

JANUARY 2020



365 Picture Today

WELCOME TO 2020 and 365 *Picture Today!*

We are excited to be sharing this journey of a photo a day with each of you.

A new year, a new month, a new project...with new comes both excitement and probably a bit of anxiety. We all feel it; you are not alone! Committing to a project that encourages us to do something every single day for an entire year can feel overwhelming, especially on day one of 365! Remember that each of those 365 days also brings with it newness, an opportunity to start fresh.

Our goal for *365 Picture Today* is to create and cultivate an attitude within this community that every day is important and worthy of being documented. Today may feel mundane, boring, or even sad; it is still important. In some way, big or small, it changed you. As Theodore Geisel (Dr. Seuss) said, "***Sometimes you will never know the value of a moment until it becomes a memory.***"

As a point of departure for this year's prompts, we are using the National Holiday Calendar. It has some silly and some serious holidays and observances. The January prompts are intended to be an introduction to how that format will work. Our hope also is that they will help those who are new to photography learn the basic language and terms associated with picture taking as well as spark some creativity in those who are seasoned photographers.

We are all beginning something new together. The *365 Picture Today* team is filled with anxiety and excitement as we all step into 2020 together. We want to create a project and a place where each of you feels encouraged, safe, and challenged to become a better photographer and a better person. We also want to hear from you. What do you like so far? What do you wish to see from us? You'll find contact information for each member of the team on page 14. Please use it!

Happy New Year to each of you!

Amy, Garnett, Kris and Lee



JANUARY 1

New Year's Day

Much is new today. We begin a new year and, for those of us who have been part of Capture Your 365, we begin the next chapter in the journey of documenting our everyday.

365 Picture Today will be using prompts based on the sometimes serious and sometimes silly National Day Calendar. As is the case with any personal project, the prompts are intended only as a point of departure, a spark, a little inspiration. If the day's prompt doesn't do any of those things for you, ignore it!

Today, photograph what new means or looks like to you. At sunrise as the new day emerges, a new calendar, goals for the coming year, a pair of new shoes. New looks different to each of us.

What does new look like to me?

Kris



JANUARY 2
Buffet Day

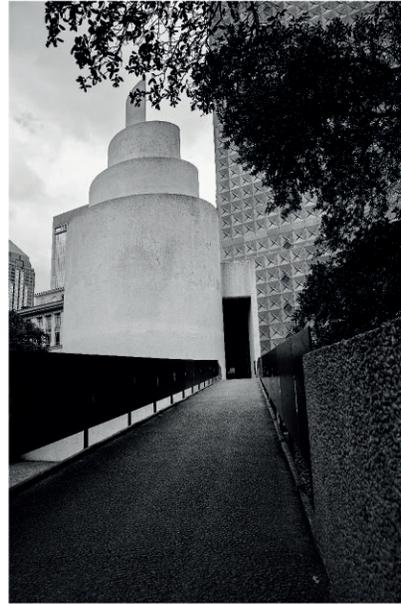
We have all been to a buffet at one time or another. For me, the choices are often overwhelming, but, when trying to accommodate the eating preferences of a large group of people, buffets tend to fit the bill.

Sometimes it feels like all of the options when it comes to photography are like that food buffet - so many choices that can easily make us feel overwhelmed. Do I use a DSLR or my phone? What lens should I use? What settings are best? Which post processing tools should I use? And the questions go on and on.

As you think about the “photographer’s buffet,” what is the one thing that you would most like to work on this year? Experiment with that today. Maybe it is using your phone. Or, experimenting with aperture. Or, photographing sunsets. The possibilities are endless! Maybe you don’t have an answer to this question. Whatever the case, go out and play with your camera. Change some settings. See what happens.

What was my favorite thing on today’s photographer’s buffet?

Kris



JANUARY 3
Drinking Straw Day
BLACK & WHITE

On January 3, 1888 the paper drinking straw received its patent, though the practice of consuming liquids through a tube dates back to 3000 BCE.

