

FEBRUARY 2020



365 *Picture Today*

365 Picture Today!

One month down. Congratulations! If you are reading this, you must be back and ready to start the second month of 2020. Yay! Thank you for being here!

Whether this is your first year of taking a photo a day or your tenth, such a discipline or daily habit is not without challenges. If you are new to this, you are most likely still in the habit-forming stage. Research says that it takes us roughly two months to form a new habit.

How do you approach your picture of the day? When do you read the daily prompt? Do you plan when, where, how you will execute the day's photo? Do you carry your camera with you throughout the day and trust that a photo opportunity will find you? Perhaps you are still figuring out what YOUR photo a day habit will look like once it is fully formed. Wherever you are on this journey is right where you are supposed to be. Be fully present to today; embrace all that it has to offer to you. This is the best way to live, learn, and grow, both as a photographer and a person. It is also how healthy habits are formed and maintained.

That said, we are humans and we want to be rewarded for forming and keeping good habits. What is YOUR **Why** for committing to this project? Do you want to become more acquainted with all of the buttons on your camera? Do you want to document a year in the everyday life of your family? Do you want to become more aware of the world around you? Do you want to keep a visual diary of the things you make, cook, or the places that you travel? We all have a different answer to this **Why** question and that answer is the reward we are seeking. The good thing is that whatever YOUR answer, it is the Right answer. For those that have been doing this for many years, our **Why** has changed over time. That is a good thing. That is what keeps us going, what makes the habit worth keeping.

Like most of us, I started out wanting to improve my photography. That is still a goal, but it is not the reward I am seeking. My reward now is to be part of a diverse, supportive, energetic and creative community. The photos, comments, and conversation amongst this group during January were inspiring. Thank you to each of you for being a part of 365 Picture Today!

Amy, Garnett, Kris and Lee



FEBRUARY 1
Get Up Day

“Get up” day was created in 2016 by U.S. Figure Skating. “Get Up” is about being fearless in the face of falling.

Getting up can represent your life figuratively or literally. You may have overcome life's challenges. You may have overcome physical challenges. You might still be climbing over the obstacles. Try to tell a story with your photograph. Think about what you want to convey to the viewer... conquering fears? Being Vulnerable? Toughness? Tenderness? Frustration?

How are you representing “fearless” today?

Garnett



FEBRUARY 2
Groundhog Day

Groundhog Day comes from the Pennsylvania Dutch superstition that if a groundhog emerges from its den and sees its shadow due to clear skies, it will go back into its burrow and there will be 6 more weeks of winter. If it is cloudy and the groundhog does not see its shadow, an early Spring is in store.

I was lucky to get 2 groundhogs in this photo on a trip to Harper's Ferry, WV. I am not likely to see any today.

If there are no groundhogs, marmots, woodchucks or other rodents in your path today, you can approach the prompt with your preference to have more winter or an early Spring. Which do you prefer?

Garnett



FEBRUARY 3
Carrot Cake Day
BLACK & WHITE

Don't you love a reason to buy or bake a yummy treat just so you can photograph it? Today is carrot cake day but you can photograph any favorite treat. I'm sure I won't encounter a beautiful cake such as the one depicted from a wedding I attended. Fancy or not. Homemade or not. Photograph whatever tasty treat speaks to you. The challenge today is photographing your treat in B&W. You will really need to capture the texture since color won't come into play. Adding sprinkles... or fruit... or other decorative items can create texture. Try different tones of gray in your post processing and see what makes it pop.

But here is the question... will you eat it after you photograph it?

