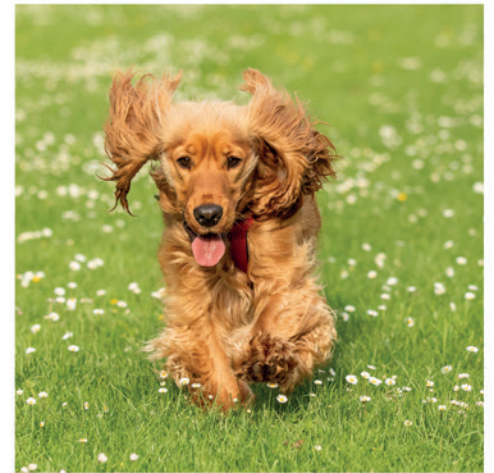


MAY 2020



365 *Picture Today*

365 Picture Today

"I think I'm going to quit"
"My heart isn't in this anymore"
"I'm not feeling creative"
"All of my photos look the same"
"I'm not good enough"
"It's just another thing for me to deal with"

Have you thought those things?

Step away from your camera for a minute... Pause... Breathe

It has crossed my mind year after year. I have considered giving up many times during the years. Sticking with a photo a day can become challenging and sometimes feel like a chore. This has been a more stressful year than most. We have been and still are dealing with a world we haven't seen before. Many people are afraid and uncertain of what to do.

Have you thought about photography being therapy for yourself? It could be one of the things you can do for yourself to bring joy? It can be a few minutes each day where you can escape the problems and fears that the world throws at you?

Give yourself permission to do something for you. Something you enjoy. Something to take your mind off of the negativity that surrounds you each day. Get outside, breathe in the air, and take a photo.

When you remember that this is a photo challenge to document your life, it can take the pressure off. It doesn't matter if you aren't feeling creative. It doesn't matter if your photos all look the same. It doesn't matter if your photos don't win awards. What matters is YOU!

Do you give up on wearing underwear, brushing your teeth, or combing your hair because it becomes tedious? Of course you don't! So don't give up on your photography either! Give yourself permission to only use your phone for a month... and to stop editing. If you see something, photograph it with your phone, and upload it and move on. Stop putting the pressure on yourself to be perfect. Just document your life and surprise yourself with the photo ops that present themselves! Your commitment to your photography is more important than being perfect.

Amy, Garnett, Kris and Lee



May 1
May Day

April showers bring May flowers! Hopefully this is true where you are. Take a walk around your yard, through your neighborhood, to a local park. Look for some colorful flowers.

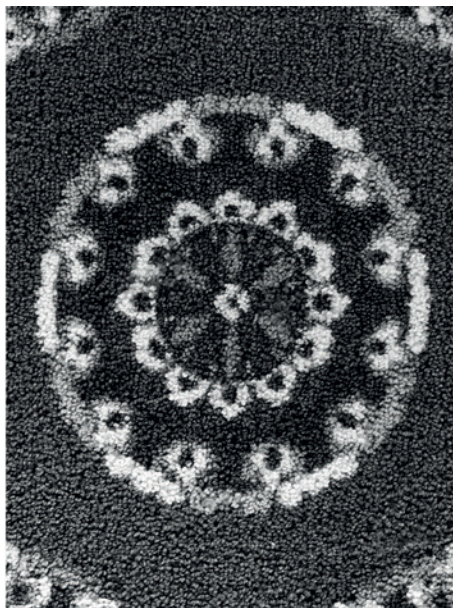
Most DSLR cameras have a VIVID setting in the Picture Control or Picture Style menus that will enhance the colors of those beautiful spring flowers. If you are heading into fall, share your vibrant golds and oranges.

Experiment today with how to best capture the colors of the May wherever you are in the world.

Kris



May 2
Fitness Day



May 3
Textile Day
BLACK & WHITE



May 4
Bird Day

Today is national fitness day. Over the last month, I have spent way more time flexing my brain muscles while sitting in front of the computer than I have my actual muscles. I should have used my daughter as an example. Since she has not been able to go to the gym, she brought her daily fitness routine home and has stayed committed to her practice. The best I have done is an afternoon walk.

