

# JUNE 2020



365 *Picture Today*

# 365 Picture Today!

It is June already! Soon we will be to the halfway point of this crazy year. Over the last couple months, we have all been creating a new normal for our families and for ourselves. In the midst of all the changes to daily life, taking a photo a day has been a constant, the familiar that is the glue that has helped hold together all of the pieces of the unfamiliar.

Life amidst the pandemic has been stressful in different ways for each of us, but it has also brought some unexpected gifts. As a professor, making the fast transition to online teaching over spring break was super stressful, but in the process of doing so, I have learned a lot. And, in my opinion, learning new things is always good! Aside from the necessary learning that I've had to do for work, the slowed pace of life has provided the time and space to learn some things just for fun as well.

As I've looked through the 365 Picture Today Facebook page and Instagram feed over the last couple months, I've noticed that many of you have taken advantage of this time at home to engage in the vast offerings of the online photography classes and videos available; or, have made your way through those books that you have had stacked up waiting to be read when you have time. What a wonderful gift!

I always tell my students, "Once you think you know it all, life is over." There is always more out there to learn - to hear, to feel, to taste, to smell, to see, to experience. There is something to be learned from every single encounter that we have whether it be with a person, a book, a class, nature, our cameras, or with ourselves.

Here are six reasons why you should learn something new every day:

1. Learning enhances your quality of life.
2. Learning can reduce stress.
3. Learning builds confidence.
4. Learning keeps you mentally fit.
5. A focus on lifelong learning sets an example for others.
6. And, learning something new is fun!

Keep learning, keep clicking, and keep having fun!

**HAPPY JUNE!**

*Amy, Garnett, Kris and Lee*



**JUNE 1**  
**World Milk Day**

Twenty years ago, World Milk Day was established by the Food and Agriculture Organisation of the United Nations to recognise the importance of milk as a global food, and to celebrate the dairy sector.

Each year since, the benefits of milk and dairy products have been actively promoted around the world. This includes how dairy supports the livelihoods of one billion people.

Don't drink milk? Doesn't matter. Show us what you are drinking today, maybe include what you eat with your drink.

Lee



**JUNE 2**  
**Leave the Office Early Day**

On this day, upon completion of all the necessary day's work and the needed approval, it is suggested that you can then leave work early to enjoy the rest of the day with fun activities of your choosing.

Yeah, I am my own boss so that happens all the time!

So what to photograph on this day, when most people are now working in their own homes?

I suggest that you photograph a door that interests you or your own front door. If you are working in an office, what does your office door look like?

Lee



**JUNE 3**  
**Egg Day**  
**BLACK & WHITE**

This nutrient-rich food has gone back and forth with science and nutritionists over the decades as to just how many eggs are too many for a healthy diet. One egg, however, provides an excellent source of protein and vitamin D. At 75 calories and 5 grams of fat, it's an easy choice to satisfy hunger, too.

The above photo is of some marble eggs on a mirror with black cloth behind to get the black look, then converted into black and white in processing.

Eggs are so photogenic, let us see your creative side, use reflections, use the egg boxes, or use your egg containers.

Remember it is black and white photo day!

Lee



## JUNE 4 SAFE Day

National SAFE Day holds the power to prevent tragedy from repeating itself. One in every three households in the United States has a gun stored somewhere inside. Apparently, this figure has increased during lockdown, which is frightening.

- S** - Secure all firearms in the home
- A** - Ask the question about unsecured firearms in the homes your child visits
- F** - Frequently talk to your children about the dangers of firearms
- E** - Educate and Empower others to be SAFE

We all have things that we want to protect. Think about how you can represent that in a photo. I have photographed a padlock and set of keys that we found in our garden when we were renovating our house.

Do you have a lock that you can photograph to show that you support being SAFE?

Lee



## JUNE 5 World Environment Day

The day is set aside to encourage awareness and action to protect the natural environment. It draws attention to environmental issues such as marine pollution, air pollution, deforestation, and wildlife crimes such as poaching.

In the green space areas where I live, instead of just having grass that has to be mowed all the time, spaces have been turned into wildlife havens for insects, animals, and humans as well.

What do you and your community do to help with protecting and helping with wildlife?

Lee



## JUNE 6 Garden Exercise Day

This day encourages us to maximise the benefits we reap from gardening by adding some stretches and a few extra steps or squats.