Straws themselves can be a fun and inexpensive subject for a photo. Consider filling the frame with colorful straws. Using a simple stationary subject will give you an opportunity to perhaps try something different from yesterday’s buffet.

For a different approach to today’s photo, consider the straw as a leading line, a straight line right down into your beverage of choice. Leading lines in our photos draw the viewer’s eye to a particular point of interest in an image. Straws, roads, fences, an outstretched arm are all things that can be used as a leading line in a photo.

Where do I want today’s photo to lead?

Kris



JANUARY 4
Spaghetti Day

Yesterday we focused our cameras on straight lines, today we’ll look at curvy lines like those found in spaghetti (unless you want to consider uncooked spaghetti and work more with straight lines!).

Curved lines in photographs have the same purpose in a photo as straight leading lines, but they may make the viewer work a bit harder and they create more motion or movement in the image. Cooked spaghetti, phone cords, shoe laces, the wake of a boat can all create a curvy line that pulls us along.

What story do I want to tell with my curves?

Kris



**JANUARY 5
Bird Day**

Birds are a popular subject for photos. Sitting on wires or tree branches, snacking at a backyard feeder, protecting their nest, or in flight, they catch the eye of photographers. That said, photographing birds can also be challenging. If the birds are in flight, your shutter speed has to be fast enough to stop the motion so that the bird does not look like a flying blur. If the bird is up in a tree or on a wire, it also helps to have a lens that allows you to zoom in close so that you can capture the details of our feathered friends.

Try to photograph a bird today. If birds elude you, keep your chin up and see what else you can find up high - the branches of a tree, a squirrel or other critter up in a tree, an airplane, or the moon.

What caused me to keep my head up today?

Kris



**JANUARY 6
Thank Goodness It's Monday Day**

For many, today is the first day back to work and school after the fun of the holiday season. It is back to regular daily routines. We often feel burdened by daily routines, but deep down they create comfort and stability for us. The most important part of photographing every day is to capture those things that truly are part of our everyday, to document the sacred in the mundane.

That first cup of coffee, packing lunches, feeding the animals, commuting to work, fixing dinner, storytime, your bedtime ritual - all of these things make your life yours. Be sure to include them in your everyday project.

What part of my daily routine most keeps me grounded?

Kris



**JANUARY 7
Bobblehead Day
SELF PORTRAIT**

Bobblehead - "A collectable doll with a bobbing oversized head representing a celebrity or a cartoon character."

Bobbleheads are popular souvenirs and silly gifts. They often exaggerate the features of the person they represent. As photographers, we enhance the "good" in our photos, especially when it comes to portraits...and self portraits.

Each month we will put ourselves in front of the camera. Though many of us don't like being the subject of our own photos, it is important to put ourselves in the picture. Our families need pictures of us just as much as we do of them. The good thing about taking self portraits is that you get to choose how you want to be photographed. In other words, you get to accentuate the positive. Photograph beautiful you today!

If a bobblehead was made in my likeness, what feature would I want to be exaggerated?

Kris



JANUARY 8
Bubble Bath Day

Who doesn't love a long hot soak in a bubbly tub? You can do that today! But you may or may not want to photograph yourself doing it! Whether you take a bath or not, think about what relaxes you.

Today you may want to experiment with motion blur and long exposure? This makes for some gorgeous waterfall photography and you can practice at home with any running water.

Here are some basic settings as a starting point for capturing water in motion:

You will need a tripod or some other way (rice bag or bean bag) to steady your camera.

Use a shutter speed of 1/15 or slower

Use a very low ISO setting

Use a very narrow aperture (at least 10 but consider going up to 20 or 22)

If you are in an area of bright light, you may have to use a neutral density filter to reduce the light coming in. You generally do not want to shoot long exposures during bright sunlight.

