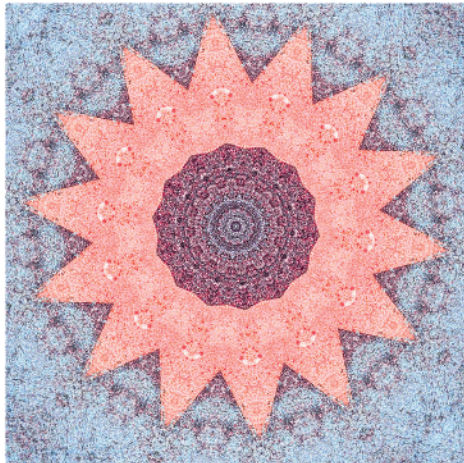


# MAY 2023

365  
*Picture  
Today*



365 *Picture Today*

## “THE WORLD’S FAVORITE SEASON IS THE SPRING. ALL THINGS SEEM POSSIBLE IN MAY.”

– Edwin Way Teale

Regardless of which hemisphere you live in, May is likely to be welcome! The extreme weather of the past few months is behind you. As your world is warming up or cooling down, it holds bright promises for lovely days ahead. And that means so many inspiring opportunities to pull out your loyal friend, your camera!

No doubt you will be outside enjoying nature, so looking for the color coral in flowers, fruit, and maybe even decor will be a welcome challenge. Its sunny, cheery hue melds its warm neighbors on the color wheel in such a happy way.

By contrast, through black-and-white photography, you'll see things differently as you concentrate on light and shadow. With days and nights almost equal in length, there should be little trouble making time for early or late shadows.

The month will give you time to practice two different genres. Street photography will offer another excuse to get outside and enjoy this time of year. Closer to home, creating flatlays will be an opportunity to display your favorite things in a unique way.

Finally, documenting your daily routine will help you place value on the little things in your life whether inside or out.

Yes, all things photographic do seem possible in May!

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

# EXPLAINING THE PROMPTS

MAY 1  
**OPTIMAL**  
Black & White

*Picture***BASIC**

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.



Flowers don't have to have their photos taken in colour. They are just as good in black and white, especially if the flower is actually white.

I made the background darker in processing to make the flower stand out.

What can you photograph today that will bring out the optimal result?

Lee

MAY 2  
**QUINTESSENTIAL**  
Black & White

*Picture***BASIC**



Definition: representing the most perfect or typical example of a quality or class.

A good black-and-white photo covers the whole range of grays from the blackest black to the whitest white creating exciting contrast. Since the image can't rely on color to lead the eye, adding texture is helpful, too. It will bring out highlights and shadows that will add interest.

While I don't claim that this photo represents the quintessential example of a study in black-and-white –I'll leave that to Ansel Adams– it does check the above boxes: strong contrast, a wide range of grays, and texture in the dresses. The blurred background also helps to keep our focus on the subject. We know what this photo is about.

Instead of depending on B/W in post-processing, switch to black-and-white in your camera's settings and see how different the world looks. How many boxes can you check toward a quintessential image?

Leslie

MAY 3  
**WILLING**  
Black & White

*Picture***BASIC**



Are you ready and eager and willing to do something? Eloise is!

Today during black and white week take a picture of someone showing a great willingness to perform a skill or a task. It might even be you or your pet!

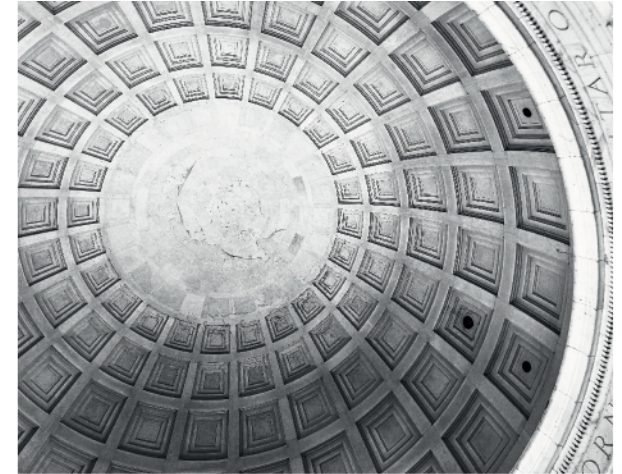
Shape, structure and tone are the backbones of black and white photography. Before even taking your photograph, try to imagine what it would look like in black and white. Look at the shapes and the tones and how they connect. Are there contrasting tones and shapes in your colour image that when converted to black and white will make it a good composition?