Gardening on its own is therapeutic, builds muscles, and burns calories. Some of the gardening activities that are excellent for working your muscles and for burning calories include weeding, digging, spading, planting, pruning, mowing, raking, walking and taking photographs!

To take the photo for this prompt, I was standing in my brother's garden looking over the garden fence into the garden next door. It is a beautiful garden in which someone obviously works hard.

So go take a walk and find something to photograph in your garden, or in someone else's!

Lee



JUNE 7

## Chocolate Ice Cream Day SELF PORTRAIT

I Scream. You Scream. We All Scream for Ice Cream!!

For many of us, the summer temps have found us and there is nothing better on a hot day than a yummy scoop of ice cream...or, if you're like me, really any day is a good day for ice cream!

Fun Fact: Chocolate Ice Cream is the #2 favorite flavor and is also in several of the top 10 flavors; like Moose Tracks, Chocolate Chip Cookie Dough, Neapolitan.

Remember it's Selfie Day so include a little, or a lot, of YOU in the photo too!

Amy



JUNE 8

## Upsy Daisy Day

This quirky holiday encourages us to get up "Gloriously, Gratefully and Gleeefully" each morning with a good attitude. Despite the challenges life might throw our way, let's try to carry that morning positivity with us throughout the day!

I want to encourage you to pick one of these words to focus on today: Glorious, Grateful or Gleeeful. Consider that word as you go throughout your day and when you see something that makes you have one of those feelings...Stop and Photograph it!

This glorious pastel sky makes me feel gleeeful. Venturing out of the house at dawn is unusual; so, when I am treated to a beautiful sunrise I know my day is off to a happy start!

Show us what's "Glorious, Grateful and Gleeeful" about your day!

Amy



JUNE 9

## Donald Duck Day

Today is about that funny and mischievous cartoon character, Donald Duck. His temperamental personality and semi-intelligible speech didn't keep him from becoming a star. He appeared in more films than any other Disney character.

So, in the spirit of Donald Duck, consider photographing the mischievous or ill-tempered feathered friends near your home, in your neighborhood, or at the park today.

Here at the beach, the seagulls are definitely the most ill-tempered of the bunch! They are quick to swipe anything you might leave unattended and even quicker to snatch it from their friends!

No feathered fowl to be found? No worries! Show us the mischievous one in your household!

Amy



**JUNE 10**  
**Ice Tea Day**  
GUEST PROMPT

Today has been set aside to celebrate one of summer's favourite drinks. Recipes for iced tea have been found dating back to the late 1870's. It became popular after it was introduced at the 1904 World's Fair in St. Louis.

I was surprised at how many ways that you can drink iced tea. You can use black, green, or herbal teas. You can add different fruits, flowers, and herbs for flavouring. You can make a classic sweet tea or an iced Chai latte or you can make a Long Island Iced Tea that has no tea in it at all.

For today's prompt I decided to use Earl Grey tea, my favourite. I added lemon and a splash of vanilla (I learned about the vanilla from one of the many recipes I found on the internet).

Go ahead, make yourself an iced tea and celebrate Iced Tea Day. Why not try one of the many recipes that are available out there!

Kathy Langhofer



**JUNE 11**  
**Making Life Beautiful Day**

Today is about celebrating those that make life beautiful.

For me, 365 photographers are pretty high on that list as we create and share beauty everyday.

Consider how that small action of taking a daily photo can have a ripple effect, not only does it add beauty to your life, it also adds beauty to the lives of those with whom you share it!

Like these volunteers painting the crosswalk, not only are they enjoying the freshly painted flowers, but all those that walk through in the months to come will enjoy them too!

Everyone's beauty is different, then that beauty goes on to be enjoyed by the every viewer differently still! Share what's making your life beautiful today!

Amy



**JUNE 12**  
**Red Rose Day**

Today honors the Red Rose... the symbol of love and romance. The rose is also June's flower of the month.

Back before we had the continuously blooming Knock Out Roses, June was when the Garden Clubs looked forward to their award winning roses blooming after a long winter's hibernation.

So today is an easy one: photograph a rose; or, if you have no roses blooming, show off another flower.

And if you're feeling romantic, you can include an Ode to the Rose!

Roses are Red,  
Violets are Blue,  
You make the World Better,  
By just being You!