Garnett



FEBRUARY 4
Homemade Soup Day

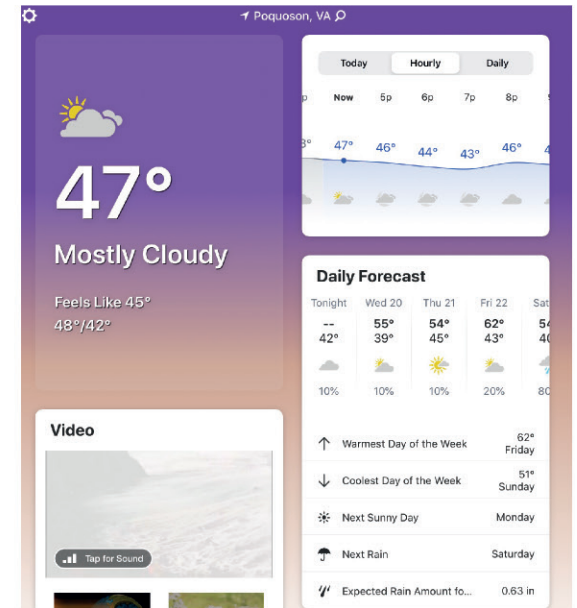
Yesterday, you photographed a tasty treat! Today, you get to photograph some comfort food!

Nothing warms you up on a cold day like a bowl of homemade soup! If you aren't a cook, you can still whip up a tasty concoction using shortcuts and easy recipes.

Taking some time to cook up a pot of soup is a great way to experiment with flavors. Make some chicken soup, or tomato, or beef. Add pasta or rice or veggies? That is what today is all about. Experiment and try something new. If you don't have time to cook and experiment, you can try a prepared soup.

Don't forget to share your recipe with us!

Garnett



FEBRUARY 5
Weatherperson Day

Predicting the weather... as the old joke goes, you can be wrong 50 percent of the time and still keep your job!

I am thankful that we have people informing us of upcoming storms or severe weather so that we can prepare. Even if it doesn't happen quite the way it is predicted, I would rather be prepared than caught off guard.

What kind of weather are you experiencing where you live? Is it snowy? Is it rainy? Is it sunny? If it is too harsh to venture outside, show us your favorite weather app.

Garnett



FEBRUARY 6
Lame Duck Day

Where did the term come from? In the 1700's a Lame-Duck was used to describe those stock brokers who had gauged their investments badly and could no longer pay off their debts. Later, it was extended to include unethical business-men who would find themselves bankrupt, and continue to do business anyway, even though they had no money to pay employees or suppliers.

I took a photo of a real duck on one leg, a really lame duck!

So what are you going to photo today, to show lame duck day?

Lee



FEBRUARY 7
Wear Red Day
SELF PORTRAIT

The National Heart, Lung, and Blood Institute established this day, to make people aware of one of the biggest killers in the world. Heart disease and stroke is the number one killer in women.

It is the dreaded self portrait day for some of us, me included, I am so not good at self portraits even after over 6 years of taking a photo of me at least once a month! So let us celebrate this day, by wearing red and photographing it. I actually don't have any red clothes, it is not a colour that I wear, so if you don't own any red clothes, accessories with red, like I have with my supermarket reusable bags.

A good way to take a selfie is to use a timer and a tripod, no tripod use a flat surface to put your camera on, make sure it can't fall off. Put an object where you are going to stand, so that you can set up the focus and check all the settings on your camera if you are using manual.

What red are you going to be wearing today?

Lee



FEBRUARY 8
Kite Flying Day

So do Kite flying days remind you of your childhood or even watching Mary Poppins film? To me it is making the kites with my dad and then finding a hill that we could go and fly a kite on.

Not a windy day today, but still a day to get outside, see if you can find somewhere to take a photo, maybe it will show wind, maybe not. My photo for today is the seaside, I spent a lot of my childhood living by the sea and I do think of sea and wind as going together. I still go to the seaside and watch my husband whose hobby is windsurfing. These fabulous statues are by Anthony Gormley called Another place, there are 100 of them on the beach, and when the tide is in, you can't see all of them.

What did you do in your childhood, that represents a Kite flying day?