Consider other ways to photograph water. You can use your tub, sink or hose. If you have a body of water or waterfall nearby that would be great. If it is cold and frigid where you are, you can photograph ice or ice formations.

What calms and relaxes you?

Garnett

website: 365picturetoday.com



JANUARY 9
Apricot Day

Today we are going to practice still life photography. Although it is apricot day, feel free to use any fruit available to you. Still life (in painting and photography) is a work of art depicting inanimate subjects.

Composition and lighting are the key to making a beautiful still life photograph. You can use natural light or studio light. Play around with angles and placement of your subject(s). The goal is to breathe life into something that has none. You, as the photographer, have complete control over the scene. If you are using natural light, make sure you have something to diffuse the light coming through the window and consider playing with a light reflector. I normally use a piece of poster board to bounce the light back onto my object, but you can buy a reflector or you can make your own using aluminum foil and cardboard.

Play with off camera lighting and off camera flash.. softboxes... etc. Try a variety of lenses.. Macro lenses will let you get in close to your subject. Telephoto lens give a different perspective with a shallow depth of field.

How can you make your ordinary fruit interesting today?

Garnett

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JANUARY 10
Houseplant Day
GUEST PROMPT

Most of my houseplants are plastic, but I purchased this succulent last Fall and I'm going to see if I can keep it alive. During the winter I shoot a lot of my photos inside a lightbox. You can tell that the light is coming from the top, but I really like how it brings out the stem and the flowers at the top. I also like to shoot against a black or white background to make the subject stand out. Using the rule of thirds helps direct your eye to the main subject, the flowers. The negative space can be used for some text if you like.

If you don't have any houseplants, it's a good excuse to pamper yourself with some flowers from the grocery store. Have fun and play with your subject and try different backgrounds or light coming in from your windows. Make use of some negative space by adding text to your photos.

If my succulent has survived I will use it for today's prompt!

Thank you to the team for asking me to be their first guest prompt writer!!

Peggy Pryor
Guest Writer

#365picturetoday



**JANUARY 11
Milk Day**

Today you have permission to make a mess and have fun! We are going to photograph drips and splashes. You can take it to the level you want. Have at it! You can do some safe drips like the example photo... or you can go full on by throwing fruit into a bowl of milk.

The first thing you should do is put some plastic or other protection on the floor or counter so that you don't have such a mess to clean up. Also considering covering your camera with plastic. There are many video tutorials on-line but here are some of the basics you will need:

- A tripod (Or something sturdy and safe to secure your camera on)
- Fast Lens (use the fastest you have... prime is best)
- Remote trigger
- Set your camera to high speed or burst mode
- Off Camera Flash if you have one.

and **PATIENCE!**

You are going to take a lot of photos... you are going to make a lot of mess. Embrace it and have fun! Got Milk?

Garnett



**JANUARY 12
Pharmacist Day**

Let's talk about real life, shall we? I have hypothyroidism. When I was diagnosed about 12 years ago, I had gained 18 pounds in less than a year... I was depressed... I was tired... I was sluggish. This little pill is a necessity for me. It didn't help with weight loss, but it restored my energy and lifted my depression.

Many of us have to rely on medicine. I am thankful that a little pill can change my quality of life. Some of us are blessed and do not have to take any kind of medicine (my hubby is one of those fortunate people). Many of us take vitamins and supplements and drink nutritional shakes. Some of us may go to the drug store for toiletries and other products.

Happy Pharmacist Day.... without mine, I wouldn't have the energy to write this prompt! :-)

For my subject photo, I covered sensitive information with an emoji when I edited my photo. Add a little something extra when you edit your photo today. I used Photoshop Express for my little addition.

What can you add to your photo for a fun addition?

Garnett



**JANUARY 13
Rubber Ducky Day**

"Rubber Ducky, you're the one. You make Bathtime lots of fun..." For Sesame Street fans, we are immediately brought back to Ernie enjoying bathtime with his favorite bath toy.

How can you not smile when you see a rubber ducky? Ducky's come in many shapes and even colors now.