What do you do to keep fit? Have you had to modify your practice due to the recent restrictions on being out in public? Whatever your level of fitness today, photograph it. Maybe this is a good day to strengthen your commitment to physical fitness.

Kris

May 3 is the day we celebrate the ways that textiles make our lives better. Textiles are woven fibers of either natural or synthetic materials. How we use textiles helps us express who we are. From the clothes we wear, to the bedding in which we sleep, to the drapes and rugs with which we decorate our houses, textiles touch every facet of our lives. If you are an artist, the canvas you use is a great example of a textile. If you enjoy sewing, the fabric you choose makes your textile creation unique.

Since today is Black and White day, try to find a bold pattern or texture to highlight. The example photo is the pattern on the rug in my office. You may choose to go with a macro and really get close to the fibers. You may choose to step back and show us repeating patterns. You could choose to do a still life photo with some accent scarves or towels.

What ways do you appreciate the textiles in your everyday life?

Garnett

Birds are everywhere! They are singing, flying, eating.... and normally they don't stay very still. Photographing birds is fun and challenging. Sometimes they will stay put and you can get a nice sharp shot. Sometimes they fly away before you can capture anything. I enjoy capturing birds in flight but I also enjoy capturing details of a bird that isn't moving. You have to be prepared for even subtle movements (they rearrange and turn their heads a lot!) Because of this, you should use a fast shutter speed. If you aren't ready to move to Manual Mode just yet, you can use Shutter Priority Mode. You'll want to keep your shutter speed at about 1000 so that if and when they move you can freeze the action. You should also plan on using a telephoto lens so that you can take the photo without being noticed.

My little sample bird was still but quite far away. I used a 400 mm telephoto lens on a crop sensor camera which gave me a reach of 600 mm. I liked it's beautiful coloring and the way the sun was hitting the feathers and the eye. Just as when photographing humans, you'll want to focus on the eye of the bird.

I really enjoy adding textures in Photoshop, which I did with this photo.

Seabirds, land birds, big birds, small birds, single birds, flocks of birds. It's bird day!

Looking forward to a gallery of feathered friends today!

Garnett



May 5
Cinco De Mayo Day

Happy CINCO DE MAYO

According to the National Day Calendar, the celebration of Cinco De Mayo began in the 1860's with Mexican-American communities in the American West, Southwest, and Northwest. The American Cinco de Mayo was a way to commemorate the cause of freedom and democracy during the first years of the American Civil War. Today, in the United States, Cinco de Mayo is observed annually on May 5 as a celebration of Mexican heritage and pride.

Cinco de Mayo is Spanish for "fifth of May."

Although my example photo was not taken on May 5, it represents my love of the Mexican avocado! Avocados originate from south-central Mexico and I would certainly be sad if I didn't have them in my life!

How will you celebrate Cinco de Mayo?

Garnett



May 6
Beverage Day

What's your favorite beverage? Hot or cold? Alcohol-based or not? Fruity? Sweet?

Think about what you can add to your photo to enhance your beverage. I drink a lot of water. I like to enhance the flavor with fruit, especially lemon. Adding a lemon to a photo always makes it prettier. Think about colors and textures. You can add it to the beverage or just place it near or around your beverage. Try different angles and lighting.

What are you drinking today?

Garnett



May 7
Packaging Design Day
SELF PORTRAIT

Today is our monthly self-portrait day. It is also packaging design day. Packaging comes in many different forms. Boxes. Bags. Crates. Plain. Decorative. I happen to subscribe to the quarterly Cause Box. The best part about it, for me, is the cool design on each box. There is a different artist each quarter and you get to learn about them and their story. Inside the box are all kinds of super fun goodies that are sustainable and responsible.

Think about yourself today. You are a package. You have a design. Some of us are plain and some decorative. Some of us like to embellish. Some of us are fancy and some of us are comfy.

What represents you? How are you packaged?