Lee



FEBRUARY 9
Pizza Day

Well this is a good one! Means we get to eat Pizza today! Pizza has been around since the 10th century in Italy. Now who doesn't love a pizza? I know that they are really too full of carbs, but now and again worth enjoying.

A plain pizza with just tomatoes, basil and a bit of garlic, you can't go wrong.

Let us get in close today, to your food, it doesn't have to be pizza, maybe just the ingredients for your dinner,

Try different angles to see what works for you?

Lee



FEBRUARY 10
Umbrella Day
GUEST PROMPT

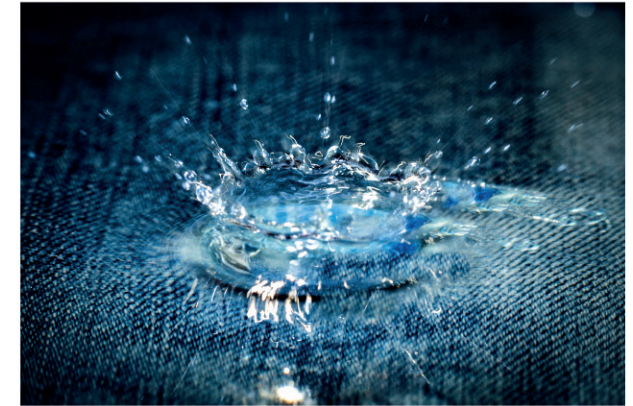
When I saw the choices for today, I immediately chose umbrellas because they make me think of Mary Poppins and I love Mary Poppins! According to the National Day Calendar website, umbrellas were invented over 4,000 years ago! Who knew?? They were originally meant to provide shade from the sun until the Chinese waterproofed them for use in the rain. I also learned a nickname for umbrellas... "Bumbershoot!" I may start calling them that from now on – what a fun word!

Umbrellas can be used in the sun, rain, SNOW (like I would need one for on a February day in MN), or they can even be worn - can we say umbrella hat anyone? Many photographers are familiar with umbrellas used for portrait photography. And who can forget about those cute little paper umbrellas that they add to yummy beverages?

So, grab an umbrella and get shady! Giggle! I sure had fun on this beautiful snowy day with mine. I would have never thought to grab my umbrella in this sort of weather but using it while walking through the heavy snowfall was lovely! Everything was so quiet and peaceful and I was comfortably protected from getting wet while taking my photos.

Yeah, I sure like umbrellas!

Danette



FEBRUARY 11
Don't Cry Over Spilled Milk Day

Don't sweat the small stuff day! Find joy in the small things and really try not to lose it about the things that you have no control over.

Saying all that, if you want to take a photo of drops, we will most probably be crying over a photo! You need a camera, tripod, a flash, a dropper (like an eye one), and liquid of some kind! You will need to set your camera to about 1/200th with f8 to get everything in focus.

You are going to be taking a lot of photos, to get one! Timing is the hardest, take one photo to start with and make sure that your focus is on the drop, you can tape your dropper so that the splash is in the same place every time.

For my shot I used a pair of jeans under a see through dish, use bright colours, or even use milk!

So are you going to crying over your photos today?

Lee



FEBRUARY 12
Darwin Day

Charles Darwin was born in 1809 and died in 1882, he shocked the world when he said that all species are from a common ancestor, which is now widely accepted.

The best way to celebrate today is with a photo of a couple of animals, or even a human or two. Jasper and his best friend Kaya are my favourite models. I can get photos of these two just by promising them dog treats, so that they will keep still for a couple of seconds.

Do you have a couple of favourite models that you can get in front of the camera today?

Lee



FEBRUARY 13
World Radio Day

I am a big fan of radio, I listen daily but stream it from my computer, whilst I work, so I don't actually have a radio anymore.

Let us go retro, go back in time to radios, vinyls, cassettes, even compact discs are all old school these days. I came across all these speakers on a wall in a shop in Maastricht, The Netherlands. They took me back to the day when you had big speakers in your living room to listen to your stereo system.