If you have one, take a fun photo of it. If you don't have one, find another toy that you can photograph. Or, like the example photo, there are other unique ways to include a ducky in your photo. Object placement is all a part of what you consider when composing your photo.

How can you place an object in your photo and make it interesting?

Garnett



JANUARY 14 Clean Your Desk Day

January is the time that we often clean up. We put away our Holiday decorations and start putting our house back together. It's a great time to clean up and throw away unwanted items. Or just a good time to organize our work space.

This is also a good time to clean up and organize your photos. What are you going to do with the 365 photos you took last year? Or your vacation photos? Or family photos? Are you going to leave them on your computer or do something with them?

How do you typically display your photos?

Garnett



JANUARY 15 Hat Day PICTURE YOUR DAY!

Welcome to the Picture Your Day prompt! Every month, on the 15th, we will have a recurring prompt. This is where you put yourself in the photo and give us just a little more information about yourself.

Today, take a photo of yourself in your favorite headgear and tell us about where you are. I don't wear hats because of my hairstyle. I do wear headbands to keep my head and ears warm in the winter. In the summer, I wear a visor to protect my face.

In this photo, I was visiting family in Texas and this sign was just "so me" that I had to take a selfie with it. I love to smile, laugh and be happy... and I hope that in doing so it lifts the spirits of others.

Where are you today and are you covering your head?

Garnett



JANUARY 16 Nothing Day

National Nothing Day is an "un-event" proposed in 1972 by columnist Harold Pullman Coffin and observed annually on January 16 since 1973.

My way to approach a photo of today was to go down the minimalist road.

Minimalist photography is a form of photography that is distinguished by extreme, austere simplicity. It emphasizes sparseness and focuses solely on the smallest number of objects in the composition process. In other words a photo of not much, usually in one colour and just one object that pops.

Lets us see what you regard as a photo for Nothing Day?

Lee



JANUARY 17
Bootleggers Day

99 years ago today, prohibition started in the United States, so apparently became legally dry. So, this obviously didn't go down well with a lot of people in the States, hence the birth of the bootleggers.

I live in Belgium and this country is famous for its beers. So I used the common beers that we have in our house, with their glasses, I only filled one, and only used five of the bottles (odd numbers work well in photos and art), but I took this from so many different angles to make sure I got the look I was after. I liked this one because the first one is in focus on the third and I have a line of bottle caps going off into the distance out of focus but in a line.

Do you have a favourite drink, alcoholic or not? Have some fun trying different angles to photograph them.

Lee



JANUARY 18
Winnie the Pooh Day

A Winnie the Pooh story was first printed in 1926 and has been loved ever since. The Winnie the Pooh day is celebrated on the birthday of the author A A Milne.

So today pick a quote from Winnie the Pooh – there are lots of fabulous ones, you can google if you don't have a favourite already. Take a photo with the quote in mind, which you think represents the quote. You can add words to the photo, via Photoshop or use an app on your phone (there are a lot of free apps to add words).

What quote is relevant to you today?

Lee



JANUARY 19
Popcorn Day

Americans apparently consume about 16-17 billion quarts a year (that is a lot of popcorn). This day is to celebrate the most popular snack food in the United States.

So let us fill the frame with popcorn today. This popcorn is raspberry flavour and I have been really enjoying it whilst taking the photo, lucky there is enough to still take the shot. What container do you use to pick at your popcorn? Set up the shot so that you can see a bit of your bowl along with most of the popcorn.

Popcorn can be sweet, savory, caramelised, buttered or plain. How do you like yours?

Lee



JANUARY 20
Cheese Lover's Day
MACRO MONDAY

The third Monday of each month we are going to try Macro photography, Macro photography is getting in close to your subject, if you don't have a macro lens don't worry, get in as close as you can, then when editing the photo, crop so that you are getting in closer. Macro is fabulous for showing the details.

