometown...real or imaginary?

Kris

MARCH 2023

Picture LIFE

Ordinary Objects

- 1 Picturesque
- 2 Useful
- 3 Uplifting
- 4 Gratifying

Picture BASIC

Shooting Through

- 5 Promising
- 6 Quality
- 7 Memorable
- 8 Prompt Free
- 9 Peachy
- 10 Shiny
- 11 Interesting

Picture COLOR

Scarlet

- 12 Comforting
- 13 Rosy
- 14 Incredible
- 15 Harmonious

Picture COLOR

Scarlet

- 16 Striking
- 17 Frivolous
- 18 Pleasant

Picture STYLE

Storytelling

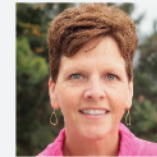
- 19 Luxurious
- 20 Ideal
- 21 Romance
- 22 Timeless
- 23 Heavenly
- 24 Jovial
- 25 Indispensable

Picture LIFE

Life-long Learning

- 26 Gracious
- 27 Happening
- 28 Soothing
- 29 Irresistible
- 30 Amiable
- 31 Adventurous

365 *Picture Today* CREATIVE TEAM



Amy
amy@365picturetoday.com



Diane
diane@365picturetoday.com



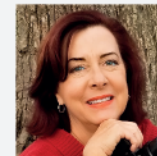
Garnett
garnett@365picturetoday.com



Kris
kris@365picturetoday.com



Lee
lee@365picturetoday.com



Leslie
leslie@365picturetoday.com



Lysle
lysle@365picturetoday.com