What retro equipment can you find to photograph today?

Lee



FEBRUARY 14
Valentine's Day

Valentine's Day is recognized all over the world and it's dedicated to love and affection! Did you know the holiday isn't just about couples for centuries children received little gifts of candies and cards were sent to friends and family as a sign of appreciation.

Valentine's Day has long been associated with Cupid, chocolates, flowers and cards trimmed with lace but the most timeless of symbols still being the Heart.

Wishing you all a Happy Valentine's Day!

Amy



FEBRUARY 15

Singles Awareness Day

PICTURE YOUR DAY!

It's the 15th of the month which means it's time to Picture Your Day!

In honor of Singles Awareness day think about incorporating just Yourself into your photo. When surveyed, singles said the thing they enjoyed the most was not having to consult someone like a spouse or partner before trying something new. So with that adventurous spirit try a new pose or POV today. Shooting wide for more of your surroundings, adjusting the angle to incorporate the days weather, or crop in tight from overhead to highlight a single detail of your day like your latest read or afternoon coffee.

Remember not all selfies require a lot of setup! For this photo I simply propped my phone up against a post and set the timer it did take a couple of tries to get the angle right but I knew I wanted to include the bright sunshine and blue sky to show off the unseasonably warm February day we were having!

So what does your day look like?

Amy



FEBRUARY 16

Almond Day

Almonds are one of the world's most nutritious and versatile nuts so it's no surprise that they have their own day! Not only has their popularity grown 220% since 2005 but the average American consumes more than 2 lbs of almonds per year. It's reported that almost every kitchen in America contains almonds in one form or another.

Think edible props today - your reward is waiting for you as soon as you photograph it!

Here are a few helpful food photography tips :

- Find a bright spot - if it's a small treat try placing it directly on a windowsill
- Use a simple and uncluttered set up
- Get in close - the details can make a great focal point
- Try different angles - each treat has a different "good" side!

Amy



FEBRUARY 17

President's Day

MACRO MONDAY

It's President's Day here in the United States which also coincides with Macro Monday...so with that in mind let's photograph some presidential details today! Did you know President's Day was originally established in 1855! The day started out as an observance of George Washington's birthday, then in the early 1900's they began including Abraham Lincoln's birthday and now the holiday has evolved into a celebration of all past Presidents. Those early Presidents have been recognized in many ways; currency, statues, portraits, the side of a mountain and with a federal holiday.

Macro Tip: Remember, at its simplest, it's extreme close up photography. If you don't have a dedicated Macro lens that's ok - your camera might have a macro mode in the settings or one of your fun camera apps may have a macro feature. I've used the one in the Camera+ app and it works great.

Let's see the presidential details you've found today!

Amy



FEBRUARY 18
Battery Day

A day we can get charged up about and a day to acknowledge how much easier our lives are thanks to the power of batteries. It is one of the most overlooked power sources yet the one that can cause us the most anxiety.

Batteries power a lot of the essential tools that are part of our everyday; clocks, fire alarms, remote controls, vehicles, our devices and even in some cases our organs. Advancements in recent years have made it so we can even charge our batteries with other batteries all while still using our batteries; for example, charging the phone in the car while the car is running so that you can then use the phone in that very same car...I know it can be mind boggling!

Since we would be hard pressed to go about our day without the use of batteries - Show us either the one that must stay charged or the one that causes the most stress when it's not!

Amy



FEBRUARY 19
Chocolate Mint Day

Today was meant for me... as Chocolate and Mint are one of my favorite combos! Plus, there are so many sweet choices to pick from like: Peppermint Patties, Thin Mint Cookies or my all time fave Mint Chocolate Chip ice cream. I have my spoon ready and waiting for after the photo!