I love cheese and when I follow a vegan diet in January, I thought it would be meat that I would miss most, I was wrong! It was Cheese! So even though I am asking you to show your love for cheese today, I most probably will not be having cheese today! So if you don't have cheese, let us think outside the box.

Cashew nuts, silken tofu or nutritional yeast, to name a few can be used a lot for a cheese substitute.

What is your favourite Cheese?

Lee



JANUARY 21
Hugging Day

Today we are going to hug it out - think worldwide group hug!

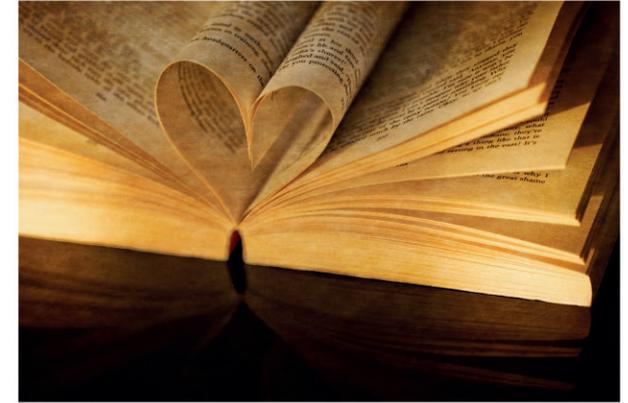
The best way to celebrate the day is to give someone or something a big hug!

Hug a family member, your pet, a tree, your coffee, a friend!

Getting a hug photo might take a little planning especially if kids or pets are involved. Have your timer and treats handy. Remember too many practice hugs isn't a bad thing!

Virtual Hugs to all today!

Amy



JANUARY 22
Library Shelfie Day

The fourth Wednesday in January is a good time for the book lovers to show off their shelves of books.

Maybe you arrange your collection of books by colour, by author, by size, alphabetically, the list is endless. So why not arrange your books on a shelf today that you find pleasing, then take a photo of them.

Let us know why you have chosen the books in the photography?

Lee



JANUARY 23
Handwriting Day
 COLOR - RED

A day dedicated to handwriting seems nostalgic when our days are filled with so much tapping and typing. But despite the push for paperless there are still plenty of opportunities to put pen to paper!

That ever growing grocery list on the counter | Journaling the highs and lows of our daily life | Documenting the treasured keepsakes from past generations | A card in the mail

If your day has you coming up short... have no fear in this digital age there's an app for that... there's an array of handwriting fonts to accent your photo in seconds!

Bonus Photo Fun: Incorporate the color RED

There will be monthly color days - some months the color may be the focus and other times just for added photo fun!

Amy



JANUARY 24
Compliment Day

You're Awesome! Cute Haircut! Seeing your photos makes my day! That color is perfect on you! You're an inspiration to us all! Way to go! You have the best laugh! Couldn't have done it without your support! You're a lifesaver!

Whether you received a compliment or gave one think about how to photograph it... Get Creative! For example; Did your spouse compliment you on dinner? Try a flatlay! Maybe you handed out acknowledgements for going the extra mile? Share them! Did your new haircut earn you a compliment? Maybe a selfie!

Studies show complimenting others is an easy way to connect and it benefits both the giver and the receiver. The health benefits from these small acts of kindness are numerous; decrease pain and stress, increase in serotonin and a boost in productivity just to name a few! When we receive a compliment it is as much of a reward to the brain as being given money.

Thanks for being an amazing part of this community!

Amy



JANUARY 25
Opposite Day

Today its all about Opposites!

At its simplest an opposites is a person or thing that is totally different from or the reverse of someone or something else.

Here are a few examples:

big/little,	fast/ slow,	happy/sad
night/day,	left/right,	above/below
dry/wet,	cold/hot,	beginning/end

Possibilities are endless so I wonder what opposites you will be attracted to today?