Your editing tools might be your best friend! Try different black and white filters to accentuate your composition. I chose to use a slight sepia tone on my sample.

Lysle

MAY 4  
**THOUGHTFUL**  
Black & White

*Picture***BASIC**



We are a few days into B&W week. Are you enjoying the absence of color?

Have you noticed that contrasting elements like shapes and patterns are more pronounced? In the prompt photo of a domed ceiling - the beautifully carved details were lost in the shadows of the color version but really stood out when shot in black and white.

Take a more thoughtful approach when setting up your shot today. Pick a subject for which the light and shadows will work to your advantage!

Amy

MAY 5  
**SOUGHT-AFTER**  
Black & White

*Picture***BASIC**



The elusive 365 Picture Today mug. Wanted by many, cherished by few!

I bought myself a Cricut cutting machine a couple of years ago and one of the first things I did was to try and cut a 365 logo. It took a bit of patience, but I finally got it to work. I'm able to apply it to a number of different types of items, but the mug is my favourite!

When we had our photo walk here in Ottawa last Spring, I made a mug for each of the 365'ers that participated. I love seeing their photos when they use the mugs.

What cherished item do you have that is sought-after by others? Photograph or process it in black and white. Make us all jealous with your finds today.

Diane

MAY 6  
**INTREPID**  
Black & White

*Picture***BASIC**



Intrepid means "adventurous" or "fearless"

I consider myself a "safe" adventurer. When Hubby and I travel, we often rent a jeep 4x4 and go off-roading. I enjoy it but often hang on for dear life.

What are you intrepid about? Who do you know that is fearless? What are some adventurous activities you enjoy? Convert your photo to B&W and you will be amazed at the details you notice!

Garnett

MAY 7  
**UPSTANDING**  
Coral

*Picture***COLOR**



Yes, Picture Colour week is here! This week the colour is Coral. What colour is that you say? Well, it is a bit orange and a bit pink-ish!

So I give you azaleas, which are out in May here in Belgium. These are exactly what I think that coral colour should be.

What can you find that is upstanding today and that is coral in colour?

Lee

MAY 8  
**THERAPEUTIC**

*Picture***COLOR**

Coral - Macro Monday



It turns out pomegranates include an abundance of therapeutic properties. They are full of antioxidants and anti-inflammatory compounds. They also provide benefits for heart, urinary, brain, digestive, and prostate health. And the juice is tasty!

I added a “punny” quote to my picture. If you'd like to add words, a quick search of keywords will reap a lot of choices. Then you can apply them with an editing app like Snapseed or Canva.

Whether you use words or not, get close to your coral subject. Photography itself is therapeutic!

Leslie

MAY 9  
**VERACIOUS**

*Picture***COLOR**

Coral



Veracious: habitually speaking the truth; truthful; honest or characterized by truthfulness and accuracy or honest in content!

Whoosh....that's a hard word to work with while also using the colour coral!