Show us a Chocolate Mint treat you enjoy or if that's not your taste share with us a sweet treat that is! Try photographing it in your hands. This minimalist approach, along with a low aperture, like f4 or less is a great way to direct the viewer's focus right to your treat.

I'll be curious to see who else has this combo weakness besides me?
Amy



FEBRUARY 20
Love Your Pet Day

Whether your pet has fur, feathers or fins it a wonderful day to show them off!

We know as pet owners you love your pet every day but today think about making the day a little extra special; with treats, an extra round of fetch or a few more snuggles. Our pets are not always the most patient of models so have the camera ready and the treats close by!

No pets? No worries. Show us the wildlife you spot in your world... maybe it's your grandkids, the deer in your backyard or the fish tank at the doctors office.

Amy



FEBRUARY 21
Care Givers Day

If you or a loved one has ever been ill and required the skills of a caregiver, you know how important this person is to the quality of life of both the one who is sick and his or her family. The work that these people do is hard, physically and emotionally. Unless we have lived their day first hand, most of us have no idea just how hard it is. If you have not had to experience such a relationship, count your blessings!

Friendship is a form of emotional caregiving. For me, this photo is the ultimate picture of friendship. My husband and our best friend visiting another friend who is in memory care. As the three of us support our declining friend, we also serve as caregivers for one another as watching someone experience Alzheimers is difficult for us.

We all have had some kind of caregiver in our lives, though perhaps not in the midst of serious illness. Parents, siblings, partners, co-workers, friends, even pets, serve as caregivers to us every day. Say thank you to them before you photograph them...and then say thank you again!

Who do you need to honor today for their caregiving?

Kris



FEBRUARY 22
Cook A Sweet Potato Day

Have you ever stopped and looked closely and carefully at a sweet potato? They are odd looking. And have you ever wondered who first thought it would be a good idea to cook and eat them? Sweet potatoes have been around for thousands of years probably originating in Central or South America. Many delicious sweet potato based recipes exist, ranging from pies to cakes to fries.

One of the things that every day photography does is encourages us to look at the every day in new ways, to find the beauty in things that may not strike us as beautiful at first glance. Photograph sweet potatoes today, either raw or cooked. If you don't have a sweet potato on hand, look for and photograph the beauty in something that has some hidden beauty.

One of my favorite sweet potato recipes is sweet potato biscuits. Like the sweet potatoes themselves, they aren't very pretty, but looks are deceiving when it comes to taste! Do you have a favorite sweet potato recipe that you are willing to share?

Kris



FEBRUARY 23
Dog Biscuit Day
COLOR - ORANGE

Some days I feel like our household single-handedly keeps the dog biscuit business afloat. With three dogs, one small, one medium, and one large, there is no shortage of "canine cookies" around...ever! Dog deserve treats as much as we humans do. Sometimes I buy them and sometimes I make them.

Do you have a pup who has a favorite biscuit? If not, maybe you have a human in your life that enjoys a favorite treat as much as a dog enjoys a good biscuit.

Photograph an animal or a person enjoying a favorite treat. Try to capture the excitement or emotion surrounding this favorite treat.

What is your favorite treat?



FEBRUARY 24
Tortilla Chip Day

I live in Texas, where tortilla chips are a basic food group! They are the delivery system for salsa and queso. Mexican restaurants are a dime a dozen here. When deciding where to go out to eat, it is not which restaurant makes the best tacos, enchiladas, or tamales that most informs our decision; it is the one that has the best chips and salsa. Maybe this is because we fill up on chips and salsa before the main course even arrives.

Tortilla chips created from pieces of corn tortillas, or cut or broken pieces of almost anything, combine in random ways to create interesting shapes and textures. Photograph chips or other bits and pieces of something today. Notice how the angle from which you shoot, as well as what you include or exclude from the frame, changes the viewer's perception of the image.

Salsa or queso? Which is your preference?