Amy



JANUARY 26
Green Juice Day

If you like me, some of the resolutions that I made back at the first of January are starting to become a distant memory. If that's the case, you're definitely not alone. Research shows that nearly 50% of us break our New Year's resolutions by the month's end.

That's how Green Juice Day came to be!

It was a day set aside to not only encourage us to drink more green juice but to also encourage us to continue on with our health and wellness resolutions!

Did you make a resolution that you've let slide? Maybe it was to eat healthier? Exercise more? Get more rest? Reduce stress? You get the idea!

Today document getting back on track! ...Unless of course your part of the 50% that is still on track! Show us the resolution you've stuck to - if might give a bit of encouragement to someone else!

Amy



JANUARY 27
Bubble Wrap Day

Did you know an everyday object like Bubble Wrap makes a fantastic photography backdrop? Pair it with a fast aperture (f3 or lower) and that simple bubble wrap now becomes a beautiful bokeh filled background.

There are plenty of everyday items that can be used to add amazing textures and patterns to your photos. Many of them can be found right in your recycle bin... newspaper, tin foil, plastic bottles, etc. So, think twice before you toss!

A fun fact: If photographing Bubble wrap has you stressed... Studies show popping bubble wrap helps you de-stress in as little as 60 seconds! This is because popping those little bubbles of air provides us with so much instant gratification!

Happy popping and photography today!

Amy



JANUARY 28
International Lego Day

The Lego company was founded in 1932 to create wooden toys. In 1949 the Lego Group began manufacturing the now-iconic bricks using an injection mold machine it had recently purchased. Lego became the World's Most Powerful Brand in 2017. The first minifigure was created in 1978.

I am a lover of Lego Mini Figures, and my kids have even brought them for me for Christmas in the past. What goes around comes around, as I used to buy them sets for them at Christmas!

Show us your Lego today, don't have lego any toy that has inspired you will do!

Lee



JANUARY 29
Puzzle Day
PHONE PHOTO

Studies show when you work on puzzles it stimulates your brains. Keeping our brains active improves memory, cognitive functions and problem-solving skills.

Puzzles have evolved over the years. We can go from puzzling on 100's of pieces spread across the kitchen table to an online game with dozens of players across the country while waiting for an appointment on our phones.

Puzzle Day is the perfect day to up your game!

What's your favorite? Jigsaw puzzles? Crosswords? Seek & Find? Word Searches? Sudoku? Rubik's cubes? No time for games today...show us something that has you puzzled.

Bonus Photo Fun: Phone Photo
This will be a recurring monthly prompt.

Amy



JANUARY 30
Croissant Day

Did you know that crescent-shaped breads have been made since the Renaissance? In the late 1970s, the invention of factory-made, frozen, pre-formed but unbaked dough made them into a family staple that could be easily served at home.

Look around for something crescent-shaped today. It can certainly be a croissant or a crescent roll. But! Tonight we will have a waxing moon so it is a perfect time to try and capture it.

To get a good photo of the moon, keep your ISO low and make sure you expose for the moon itself and keep the aperture around 8 or even narrower to get the details.

What crescent shapes will you find today?

Garnett



JANUARY 31
Hot Chocolate Day

Today is a great day for an excuse to have some chocolate goodness! Make yourself a nice hot cup of cocoa and then play with composition. If you still have Christmas treats around, you can add them to the photo.

If you want to capture bokeh, make sure you use a lens where you can get a nice wide aperture of 2.8 or below. Focus on your subject and then the background will explode with bokeh goodness! When you are composing, think about dishes, accents and other interesting additions. I use my Christmas snowman dishes all winter long. You might have a cute mug to show off, or pretty napkins to enhance the scene. Use different angles and accessories until the photo captures what you want.

Hot cocoa anyone?

Garnett

365 Picture Today

JANUARY PROMPTS

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365 Picture Today

REPEATING PROMPTS

The goal of this project is to document the people, places, things, emotions, and occasions that, when taken as a whole, express the beauty that is our everyday life. The daily prompts are intended to serve as inspiration. We know that some of you will find them a comfort and others may feel that they are a constraint. Whatever your feelings about a day's given prompt, know that there are no "prompt police." It is most important that your daily photos reflect your authentic self.

