

OCTOBER 2020



365 *Picture Today*

365 Picture Today!

Here we are, beginning the last quarter of 2020. Who knew back on January 1 that this year would be marked by so much craziness. The reason that we all set out to take a photo a day back then was to document the details of our daily lives. I hope you have done that.

One of the things that I learned back in 2014, my second year of taking a photo a day, is that is equally important to photograph the difficult, the dark, the sad, the ugly days as it is to photograph the happy and beautiful ones. I learned this the day I photographed my dad's funeral. We need these "not so pretty" photos to look back at and remind us how far we've come, that we have survived, that we are resilient. On the tough days, it can be hard to even pick up our cameras, let alone photograph something that we'd rather not be experiencing let alone preserving with a photo, just do it. In the years to come, you will be glad that you did. I promise you that.

As we look toward the holidays and the end of this year, take a few moments and look back at your photos from the past nine months. What do they say to you about your experience living in COVID times? Do your daily photos accurately reflect your life and feelings about living through 2020?

For me, October brings a marked change in my internal and external worlds. I look forward to the holiday season, even this year knowing that it might be different. I take stock of my goals for the year, those already accomplished and those that still need to be wrapped up. I begin to think about the mysteries that may lie ahead in the new year. Much of this season of reflection is sparked by the changing natural world. In the northern hemisphere, fall brings new colors before the trees drop their leaves and bare the stark form of their skeleton, that which holds their real essence. In the Southern Hemisphere, spring is bringing newness of life. Either way, "things are a changin."

Wherever you find yourself in the world or in your head, photograph that place. Picture Today. October. 2020.
The beginning of the last quarter of this crazy year!

Amy, Garnett, Kris and Lee



OCTOBER 1 Homemade Cookie Day

Do you need an excuse to bake or enjoy cookies? If so, today is your day!

If not, consider looking for repeating circle patterns. Try different angles until you find the one that is the most eye catching - straight on, from the side or overhead? Filling the frame with your pattern is also a great way to draw attention to repetitive details.

If you want a more creative challenge, try creating your own cookie circle pattern!

Whatever you choose, enjoy the process!

Amy



OCTOBER 2
Body Language Day

Body language is a form of survival when you can't use words. Your minute movements reveal your unspoken thoughts.

Body language is part of day-to-day life with kids and pets, couples and family, even the wildlife has a silent language.

Try using some body language to picture your day!

Here are a few types of body language and the suggestions:

- Facial Expression - Happy, Sad, Afraid, Relaxed
- Gestures - Thumbs Up, Peace Out, Hang Ten
- Body Posture - Head Tilt, Arms Crossed, Hands Up
- Space - Hugs, Face to Face, Handshake

Amy



OCTOBER 3
Techies Day
BLACK & WHITE

There is no denying that techies have changed the world!

Without them and the innovating technology they have developed, we wouldn't be able to do most things!

It's Black & White day. So, when you're composing your shot, look for light and shadows as they will appear more pronounced with the absence of color.

Did you know that many of our devices make great light sources?

Consider using the technological advances of those devices to your advantage today.

Amy



OCTOBER 4
World Smile Day

Each year on the first Friday in October, World Smile Day devotes a day to smiles and spreading random acts of kindness.

Did you know that smiling:

- Improves mood
- Lowers blood pressure
- Relieves stress
- Better relationships
- Boosts the immune system
- Relieves pain
- increases life expectancy

Take a photo today of your own smile, someone else's smile, or something that makes you smile. It's a little more challenging in the days of mask wearing to find a smile. You might have to put your creativity in play!

Garnett



OCTOBER 5 Get Funky Day

Get Funky day encourages everyone to break out of their "funk" and get "funky!" Listen, if there was ever a year or time we needed to break out of a funk, this is it! I believe we have all been in a COVID-19 funk these past months.

Let's use get funky day to break out of our photography funk. Think about bright funky colors, or something that makes you happy. Take a photo that makes you feel positive. Look for funky patterns or textures. Let loose. The kookier and brighter, the better! You can use apps to make it even funkier.

I have no idea what I was thinking when I took the above photo. I don't know if it is funky, but it broke me out of my funk! I processed in Prisma to make it even funkier.

Garnett



OCTOBER 6 Noodle Day

Today is noodle day.