Amy



JUNE 13

## Weed Your Garden Day

Today may sound like it involves the dreaded chore of pulling weeds, but that is not the case! Instead, we are going to show off our weeds in all their determined glory! For a weed by definition is simply a wild plant growing where it is not wanted and in competition with cultivated plants.

I'm sure you won't have to look too far to find a few weeds. Try the yard, flower bed, garden, or sidewalk.

If you're lucky enough to pick the right weed, your wish may come true!

Happy Weeding!

Amy



JUNE 14

## Flag Day

Today is Flag Day in the United States. This day commemorates the adoption of the United States flag on June 14, 1777.

According to the National Day Calendar "Since 1777, the design of the flag has been officially modified 26 times. For 47 years, the 48-star flag was in effect. In 1959, the 49-star version became official on July 4. President Eisenhower ordered the 50-star flag on August 21, 1959. Seventeen-year-old Robert G. Heft of Ohio designed the 50-star American flag. His was one of the more than 1,500 designs that were submitted to President Dwight D. Eisenhower."

If you don't live in the U.S., you can still post a photo of your country's flag.

You can make your photo unique by playing around with angles and lighting.

Garnett



JUNE 15

## Nature Photography Day

PICTURE YOUR DAY!

Today is Nature Photography Day and Picture Your Day! This is the day that you put yourself in the photo and let us see where you happen to be enjoying nature. As I write this prompt, we are still under stay-at-home order. My hope is that by the time you read this prompt, we will all be able to get out freely and explore. If that is the case, put yourself in the photo and tell us about where you are and why you love it. If we are still restricted, do the best you can. Take us to one of your favorite natural spots close to home and tell us why you enjoy it, or the special meaning it has. My subject photo is just me being silly with a grizzly bear on the roadside in Glacier National Park. I adore nature and wildlife. I am supposed to be on a family lake vacation in Austin, Texas on June 15.

Today you will find out if I was able to actually make that trip!

Garnett



JUNE 16  
Fudge Day

Today is National Fudge Day. Fudge comes in many flavors other than chocolate, including vanilla, peanut butter and butterscotch. Most of us probably think of chocolate when we think of fudge. In addition to candy, you can also have fudge pie, fudge brownies, fudge sauce, fruit dipped in fudge, and many more possibilities.

The best way to photograph something chocolate, fudgy, or dark brown is to contrast it with a lighter color to make it pop.

If you don't have any chocolate, or any fudge, find something dark that you can photograph against something light for contrast. If you can include texture, that's even better.

Garnett



JUNE 17  
Eat Your Vegetable Day

Summer is the perfect time to enjoy your veggies! Everything is fresh and you have a better chance of getting locally sourced vegetables to eat. What is your favorite summertime vegetable? For me, nothing tastes better than a fresh-from-the-garden tomato. Other vegetables are fine throughout the year, but a tomato just doesn't taste like a tomato unless it is fresh.

Today is a great day to spend more time playing with color and contrast. I'm giving you permission to play with your food!

Garnett



JUNE 18  
Splurge Day

Did you know that there is an actual day dedicated to pampering yourself?

The definition of splurge is: to indulge oneself in some luxury or pleasure.

Many of us have found out this year that some things that might be considered splurges are actually necessities: Hair cuts, Hair color, manicures, pedicures!

How do you pamper yourself? What do you consider a luxury that gives you pleasure?

Garnett



JUNE 19  
Flip Flop Day

Here's a day most of us can get behind! Bring out your flip flops! Flip Flops just scream summer to me.

Here is what the National Day Calendar says about flip flop day:

"In 2007, Tropical Smoothie Cafe created National Flip Flop Day to celebrate its 10th anniversary. Every year on this date, customers who come into participating Cafes across the nation wearing flip-flops receive a free Jetty Punch Smoothie. Tropical Smoothie then gives proceeds of a \$1 from customers to send to ill children and their families to Camp Sunshine. Camp Sunshine is based in Casco, Maine, and their mission is focused solely on addressing the effects of a life-threatening illness on every member of the immediate family — the child, the parents and the siblings. This year-round program is free of charge to families."

Isn't it nice to know that there is a greater cause behind it?

Let's see those flip flops. If you don't wear them (gasp!) then let's see your sandals or other favorite footwear.