Garnett



May 8

Coconut Cream Pie Day

Before you roll your eyes at yet another food prompt, stay with me! Yes, today is National Coconut Cream Pie Day. And yes, you can absolutely photograph coconut cream pie if you want to! But no, you don't have to photograph food today.

Today's challenge is for you to photograph "white on white." Look for a white subject and a white background. The challenge with composing white on white is to create depth. Look for textures, shadows, and highlights. You can create depth by using a wide aperture (low f number); you can create depth by placing items in the shadows or sun; you can also create depth in editing and playing around with textures.

If you are led to photograph that coconut cream pie, please do it! But try to photograph it with a white background and create some depth.

To pie or not to pie, that is the question!

Garnett



May 9

Lost Sock Memorial Day

Did you know that there is a special holiday just to memorialize lost socks? Where do all the missing socks go? Is there a washing machine heaven? What should you do with the sock that is left behind?

Show us your socks! For me the more colorful the better. I actually am a sock addict. I adore socks and all of the unique colors and patterns. I personally do not throw away unmatched socks... I have been known to use them as dust rags or for other household chores.

You can photograph them on your feet, in your drawer, or on display. You can make a puppet with them. You can hang them on the line. Make a flat lay or a still life. Get creative!

If you don't wear socks or you are not in a sock kinda mood, photograph interesting patterns or designs that catch your eye.

Garnett



May 10

Lipid Day GUEST PROMPT

Today is National Lipid Day, observed to bring awareness to **Dyslipidemia**, which is an abnormal amount of lipids (e.g. cholesterol and/or fat) in the blood. If you have dyslipidemia, it usually means your LDL (bad cholesterol) levels or your triglycerides are too high, or it can mean your HDL (good cholesterol) levels are too low. Abnormal levels of lipids can put you at a higher risk for heart attack, stroke, and heart disease.

Some people must be treated with medication to improve their lipid levels. Lifestyle changes, such as a healthier diet and exercise, also play a role in managing lipid levels.

Let's get a little exercise today, and head outdoors for a walk. Even if you don't leave your own yard, at least you're out and about. Do you have beautiful blooms you can capture today, or even some pretty weeds? How about some visiting birds, or interesting insects? If it's raining where you are, are there any interesting puddle reflections or water droplets on a leaf? The options are wide open today; we just encourage you to get out and move for better heart health. Go out and explore, and show us what you find today.

Lori Rowland



May 11

Eat What You Want Day

Now this is my sort of day!

National Eat What You Want Day is about having one day a year of eating with no regrets.

So what are you going to eat today? What first comes to mind when you are allowed to eat something that you really enjoy? Is it chocolate, ice-cream or do you prefer savory food?

In the example photo, I have photographed from above. Food is great from this angle because you get to see all that is in the bowl or on the plate. I used a sundae dish so that the plate that it is standing on is slightly out of focus, because the most important thing is the food.

So what favorite food are going to eat today?

Lee



May 12

Odometer Day

Odometers were first developed in the 1600s for wagons and other horse-drawn vehicles to measure distances travelled.

I thought this would be a boring thing to take photos of, especially if we are still in lockdown. Most of us are going nowhere!

Pareidolia is seeing shapes in clouds, seeing **faces** in inanimate **objects**. I saw a face in this coin operated telescope whilst in New York, in the days of travel.

See if you can find a face or shape today in your everyday objects that are around?

Lee



May 13

Apple Pie Day

Who doesn't love an apple pie?

The first apple pie recipe printed was in England in 1381. The list of ingredients included good apples, good spices, figs, raisins, pears, saffron and cofyn (a type of pastry crust).

While the apple pie existed well before the Pilgrims landed on the eastern shores of what is now The United States, Americans wax poetic about how American apple pie is. The phrase "as American as apple pie" has been around for more than 100 years.

By all means, take a photo of a homemade apple pie, or be a bit more creative.

How are you going to stitch together some apple pie?