Noodles can be a great photography subject. I know it seems like another food photo, but you can have a lot of fun with it. You can cook various shapes of noodles and arrange them. You can use dry noodles and make patterns. You can use pasta or you can zoodle the noodle like I did in the example photo.

You can get creative and try swirling in photoshop. You can use other apps to make your photo swirly and noodly. You can take photos of things that might resemble the shape of a noodle.

Take this whatever direction your creativity leads you.

Garnett



OCTOBER 7 Led Light Day SELF PORTRAIT

Today is LED Light Day... it also Self Portrait Day.

For today's challenge, take a photo of yourself in the best light you can find. Look for natural light by a window or skylight, use the light from your refrigerator, use a flash (on-camera or off camera), try a ring flash for even light, reflect light, use a soft box.

If you want to use a flash but you don't like the harsh light, try a diffuser. If you don't have a diffuser, bounce the light off the wall. Never point the flash directly at your subject or you will get red eye and shadows.

There are lots of great ideas for "do it yourself" lighting that you can google. Be sure and share with us what kind of light you used for your image.

Looking forward to a beautiful gallery full of beautiful people today!

Garnett



OCTOBER 8
Touch Tag Day

Tag! You're it! Touch Tag Day celebrates the childhood game of tag by encouraging everyone to get outside and play! It can be celebrated by getting out in the fresh air and running around. After this year of confinement, getting outside sounds like a great idea to me!

According to the National Day Calendar, "Dating back to ancient Rome, this game has been played worldwide with a variety of names and rules. Typically it involves a player running around, chasing other players, in an attempt to "tag" or touch them. Most forms of this game have no teams, scores, or equipment. Usually, the goal involves being the last player left untagged or being safe."

The challenge today is to use a fast shutter speed to freeze the action. If you don't have any human subjects to capture, you can freeze your furry friends. If you have no furry friends, use a fast shutter speed to capture action of some kind... a bird... the ocean waves... a moving vehicle... etc.

For the example photo I used a shutter speed of 1/1000. I was able to get a great capture of the girls running and the waves breaking.

Garnett



OCTOBER 9
Motorcycle Ride Day

You might find my example photo a little strange for "Motorcycle Ride Day." Today we are going to look for something "round" to photograph (like the wheels of the motorcycle).

If you have a bike or see a bike or want to photograph a bike, please do it! That would be super cool. Try to focus on the wheels or use a depth of field to highlight them.

For the rest of us, look for something round... or perhaps even try a round flatlay. Remember, when you are photographing something round (especially a macro), use a narrow aperture so that the whole object is in focus. If you use a wide aperture (low f stop) your edges might be blurry.

I was drawn to this cutely decorated bale of hay in the Mountains of Virginia last year.

What interesting round items will you photograph today?

Garnett



OCTOBER 10
Handbag Day
GUEST PROMPT

So fun to be able to choose the guest photo prompt today! It's National Handbag Day, so please join me in recognizing this versatile and utilitarian item that we all own. It goes by many names- pocketbook, clutch, purse, or evening bag to name a few- and it has been coming in handy for thousands of years. My handbag often is a camera bag in disguise because I usually keep a camera handy and I don't want to carry two bags. Handbags come in a huge variety of sizes and designs, from casual to sophisticated, so today, show us your style! If you are really daring, show us a glimpse inside, or even make a flat lay of the contents.

Debra Penk



OCTOBER 11
Day of the Girl Day

Growing up these days is tough, a lot tougher than I remember it being when I was younger. I watched my two girls deal with issues as teenagers and young women that I never would have thought to worry about at their age. Though we may think that women have an equal place in today's world, the sad reality is that we don't.

Today is all about celebrating young women and empowering them to face the world head on and with confidence. I'm proud of all that these two have accomplished thus far. I know that they have worked hard and have had to face some big obstacles along the way.

Whether you have raised a girl child, are a girl child, or have a special young lady in your life, we all have a responsibility to stand up for the rights of women. Photograph the woman or women for whom you are fighting.

Kris



OCTOBER 12
Farmers Day

Farming is hard work. And, we all depend on the hard work of farmers every day...for our food, our clothes, our shoes, and for many other daily necessities. We have a small urban garden and it requires much care and cultivation. I am in awe of the farmers with many different crops and livestock to care for every single day.