Kris



FEBRUARY 25
Mardi Gras

Though Mardi Gras means different things to different cultures, for all it is a time of celebration. Have you ever been disappointed with your photos of a celebration? Birthday party, holiday gathering, graduation - the photos don't seem to accurately capture the moment? Sometimes we need to step back and think about how we felt during a time of celebration rather than what we saw or did. And then take a photo, perhaps even in retrospect.

This photo is of mardi gras beads that I intentionally photographed out of focus. To me, it has a feeling of joy and celebration. No one else may recognize the distorted beads, but I know what they are. I know who let me borrow their beads for the photo, and I know the circumstances under which it was taken. That brings back all the emotions of that day. I've got that Mardi Gras feeling...

How are you feeling today?

Kris



FEBRUARY 26
Tell A Fairy Tale Day

Reality can be kind of scary these days. Sometimes it is nice, and necessary, to allow ourselves an escape into a fairytale world. That may be through a storybook or toys that take us back to our carefree days of childhood.

I am a Lego addict. I never had them as a child, but they have become the place I go when I need to escape from the adult world. All the better when Lego and a favorite fairy tale collide!

Do you have a favorite fairy tale? A favorite toy? A favorite way to escape? Photograph your idea of a fairy tale today.

Kris



FEBRUARY 27
Retro Day

As I navigate my new role as a grandmother, I am learning that caring for babies seems to be a lot different than it was thirty years ago when I had my first child. That said, I laughed out loud when I saw the toy in this photo on the store shelves. A rotary dial phone? Most current parents of babies have never used such a phone themselves. They are of the generation where when someone answers the phone often the first question is, "Where are you?" I remember the days when if someone answered the phone, you knew that they were tethered to the wall in the kitchen; or, if they were lucky, they had a phone in their bedroom. Times have sure changed! Did you or children have one of these toy phones?

Can you find a rotary dial phone? If not, photograph something that makes you think back to the past.

Do you still have a land line?

Kris



FEBRUARY 28
Floral Design Day

Floral Design Day was created as a unique way to celebrate a special birthday of Carl Rittner, the founder of the Rittners School of Floral Design in Boston over 60 years ago.

For thousands of years, floral design has been an important cultural art form. It may be in a bouquet, painting, in a textile, a garden or floral arrangement.

Don't have a bouquet of flowers around, not to worry, floral design is everywhere, paintings, textiles.

Some tips on how to photograph flowers.

1. Get in close
2. Backlighting makes your flowers glow
3. Use a shallow depth of field
4. Photograph them on an overcast day, to avoid shadows
5. Change your point of view

What are you going to photo today?

Lee



FEBRUARY 29
Leap Year Day
PHONE PHOTO

Today is Rare Disease Day. Don't panic! We aren't asking you to photograph such. Today is actually a prompt free day; and as is the case on each 29th of the month, it is a phone photo day.

In honor of Rare Disease Day, however, I would like to share the work of my friend and amazing photographer Rick Guidotti. Rick began his photography career as a New York fashion photographer. He now dedicates his life work to using his photography to "highlight the beauty of genetic diversity and challenge the stigmas associated with differences in appearance" through **Positive Exposure**, a non-profit organization that he began in 1998.

You may also be interested in hearing Rick speak in this **TED lecture**.

As you take photos today, think about your own definitions of beauty. In Rick's words, "Change how you see. See how you change."

Kris

365 Picture Today

MONTH PROMPTS

- 1 Get Up Day
- 2 Groundhog Day
- 3 **B&W** - Carrot Cake Day
- 4 Homemade Soup Day
- 5 Weatherperson Day
- 6 Lame Duck Day
- 7 **Self Portrait** - Wear Red Day
- 8 Kite Flying Day
- 9 Pizza Day
- 10 **Guest Prompt** - Umbrella Day
- 11 Don't Cry Over Spilled Milk Day
- 12 Darwin Day
- 13 World Radio Day
- 14 Valentines Day
- 15 **Picture Your Today** - Singles Awareness Day
- 16 Almond Day
- 17 **Macro Monday** - President's Day
- 18 Battery Day
- 19 Chocolate Mint Day
- 20 Love Your Pet Day
- 21 Care Givers Day
- 22 Cook A Sweet Potato Day
- 23 **Color Orange** - Dog Biscuit Day
- 24 Tortilla Chip Day
- 25 Mardi Gras
- 26 Tell A Fairy Tale Day
- 27 Retro Day
- 28 Floral Design Day
- 29 **Phone** - Leap Year Day