Garnett



JUNE 20  
Sea Shell Day

Today is National Sea Shell Day. It's a perfect day to look for patterns and textures. Each shell is unique and has a different pattern. If you have access to sea shells today, try to really focus on the patterns and see what catches your eye. If you don't have any sea shells around, look for other spirals or similar patterns.

This would be a great day to use your macro lens if you have one.

Garnett



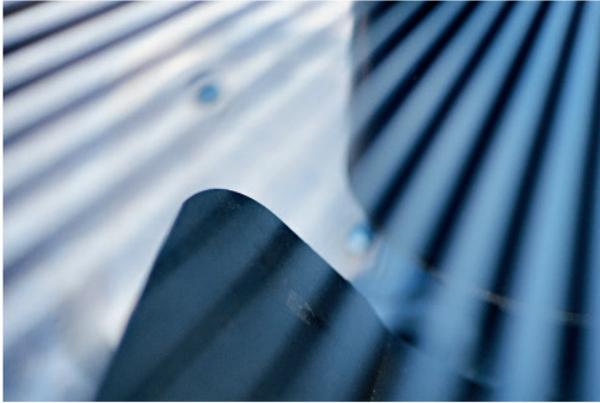
JUNE 21  
Father's Day

At this point in my life, Father's Day is more of a "spectator sport." I love getting to watch my son-in-law father his two boys.

Days like today can be difficult for those of us who have lost our fathers or did not have a good relationship with our father when we were growing up. As you think about today's photo, create an image that reflects your relationship with your dad or with someone who has been a father figure in your life. If you have an opportunity to share part of today with that person, include them in your photo. Or, as I have done with today's prompt, photograph someone or something whose parenting you admire.

If there are no people around, look for some wildlife. Animals also exhibit parental love in ways that make beautiful photographs.

Kris



**JUNE 22**  
**HVAC Tech Day**  
**MACRO MONDAY**

Most of us probably don't think much about our HVAC (Heating, Ventilation, and Cooling) system...until it is not working properly! In the middle of the Texas summer, if your AC fails an HVAC technician will most certainly be your best friend! Hopefully the only person that will have to look closely at your HVAC system today is you! It's Macro Monday so get up close to some part of your heating and cooling system.

My photo is of the outside compressor fan. I was most interested in the abstract lines and shapes. I took several shots trying to decide on which part of the compressor to focus. I chose to use a shallow depth of field (f3.2) and focused on the internal fan blades, leaving the protective grate out of focus. I took the exact same photo again focusing on the closer grate. I did not change the aperture setting. The two photos had a very different feel. This one feels a little more mysterious to me. The other one had much more defined lines, making it feel stronger.

As you get up close and personal with a system in your home that you may never have explored, play with your aperture. Try taking the same photo with several different focal points. I suspect that one will emerge as your preference. Spend some time thinking about why you prefer one photo over the other. Such reflection on your work helps you to identify and hone your personal style.

Kris  
website: [365picturetoday.com](http://365picturetoday.com)



**JUNE 23**  
**Pink Day**  
**COLOR - PINK**

Today we celebrate the color pink. According to the National Day Calendar, "pink combined with white or pale blue is most commonly associated with femininity, sensitivity, tenderness, childhood and the romantic. Pink, when combined with violet or black is associated with eroticism and seduction." What are your thoughts on pink?

As you go about your day, notice where you see the color pink. Clothing, flowers, food, maybe even a beautiful pink sunrise or sunset will be part of your day. Whoever you find it, photograph it!

White balance settings can dramatically affect the hue of your image. To make sure you capture the color pink that you see, it is necessary to make sure you are using a white balance setting that will accomplish that. Today is a good day to familiarize yourself with your camera's white balance presets. If you have been using WB presets, experiment with setting custom white balance. You will likely have to consult your camera's manual if these settings are unfamiliar to you.

Kris

instagram: [365picturetoday](https://www.instagram.com/365picturetoday)



**JUNE 24**  
**World UFO Day**

Perspective is everything!! To most, when you see the letters UFO, you think Unidentified Flying Object, which is the official meaning of this acronym. However, to those of us that are crafters, it means an UnFinished Object. Whatever UFO means to you, today is the day to photograph it.

You may want to look up at the sky and photograph what is flying by. Is it a bird? Is it a plane? Is it an interestingly shaped cloud?

Or, as I did, you may want to take a look in your craft bin and find something that is not finished.

This unfinished baby hat does sort of look like an alien spaceship at the moment!