Today is a day to give thanks for the farmers in our lives, known or unknown to us.

Including the human touch in our photos ups the emotional impact of the image. A farmer on a tractor, or with dirty hands, or milking a cow, or sheering a sheep...that human touch puts a human face on some of the things that we perhaps take for granted.

Give thanks for farmers with today's photo.

Kris



OCTOBER 13
Train your Brain Day

I have always loved puzzles. It can be crossword, logic, numbers, almost anything and I will be entertained. I begin every morning doing the Sudoku puzzle from the morning paper while I drink my coffee. It gets my brain working before I begin the real work of my day.

Research has shown that we need to keep our brains busy by pushing old skills and learning new ones. Pushing our mental capacity makes us use parts of our brains that may be getting a little too much "rest." Lifelong learning also keeps our minds sharp and feeling young. Between my morning puzzles, knitting, playing music, building Lego, and learning to paint "later in life" my brain feels like it is running a marathon most days. And most days, I'm OK with that.

What do you do to keep your brain active? As you photograph that today, try to capture in your photo the tiny details that might go unnoticed otherwise. I always write my answers with a black Sharpie and use "my favorite pencil" to write in possible answers when I am working on a five-star puzzle. It is these little things that make our daily photos truly a picture of our everyday.

Kris



OCTOBER 14
Stop Bullying Day

It is sad to me that we have to have such a day. But, bullying is a very real and a very serious thing.

Today is a good day to talk to your children or grandchildren about bullying. Encourage them to reach out if they are a victim of bullying and help them to become the safe place for someone else who may be being bullied. One close friend to someone who is picked on by others can make all the difference.

Photograph friends or a random act of kindness today. And, keep in your hearts all those victims of bullying who saw no way out other than to take their own lives.

Kris



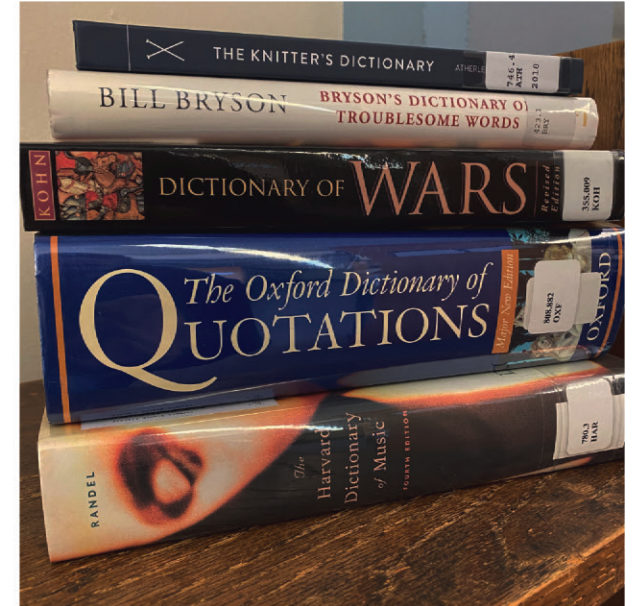
OCTOBER 15
Grouch Day
PICTURE YOUR DAY

Today is Picture Your Day and Grouch Day. Most of us probably don't like to admit that we can be a grouch and we sure don't want to photograph our grouchy selves. Remember, however, that our daily photos are about photographing our everyday life and grouchy days happen!

Though I'm not having to get dressed to leave home for work these days, when I do, my socks are always the true indicator of how I'm feeling when I get dressed for the day. On those grouchy days, my buddy Oscar is right there with me. I have to admit, knowing that makes me smile and usually makes my day better.

Do you dress to express your mood? Do you have favorite socks? Picture Your Day by dressing to show us how you are feeling today. And remember, grouchy is okay sometimes!

Kris



OCTOBER 16
Dictionary Day

Today is dictionary day...and there is a dictionary for almost anything! National Dictionary Day commemorates the birthday of Noah Webster. As a word nerd, I am grateful to have a world filled with dictionaries!

As you go about your day, look for interesting signs or displays of words. Have some fun with letter tiles or blocks. Or, celebrate by learning a new word or two! Play a fun dictionary-based game, like Balderdash or Scrabble. And remember to take a photo while you are doing so!