Lee



May 14

Dance like a Chicken Day

This day entertains from start to finish! Everyone has probably danced the “Chicken Dance” at least once in their lifetime. This silly fun song is popular at wedding dances, Oktoberfest, and other celebrations. The song gets people of all ages up and moving on the dance floor.

Did you know that the original Chicken Dance was actually written in the 1950s by Werner Thomas, a Swiss accordionist and was named the Duck Dance?

So let us take a photo of a chicken or even a Duck, or even better a photo of yourself doing the chicken dance!

Lee



May 15

International Day of Families

PICTURE YOUR DAY!

The International Day of Families provides an opportunity to promote awareness of issues relating to families and to increase knowledge of the social, economic and demographic processes affecting them.

This year, more than other years, families have become very important to us. After being in lockdown for so long with them, we will be either be loving the time that we have spent together or tearing out each other's hair. Unfortunately for me, I only have my husband and Jasper at home, so none of my four children, my parents, or my 3 siblings and their family are around me.

Grab your family that you have at home and take a photo together. You will then have a photo to document this unprecedented time for families.

Lee



May 16

Love a Tree Day

I love trees and I often post photos of trees, woods or forests. This prompt was a perfect pick for me.

On this day, trees are celebrated and recognized for the wonderful gift that they are to us. Trees tend to be long-lived, and there are actual trees that are thousands of years old.

Apparently, the tallest tree known is 379 feet tall.

Today is a good day to plant a tree, if that is not possible this year, then spend some time enjoying the beauty of the trees that are around you already.

Do you have a special tree that you like to photograph? Show us your favorite.

Lee



May 17

Take Your Parents to the Playground Day

Let's face it, parents and adults need playtime too!

So today, I'm encouraging you to make time for just that...PLAY!

- You can be literal and head to your nearest playground to have a turn on the swings or a race down the slide.
- Consider setting up your tripod and practice some action shots
- Or maybe...your "playground" is of a different variety!
- It could be the golf course with miles and miles of greenon which to play!
- Document that hole in one with a "where you stand" photo!
- It could be a nature hike just enjoying the great outdoors.
- Turn it into a photo walk - show us what you find along the way!
- It could be a relaxing Sunday afternoon drive.
- Taking the roads less traveled just to see what you can see!
- It could a bike ride through the neighborhood.
- Keeping your eye out for which yard has the prettiest flowers!!

Well you get the idea whatever fun you come up with today, make sure to make it a play date with your camera too!

Amy



May 18

No Dirty Dishes Day MACRO MONDAY

I don't know about you, but there are very few days in my house that we don't have dirty dishes. Since its Macro Monday, lets put those bubbles to work and let them do double duty; for cleaning up and as the prompt!

Soap Bubbles

Save some suds from washing up your dishes or grab a glass dish with a few drops of dish soap. Blow in a straw or use a whisk to create your bubbles. The more air the bigger the bubbles. For layers and layers of bubbles try piercing the bubble with your straw and blowing more bubbles inside of another.

Oil & Water Bubbles

Shallow dish with water and a small amount of cooking oil like vegetable or olive. You don't need much a tablespoon or so is a good starting point because once it's in you can't take it out again!

A few tips:

- Find a bright space & Shoot from above
- Use colorful backgrounds like scrapbook paper, magazines or, my favorite, the iPad lite up with a cool pattern
- A drop of dish soap to the oil & water can make the bubbles more defined
- Last but certainly not least... Have lots of bubbly fun!

Amy



May 19

May Ray Day

May Ray day is all about enjoying the sun's rays!

For most of us, winter is becoming a distant memory. For others, winter has not yet arrived. It's the perfect time to enjoy the warmth of the sun's rays and the additional daylight hours it brings!

As photographers, we are always looking for beautiful light. Light comes in many forms, found both indoors and outdoors. I encourage you to take notice of the light that cascades through your house at varying times of day. You can look for the pockets of sun that break through the trees or clouds as you walk your dog. Use the harsh mid day sun to your benefit by turning it into a beautiful sunburst or capture the shadows.

If your day turns cloudy consider creating your own amazing light with a lamp or flashlight.