365 Picture Today

TIPS FOR STICKING WITH YOUR 365 PROJECT

We have one month under our belt so far. Let's take a pulse check.... how have you been doing? Are you ready to keep going or are you losing interest and getting bogged down?

Here are a few tips for a successful year:

Always carry your camera with you (and that can be your phone camera too). Be ready to take that photo when it presents itself. Sometimes the best photos we take were unplanned.

1. Don't compare yourself to others. Sure, enjoy the gallery and get inspiration from the community. Bu don't analyze your work against someone else's. We each have a unique style and perspective. Some of us are just starting out and some of us having been doing this awhile. Perfection isn't your goal... improving your photography and enjoying the community is!
2. If you skip a day, don't beat yourself up. Just pick up your camera the next day and keep going. Don't let one busy day derail your whole project. If you are about to climb into bed and realize you didn't take your photo, grab your phone and just take a quick phone photo. Consistency is key. Once you get into the habit of taking a photo a day, it will feel weird if you don't take that photo.
3. Short on inspiration? Do a google or Pinterest search. There are lots of great ideas out there. Ask other photographers in the community for help and advice. We are here to support one another.
4. Sometimes setting mini-goals can keep your project fresh. Take a photo of the same spot at different times of the day... or different seasons of the year. Pick a week or a month and make it a theme... hearts in February, snowflakes in January.... get the idea?
5. Breaking out of a rut can sometimes be as easy as exploring a new location. Take a walk or a drive and notice the things around you.
6. If you aren't feeling the prompt, don't follow it! If you are spending a lot of time and energy coming up with something to fit the prompt, and you aren't happy with it, then don't do it! Go off prompt! The prompts are there to guide you but this is your project and you can do it your way.
7. Make sure you share and enjoy your work. Make photo books, print and hang your photos, give photo gifts. Do something tangible.

Remember... Taking a photo a day will improve your photography. You will be learning to notice things, use settings on your camera, looking for light, changing angles, and getting inspiration from other members of the community. You can do this!

PHOTOGRAPHY TIP OF THE MONTH

BACK UP YOUR PHOTOS

Never store your photos in one single place. Use the **3-2-1** back-up rule: Create at least **3** copies of your photos; Store back-up copies on **2** different types of media (such as an internal hard drive and an external hard drive), and keep **1** of them off-site (on the cloud; or another remote location).

365 Picture Today TEAM



AMY

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The best piece of advice I can give is this...don't underestimate the value of the 365 community!

Being an active member will not only help you to be accountable to the project but it will also provide an endless amount of inspiration and support!



GARNETT

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I am a morning person, so I typically take my photo early in the day. Making my photo a day part of my morning routine helps me stay on track. When I was working, I would sometimes take my photo the night before and post it in the morning.



KRIS

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Taking a photo a day is now an integral part of what I do and who I am. I treasure each moment I have captured, whether big or small. I've learned to be kind to myself, to not judge the content and execution of my photos. They each have a purpose. For some reason I took that particular photo on that particular day. It's up to me to find that meaning.



LEE

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Taking a photo a day for the last 7 years, has on some days been hard, and I have even missed taking a photo on some days, I don't worry about it, I just carry on to the next day. I start thinking about my podt when I read the email first thing in the morning, sometimes it all aligns and works, other time it can take at least 50 photos until I am okay with at least one photo.