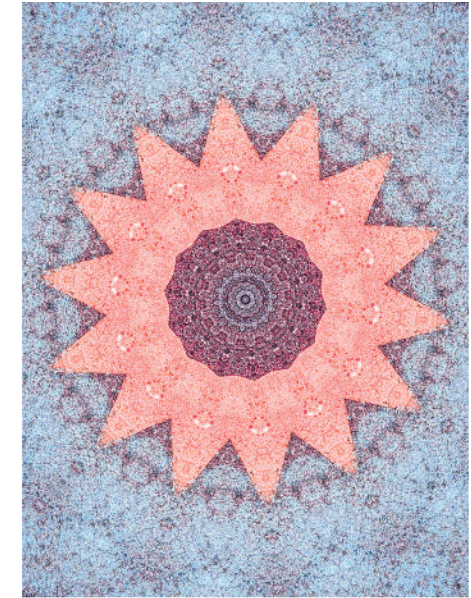
Today, try to find something to photograph that is accurate and honest in content and also coral coloured! I photographed a chinook sky in Calgary. Although it may look fake or manmade, I can assure you it is veracious! I do not lie! However, I did change the orange colour of the sky to a coral colour so I am telling a small 'white....coral' lie.

Why not try and make us guess. If you cannot find something both veracious and coral in colour, alter your photo using Lightroom or Photoshop or an App and make us guess if it is indeed 'veracious'!

Lysle

MAY 10  
**RICH**  
Coral

*Picture***COLOR**



Coral is one of those colors that can be both calming and energizing; it can create a feeling of optimism and joy, while also being tropical and exotic. As you go through your day, look for that coral something that has a richness to it.

While shopping, this design feature caught my eye. It was part of a display for yoga supplies and clothing.

Can't wait to see what you find!

Amy

MAY 11  
**COMELY**  
Coral

## PictureCOLOR



I find coral to be a colour that's kind of hard to define. Is it pink, orange, or something all together different? This is my take!

My friend held an 80th birthday party for her mother a couple of years ago. She asked if I would take a few photos for them. They had this cake made for her and I thought it was just beautiful. I grabbed a few photos of it so that they could remember it's beauty. Fortunately for me today, the cake was not only comely but it was coral in colour.

As you go about your day today see what coral comely objects you come across and grab a photo!

Diane

MAY 12  
**GRACE**  
Coral

## PictureCOLOR



Today we are looking to photograph something graceful that is also coral. I took this photo in the Olympic National Park while "tide pooling."

Starfish are so graceful in the water but a little awkward when they wash up on land. I thought this particular star held its graceful beauty while hugging the little anemone.

Garnett

MAY 13  
**MARVELOUS**  
Coral - Scavenger Hunt

## PictureCOLOR



As you go about your day, allow your senses to experience the color coral in all the many marvelous ways!

- **Marvelous to Touch**
- **Marvelous to Taste**
- **Marvelous to Smell**
- **Marvelous to Hear**

Kris

MAY 14  
**NURTURING**

*Picture*STYLE

Street Photography



We're kicking off a week of street photography, my favorite genre! You have to keep your eyes open. You never know when a subject will pop up!

Try busy places like parks and farmer's markets or street performances. Shoot people in the distance, from behind or just ask their permission. Use your phone--no one notices them! Process in black and white to reduce distractions.

If you nurture this genre of photography, you might find a whole new reason to shoot. What will you find today?

Leslie

MAY 15  
**JUBILANT**

*Picture*STYLE

Street Photography



To be jubilant is to show great joy, satisfaction or triumph! What a great word for Street Photography week!

Street photography is a genre of photography that records everyday life in a public space. The photographer is enabled by the publicness to take candid pictures.

Street photography does not always have to lean toward the sadness of inner city life. There are a lot of joyful and jubilant scenes to find. Today is about the joy! Instead of taking candid photographs of random strangers today, try and find a funky or unusual sign to document. If you find some jubilant strangers though, by all means take their picture!

I thought this retro sign on an 'old school' bowling alley was quite jubilant and I know the people bowling inside were experiencing joy!

Lysle

MAY 16  
**PROMPT FREE**

*Picture*STYLE

Street Photography

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



MAY 17  
**INNOCENT**  
Street Photography

Guest PROMPT



My example photo is one of my favourites. This young girl was innocently fishing and enjoying a warm summer day, lost in her thoughts, but her face open and guileless.

How do you convey innocence in your photograph today?