Let the light guide you today!

Amy



May 20
Pick Strawberries Day

It's Strawberry season for many us, especially in the South. It's that delicious time of year when farm stands and grocery stores have an abundance of fresh berries daily!

Do you keep berries on hand? Are they part of your breakfast smoothie? Or, maybe strawberry flavored yogurt is your "go to" snack? If so photograph them before your devour them!

Where we live there are several small farms that have "pick your own" days which can make for a yummy outing! Here is a container we picked and I knew I had to be quick to get a photo as they were going fast! I filled the frame to show the variety of shapes and sizes and colors of red. You could do the same with your grocery store container.

No time to pick your own or not a strawberry fan - no worries!

Make the day work for you!

Turn it into a color day and be on the look out for Red or fill the frame with the tasty treat you're enjoying today.

Amy



May 21
Memo Day

Did you get the Memo? It's Memo Day =)

Memos have evolved over the years. They are no longer just a workplace staple. Memos are a great way to communicate a short message or share a good laugh or inspirational quote.

With this in mind, let's have some fun today by adding a message to our photos. There are certainly plenty of apps and software available to add text and graphics; many of them are free.

When you share your photo also include the app or software that you like to use. It's always nice to share new and creative ways to add a little fun and pizzazz to our photos!

Amy



May 22
Solitaire Day

Today we celebrate a card game that has been around for more than 200 years... Solitaire!

For many of us, it was one of the first card games we played. The object of the game to stack the cards from low to high in each suit sounded so easy and yet could be so frustrating.

And for those who used Microsoft in the late 90's, you might remember the card game was used as a way to improve mouse skills...but quickly became a great way to waste time at work! It's reported that each year 33 billion games are played with over 3.2 trillion cards dealt.

There's no need to be particularly productive today - as your only requirement to celebrate the day is just to play! How you play is up to you... on your computer, tablet, phone, or "go retro" and play using real cards.

Show us the way you like best!

Amy



May 23

Taffy Day

COLOR - RAINBOW

When I think of Taffy, the first thing that comes to mind is the rainbow of colors in which it comes! Taffy has been a summertime favorite since 1883.

For color day we are going with the entire Rainbow!

There are plenty of sugary confections that come in a rainbow of colors: candy, cakes, cookies, and, of course, ice cream which is my daughter's favorite with lots of rainbow sprinkles!

Just make sure you get your photo before your sugar high kicks in!!

Amy



May 24

Scavenger Hunt Day

Today is the day you show us what you found on your Scavenger Hunt. Hopefully you have read Amy's blog published on May 14, and have been playing along! I can't wait to see what you found!

The best way to show off your photos is in a collage. There are lots of apps out there that you can use and it will be fun if you can share your favorites with us. Did you know that you can make a collage in Lightroom. It isn't difficult at all once you know how. **Check out my blog.**

Have fun creating your collage!

Garnett



May 25

Memorial Day

Today is Memorial Day in the United States. It is a Federal holiday which is observed each year on the last Monday in May. This day is set aside in honor and remembrance of all men and woman who have died while serving in the United States Armed Forces.

If you are in the U.S. think about how to honor and remember those who gave their lives for our freedom. You could photograph the flag, a cemetery or headstone, or a ceremony that you attend.

If you are not in the U.S. think about how you can honor or memorialize something important to you.

Garnett



May 26
Paper Airplane Day

It's paper airplane day! Come fly with me.

Today, be on the look-out for something that flies. It could be a plane, or a bird, or a bug. Think about composition. Have you heard of triangular composition?

Triangles are a great way of grouping together three points of a photo for the viewer's eyes to follow. It is a subtle way to draw the viewer to your subject.

Try to include elements in your photo that will show perspective. In my example photo, I am shooting a plane through the limbs of a tree. The contrails help form a triangle within those limbs.

What is flying around you today?

Garnett



May 27
Senior Health and Fitness Day

Today is Senior Health and Fitness Day. Now.. some of us are seniors and some are not. So let's just make it Health and Fitness Day for everyone.