That said, shooting to a specific prompt, especially when doing so may feel a bit challenging, can help you to expand your creative thinking and improve your skills as a photographer. In addition to the daily prompts from the National Day Calendar, we will also include additional challenges on specified days each month. They are as follows:

3 - BLACK AND WHITE

Shooting in black and white or converting a color photo to black and white asks us to look at an image a little differently. Shape and texture become more important when color is eliminated. Even if you are not a fan of black and white photography, giving it a try on this one day a month may teach you how to look at all of your subjects in a new and more creative way.

7 - SELF PORTRAIT

It is important for us to put ourselves in front of the camera at least once each month. Not only does this give our loved one's photos of us, it also reminds us of how others feel when we ask them to step in front of our cameras.

10 - GUEST WRITER

Each month we will have an opportunity to get to know more about one of you, a member of our community, and your thoughts on taking a photo a day by inviting you to write a daily prompt.

15 - PICTURE YOUR DAY

Where are you today? Show us where you sit, stand, work, or live. This would be a great day to take a photo in the same location each month throughout the year to see how things change with the seasons.

23 - COLOR DAY

On the 23rd of each month, we will all be hunting something of the same color to photograph. You will be surprised how easy it is to find some colors and how "not so easy" it is to find others.

29 - PHONE PHOTO

Phone photos are always acceptable on any day. There are days when it is the only camera, we have with us. The more we embrace the notion that phone photos are not "cheating" and learn to use the cameras on our phones, the more versatile and well-equipped we will be when it comes to catching all those surprise moments. Let's face it, most of us have our phones with us all that time. That is not the case with our "big" cameras.

3RD MONDAY - MACRO

Macro photography affords us the opportunity to see little details in a big way. It challenges both our technical and our creative skills. On the third Monday of each month the prompt will ask us to get up close and personal with something by using macro photography.

PHOTOGRAPHY TIP OF THE MONTH

SHOOT EVERY DAY

Like any skill, the more you do it, the better you can get. The best camera you have is the one in your hand, so if you aren't out with your DSLR kit, don't be afraid to take great photos with your phone camera or a point-and-shoot. Photography is photography, make pictures with a camera. Any camera.

365 Picture Today TEAM



AMY

contact: amy@365picturetoday.com

I was always the one at family gatherings and holidays wielding the camera so when I stumbled upon a "photo of the day" challenge back in 2014 it seemed a natural fit little did I know how transformative and addicting it would be; the fact that everyday held photo possibilities was eye opening! I live on the Outer Banks of North Carolina, married and have a daughter in college.



GARNETT

contact: garnett@365picturetoday.com

I received my first DSLR in 2014 and was determined to shoot in manual mode. I started taking a photo a day in January 2015. Not only did I learn to shoot in manual, but now I have a photo business for charity that keeps me busy and fulfilled in my retirement. I live in Southeast Virginia with my hubby and we have 3 grown children and 9 grandchildren.



KRIS

contact: kris@365picturetoday.com

I first realized that I had an interest in taking pictures in sixth grade when I worked on a Photography badge in Girl Scouts. I took lots of pictures during the next 40+ years of my life, but knew little about what I was doing. That all changed on January 1, 2013 when I started learning about and practicing photography by taking a photo a day. I live in Dallas, TX with my husband, 3 dogs, and a cat. I have 2 grown daughters and an 8 month old grandson.



LEE

contact: lee@365picturetoday.com

I have always been interested in photography but didn't practice enough, so I decided to start taking a photo a day back in January 2014, which improved my photos within six months, practice makes perfect apparently, but the more I know I realise that I have still a lot to learn. I have live in Belgium for the last 24 years, with my husband, I have four grown up children and a dog!