Cheryl Toms

MAY 18  
**HONEST**  
Street Photography

PictureSTYLE



I have to be honest, I struggle a bit with street photography. It is something that I need to practice and just be more confident in trying. I can get around it if people are in character. Do you think this is a true and honest Sheriff walking the streets of Deadwood, SD? After I took the shot, he came over and hugged me and we got a photo together. I definitely don't want that response when I'm on the street! :-)

Garnett

MAY 19  
**GLAMOUROUS**  
Street Photography

PictureSTYLE



How is everyone faring during this week of street photography? If you are finding it to be a bit of challenge, you are not alone! Shooting a glamorous street photo may be the easiest shot, if you have a little luck. This is the time of year when lots of people are out and about taking photos for special occasions - wedding shoots, proms, graduation, quinceaneras. The glamorous people are all paying attention to their "real" photographer, making it easy for us to sneak a shot or two.

This photo was taken in Iceland at Reynisfjara Beach. This spot is quite popular for glamorous photos. In fact, as soon as I got home from this trip, I read an article in a photography magazine about getting the best shots in this very spot. Full disclosure here...I was not trying to take a glamorous photo; I wanted a photo of her beautiful sweater. :-)

As you are out and about today, try your luck at finding a glamorous photo op. It may be as simple as a little girl playing dress-up in her driveway. Keep your options open!

Kris

MAY 20  
**HAPPY**

## PictureSTYLE

Street Photography



Street photography is about including people, wherever you may be.

I happen to be happiest in the forest, especially in the Arboretum. The colours of the trees at this time of year here are just as beautiful as the autumn.

What happy people can you photograph today?

Lee

MAY 21  
**GRATEFUL**

## PictureLIFE

Daily Routine - Picture Me



**If it's not fun, you're doing it wrong!**

This week it is all about your "daily routine". Although the word 'routine' by definition doesn't exactly inspire excitement, you can make it so! Routine doesn't have to be mundane! Be a little bit playful and make your daily routine look like something fun.

Today is also 'Picture Me' day, so make sure you put your self in your photograph.

Lysle

MAY 22  
**FABULOUS**

## PictureLIFE

Daily Routine



My morning routine would not be complete without **COFFEE!**

It definitely goes a long way to ensuring the day is off to a fabulous start.

What helps you have a fabulous day?

Amy

MAY 23  
**ENERGETIC**  
Daily Routine

*Picture***LIFE**



During Covid, my exercise routine had to change. A few ladies that I met through aquafit decided to try workout videos online. Someone picks a video for the day and then we meet up by Facebook messenger and do the video together. It was a godsend during Covid as we not only established an exercise routine, but we connected each day and kept each other sane.

It's now 3 years later, things have opened back up again, but we continue to do our daily workout by video. It's been the longest exercise routine I've ever stuck with and on top of that, I have made some awesome friends along the way.

How do you stay energetic in your day to day routine?

Diane

MAY 24  
**TENACIOUS**  
Daily Routine - Where I Stand - 5 O'Clock

*Picture***LIFE**



It's "Where I Stand" day! Today the time is 5 O'Clock. It can be a.m. or p.m.

Try to incorporate part of your daily routine in the photo.

It's 5 O'Clock somewhere!

Garnett

MAY 25  
**EAGER**  
Daily Routine

*Picture***LIFE**



Two and half years ago if someone had told me that running would become part of my daily routine and that I would smile about it, I would have laughed hysterically. Yet, part of my routine now is to run nearly every day. I began running in an effort to take care of my physical self. Now, I am eager for my daily runs just as much for my mental well-being.

Is there a part of your daily routine that you never thought you'd be eager about? Show us. If not, photograph whatever you do today that makes you smile.

Kris

MAY 26  
**FAITHFUL**  
Daily Routine

Picture**LIFE**



Well, what else could the photo be of other than my faithful hound!

Jasper makes me walk, therefore that is my daily routine.

What daily routine do you carry out faithfully?