Do you like to walk or run? Lift weights? Ride your bike? Practice yoga or kickboxing?

Is there certain equipment you like to use? How do you like to stay fit and active?

If you aren't in a position to be active, what do you do to destress? Meditate? Sing? Play Music?

Health and Fitness can mean physical health or mental health.

Garnett



May 28
Hamburger Day

Sometimes you just can't get away from the food prompts!

Today is hamburger day. You probably grilled your burgers on Monday, am I right?

Today, if hamburgers aren't on the menu, just photograph what is being served. Maybe show us how you are cooking? Are you grilling out? Baking? Broiling? Boiling? or Pan-frying? You can even share the recipe with us!

What's for dinner?

Garnett



May 29
Paperclip Day
PHONE PHOTO

National Paperclip Day is observed each year on May 29. Yes, there really seems to be a day for everything. Today we celebrate the curved wire that keeps our papers together and helps keep us organized.

It is also phone photo day. It's funny, when I went to find paperclips to create the prompt photo, I could only find this decorative one. It's really pretty don't you think?

Since paperclips are known for their curves, you can also try to find something curvy to photograph.

You can photograph some alternate uses for the handy clip as well. Here are just a few:

- Replace a zipper tab
- Unclog a spray bottle
- Unclog a single serve coffee maker
- Emergency hooks for broken necklaces

How do you use a paper clip? Do you have any pretty ones?

Garnett



May 30
Creativity Day

Today is Creativity Day.

You get to decide where you want to take it.

Garnett



May 31
Smile Day
COMMUNITY PICK

Smiles are powerful! They not only create engagement between two people but the more a person smiles, the healthier their brain can be. Smiling has a direct link to our brain and can help to reduce stress.

There is so much a smile can do. Just one smile can brighten someone's day. It can also improve your day. Smiles are infectious. A healthy smile can develop confidence and generate a new outlook on the world.

I hope that I made you smile seeing Jasper running with his tongue out! Jasper makes me smile everyday!

Take a picture of a smile today, or something that makes you smile!

Lee

365 Picture Today

MONTH PROMPTS

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365 Picture Today

RETURN TO THE BASICS

We all are happy when we are sharing our days with people we love and can capture their smiling faces; or, when we are traveling to faraway places and are surrounded by beautiful scenery and new experiences. As I write, most of us are doing none of these things. I am hopeful that, perhaps, by the time you are reading this our lives will be returning to some sense of normalcy.

This is a good time to return to the basics, to practice some fundamental photography skills.

Find a object - an egg, a piece of fruit, a small toy, a bottle of nail polish, something simple and ordinary.

- Photograph it against different backgrounds
- Shoot from different angles - click here for Digital Photography School Blog
- Experiment with your exposure triangle
- Try several different lenses
- Play with your light source
- Add a human element to tell a story
- Experiment with editing software or phone apps
- Be creative!
- Have fun!

Most of us are happiest when we have our camera in our hands. Remember that! And, keep snapping. Right now, taking a photo a day may be one of the few constants in our ever-changing days.

PHOTOGRAPHY TIP OF THE MONTH

CHALLENGE YOURSELF ...

...to look for the extraordinary in the ordinary. Your creativity will be pushed when you seek to find and photograph something seemingly simple and uninteresting in a way that makes the viewer see that thing in a new way.

365 Picture Today TEAM



AMY

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I have definitely photographed some strange bugs that I would have normal stirred clear of... who knew a camera could make you feel so brave!



GARNETT

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This is a tough one. I think the strangest thing I photographed was fresh bear scat on a hiking trail. I wanted to look at it later and confirm it was indeed from a bear. And, yes, it was!



KRIS

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Over the years, I have photographed many things that surprise me, but I think the most unusual is the Pooper Scooper in the backyard. I believe I took that photo in response to a prompt about dreaded chores.



LEE

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I have over the years photographed some very strange things, I think that setting myself up in a busy street taking photos of all the litter around the place, I was hoping that it makes them think before they drop their litter in the future.