Have fun searching for UFOs!

Kris

#365picturetoday



JUNE 25

## Take Your Dog to Work Day

The COVID-19 pandemic has changed work environments for many of us. Though teaching from home has challenged me in many ways, it has also had some positive perks. Working from home has allowed me to take my dogs to work with me everyday, something I would never be able to do when teaching in the classroom.

I have to admit that having the dogs' constant companionship eases the stress of these times. The dogs are extra happy right now because their people are home all the time. And as long as the UPS or Fed-Ex delivery person doesn't come to the door, we all do well at sharing and respecting our work and home space.

Do you have a canine companion with whom you share life and work? If not, today is a good day to practice some street photography. Does some place that you visit have a resident dog? Or maybe you'll pass a dog and its owner on your daily travels.

Kris



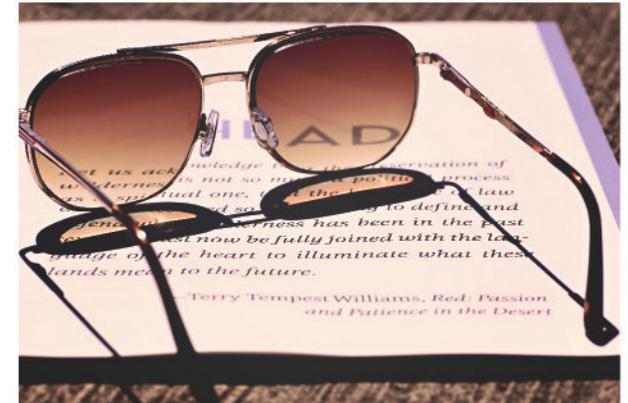
JUNE 26

## Handshake Day

As I write this, it is recommended that handshakes be replaced by elbow bumps to help lessen the spread of COVID-19. Perhaps by the time you are reading it, this will not be the case. Our circle of friends is a bunch of huggers, but after not seeing each other for this extended period of time, we'd appreciate exchanging even an elbow bump!

How do you prefer to greet people?

Kris



JUNE 27

## Sunglasses Day

Sunglasses...fashion, function, or a little of both?

For me, having the appropriate glasses at any given time is a juggling act. I love to sit outside and read, but I have to wear reading glasses over my contact lenses to read, which means I can't wear my sunglasses. Not to long ago, I found inexpensive reading sunglasses. They have been a game changer! They aren't fashionable or pretty, but they do the trick and that's all that I care about in this case!

Silly or stylish...show us your shades today!

Kris



**JUNE 28**  
**Paul Bunyan Day**

Apparently, people remember fondly the tales of the big blue ox and a mighty lumberjack. It is National Paul Bunyan Day!

Ha Ha, I had never even heard of Paul Bunyan! So after a bit of reading, I learned he was a giant lumberjack who had a blue ox and he is a famous North America folklore hero.

So why did I pick this day, because I saw the word 'folklore', and I don't really need an excuse to get my lego out to create a scene that could become folklore in times to come.

Do you have lego, fairies, toys or people around to make up your own folklore with your photo?

Lee



**JUNE 29**  
**Camera Day**  
**PHONE PHOTO**

This day commemorates photographs and the camera. A camera is an irreplaceable tool used to record and replicate memories, events, and people/places. Before the invention of the camera, the only resource to document a vision was a painting.

Cameras have come along way, and as this happens to be take a photo with your phone, you can actual take a photo of your DSLR camera. If you don't want to take a photo of your camera, take a photo of inspiration that you use to keep you going.

Lee



**JUNE 30**  
**Social Media Day**

Social Media Day is observed annually on June 30th. In its short life, social media has redefined how people interact, communicate, and share with family, friends, and the world. And it has proven so needed in the current climate.

I sneaked a photo of my daughter when she was on a phone using social media. As our house still needs painting on the outside, I used a preset called 'CoffeeShop Velvet Matte B&W', so that you can't see all the different colours of the walls. This is also not so hard as a straight black and white conversion, makes the photo softer.

Now is the time to get a photo of someone using their phone, tablet or even their laptop.