Lee

MAY 27  
**DURABLE**  
Daily Routine

Picture**LIFE**



Using these Tupperware pantry organizers has been a part of my daily routine since I purchased them at a classic “party” in 1989. They are virtually indestructible barring melting on a hot stove! And I still love their “strawberry cream” lids.

But as photo subjects, they’re kind of mundane, so it was a good excuse to mess around with post-processing. I desaturated any color that wasn't pink, brown, or blue. It put the emphasis on those pink lids and the browns of baking ingredients. The blue labels provide contrast. Upping the texture and clarity brought attention to the feel of the ingredients.

What has stood up to your daily routine? After photographing, you might take this opportunity to play with filters, apps, or words. See how a subject can go from ho-hum to “Hey!”

Leslie

MAY 28  
**MODERN**  
Flat Lay

Picture**BASIC**



It's all about the Flat lay this week! What is flat lay, you wonder? It is a type of photography where items are arranged on a flat surface and photographed from above or with a slight angle - think "bird's-eye view" or "top-down" perspective.

As you go through the week, consider the everyday objects around your home, both inside and out. How might you arrange them to tell a story? What background will you use? Will it contain a few items or many? Is there a theme?

For your first Flat lay, let's keep it simple and modern. Just a few items that tell us a little bit about your day.

Here's mine: It's Snack Time! I used the white countertop as the backdrop and added the cute saying from the kitchen to help balance it out.

Amy

MAY 29  
**DETERMINED**  
Flat Lay

*Picture***BASIC**



When I started my 365 journey, I had never even heard of a flat lay. I had no idea what it meant. However, I was determined to figure it and hopefully enhance my flat lay skills over the years. It still doesn't come easy to me but I do enjoy the challenge from time to time. I find it better when I don't give it too much thought and just go with whatever first comes to mind.

This whimsical flat lay is one of my favourites. It was fun and easy to do.

Stay determined today and give this flatlay format another try. If you're feeling it, try to get creative and come up with something whimsical.

Diane

MAY 30  
**ADORABLE**  
Flat Lay

*Picture***BASIC**



How are you enjoying flat lay week? My hope is that you have embraced it. Sometimes less is more and simplicity is best. In its simplest form, a flat lay is just a few items arranged and shot from overhead. What can you include in a flat lay to make it adorable? I think my coffee mug is adorable and inspiring at the same time, reminding me to just be creative and not worry about the rest!

Garnett

MAY 31  
**DESIREABLE**  
Flat Lay

*Picture***BASIC**



How are you enjoying flat lay week? My hope is that you have embraced it. Sometimes less is more and simplicity is best. In its simplest form, a flat lay is just a few items arranged and shot from overhead. What can you include in a flat lay to make it adorable? I think my coffee mug is adorable and inspiring at the same time, reminding me to just be creative and not worry about the rest!

Garnett

# MAY 2023

## *Picture* BASIC

Black & White

- 1 Optimal
- 2 Quintessential
- 3 Willing
- 4 Thoughtful
- 5 Sought-After
- 6 Intrepid

## *Picture* COLOR

Coral

- 7 Upstanding
- 8 Therapeutic
- 9 Veracious
- 10 Rich
- 11 Comely
- 12 Grace
- 13 Marvelous

## *Picture* STYLE

Street Photography

- 14 Nurturing
- 15 Jubilant
- 16 Prompt Free

## *Picture* STYLE

Street Photography

- 17 Innocent
- 18 Honest
- 19 Glamourous
- 20 Happy

## *Picture* LIFE

Life-long Learning

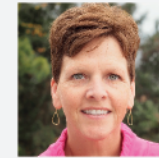
- 21 Grateful
- 22 Fabulous
- 23 Energetic
- 24 Tenacious
- 25 Eager
- 26 Faithful
- 27 Durable

## *Picture* BASIC

Flat Lay

- 28 Modern
- 29 Determined
- 30 Adorable
- 31 Desireable

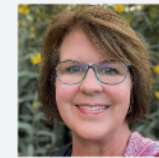
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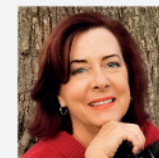
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