Lee

# 365 Picture Today

## JUNE PROMPTS

- |    |  |    |                                     |
|----|--|----|-------------------------------------|
| 1  | World Milk Day                                     | 16 | Fudge Day                           |
| 2  | Leave the Office Early Day                         | 17 | Eat Your Vegetables Day             |
| 3  | <b>B&amp;W</b> - Egg Day                           | 18 | Splurge Day                         |
| 4  | SAFE Day   | 19 | Flip Flop Day                       |
| 5  | World Environment Day                              | 20 | Sea Shell Day                       |
| 6  | Garden Exercise Day                                | 21 | Father's Day                        |
| 7  | <b>Self Portrait</b> - Chocolate Ice Cream Day     | 22 | <b>Macro Monday</b> - HVAC Tech Day |
| 8  | Upsy Daisy Day                                     | 23 | <b>Color Pink</b> - Pink Day        |
| 9  | Donald Duck Day                                    | 24 | World UFO Day                       |
| 10 | <b>Guest Prompt</b> - Ice Tea Day                  | 25 | Take Your Dog to Work Day           |
| 11 | Making Life Beautiful Day                          | 26 | Handshake Day                       |
| 12 | Red Rose Day                                       | 27 | Sunglasses Day                      |
| 13 | Weed Your Garden Day                               | 28 | Paul Bunyan Day                     |
| 14 | Flag Day   | 29 | <b>Phone</b> - Camera Day           |
| 15 | <b>Picture Your Today</b> - Nature Photography Day | 30 | Social Media Day                    |

# 365 Picture Today

## VACATION TIME

June is normally the time we are either taking our vacations or planning to have one soon. By the time this e-book is published, we should have a better idea of the travel situation in our world.

I absolutely love to travel. My idea of a great trip is hiking in the mountains. I love to be surrounded by peaks and lakes away from the crowds. Others dream of sitting on the beach and reading a book. Some like to go to Disney World or other amusement parks. Then, there are the cruisers who enjoy all of those things and the exciting night life and delicious food!

This year, I fear, we might be experiencing stay-cations. Hopefully, if you are still working, you can at least get some time off to relax.

I believe by the time our world gets back to somewhat normal, there are many things we won't take for granted again. I hope our vacations and travel time are even sweeter and more meaningful to us. I pray that we will appreciate so many of the blessings and gifts that our beautiful world has to offer. I pray that our creativity returns with a vengeance and we can capture some extraordinary images.

One thing we can all do, whether traveling or not, is to find something new to photograph. It could be something small or something big. Whatever you choose, appreciate it for what it is and treasure the moment.

Maybe you can create a travel playlist and let the music carry you away.

## PHOTOGRAPHY TIP OF THE MONTH

### LANDSCAPE PHOTOGRAPHY

When you are shooting landscape photography, narrow your aperture so that more of your image is in focus. Place your horizon on the thirds and try to add an object for reference. It's usually best to focus in the middle third.

## 365 Picture Today TEAM



**AMY**

**contact: [amy@365picturetoday.com](mailto:amy@365picturetoday.com)**

Narrowing down my favorite trip would be hard as I don't think there is one I haven't enjoyed! It was fun last summer to see the West Coast for the first time. Driving along Hwy 1 with its very narrow and cliffy coastline was such a stark contrast to the flatness of the east coast and our pictures didn't do the train ride high into the redwoods justice; it was awe inspiring!



**GARNETT**

**contact: [garnett@365picturetoday.com](mailto:garnett@365picturetoday.com)**

My favorite trip(s) are to the U.S. National Parks. I have loved them all, but my favorite has been Glacier National Park in Northwest Montana. It captivated me and captured my heart. The scenery is so pretty and the wildlife is plentiful. There is not a direction you can look where the view doesn't stop you in your tracks. I have been twice and I hope I get to go again some day! In the meantime, there are many more parks to explore!



**KRIS**

**contact: [kris@365picturetoday.com](mailto:kris@365picturetoday.com)**

I loved traveling to and photographing Iceland. The terrain and even the colors were so different from my normal surroundings. I also was amazed by the sheer beauty of Alaska - the mountains, the glaciers, the clear blue waters, and the incredible wildlife.



**LEE**

**contact: [lee@365picturetoday.com](mailto:lee@365picturetoday.com)**

My favourite trip in recent years has been to Singapore and Malaysia, I went with my sister and my brother. As I was born in Malaysia, and hadn't returned since I left when I was 2 years old, My father is and was a keen photographer so had lots of photos to show how it was, obviously it had completely changed but I so enjoyed travelling the country and exploring where my parents and I use to go.