Kris



OCTOBER 17
Mulligan Day

"In golf, a mulligan happens when a player gets a second chance to perform a specific move or action. The day offers an opportunity for giving yourself a second chance or, as some people call it, a "do-over." We both got a second chance at marriage. Our joke is that we have been married 54 years, ten of them to each other. :-) Second chances can be a gift or they can be a difficult move to make.

Do you have a second chance to photograph?

If not, have some fun taking a double exposure today. Make good use of a "second shot." Check your camera manual to see if you can do a double exposure in camera. If you can't, there are many apps, like Image Blender or BlendMe, that allow you to create double exposure images from single exposure photos. And if you have lots of time on your hands, the Internet has endless tutorials on how to be creative with double exposures.

Have fun. And if necessary, give yourself a second chance!

Kris



OCTOBER 18
Toy Camera Day

Toy Camera Day is the yearly event that honours the ridiculous photo-taking capacity of outdated toy cameras.

I thought that this day was relevant to us taking a photo a day, do you have a child's camera lying around, that you can take a photo of, unfortunately I don't have an old toy camera around.

So instead I found my lego camera so that the stormtroopers could take a photo with it, not sure how well it will develop!

Take a photo of a toy camera, some lego with a camera, or just a camera that you have lying around.

Lee



OCTOBER 19
International Gin & Tonic Day
MACRO MONDAY

One of the world's most famous cocktails...Enjoyed the world over, this simple cocktail takes only moments to create.

The drink was founded in India when the British East India Company reigned the country. The Scottish doctor, George Cleghorn, used quinine to treat malaria in India. Quinine is a flavour component of tonic water. The quinine had a bitter taste. Eventually, sugar, lime, and gin were added to the quinine to make it taste better.

So let us get our light boxes out if you have one, or get some backlighting going, find some cheap fizzy drink, ie lemonade, soda, fizzy water and play getting some bubbles, because it is Macro Monday.

Lee



OCTOBER 20 World Statistics Day

This World day only comes around every five years, so worth a mention I thought, as it effects all our lives all the time.

Statistics involves the collection, analysing, and interpreting large amounts of numerical data. This field of mathematics allows scientists to make new discoveries. It helps industries make safer products. Pharmacists develop more effective medications when using statistics. When predicting the weather, meteorologists rely on statistics to be accurate. Even investors make better financial decisions thanks to statistics.

In this year of Corona, the statistics have been shown everywhere on how the virus is effecting all the world.

I decided to use a circle chart, with chocolate, it is a win-win situation!

How are you going to show your statistics!

Lee



OCTOBER 21 Count Your Buttons Day

Yes there is a day for counting your buttons! Do you, like me, have a big tin of buttons that has been passed down from my grandma and my mother-in-law? And, I also my own collection. It is a big tin and has a lot of different buttons in many colours and sizes; yet, I sometimes still buy more buttons!

Find your buttons and make a piece of art.

No buttons? Not a problem. You can use pebbles, shells or even coins. Be creative!

Lee



OCTOBER 22 Nut Day

It is good to see that there is a food day for the humble nut! One study has shown that people who eat nuts live two to three years longer than those who did not. Those who were consuming nuts may have been eating less junk food leading to a longer lifespan.

So let us see you go nuts!

Lee



OCTOBER 23
Boston Cream Pie Day
COLOR DAY - BROWN

I have not had the pleasure of eating a Boston Cream Pie.

The decadent cake comprises two layers of sponge cake filled with vanilla-flavoured custard or creme patisserie. The cake is then topped with a chocolate glaze, such as a ganache or sometimes powdered sugar and a cherry.

Please take a photo of a Boston Cream Pie if you want to, but I am suggesting just using one of the ingredients from the recipe and take a photo of that, so no baking has to be carried out.

Lee



OCTOBER 24
United Nations Day

In 1945, after the turmoil and destruction of World War II, the United Nations were established in order to prevent future devastating wars. 50 governments gathered in San Francisco on April 25 and began drafting the UN Charter, which was adopted June 25 and then officially took effect on the 24 of October.

Today the United Nations consists of 193 member states and 2 observer states. The mission of the United Nation is to maintain international peace and security.

So let us be united and see where you live, show us a piece of your world at this time of year!

Lee



OCTOBER 25
International Artist's Day

Art is enjoyed and artists are appreciated around the world today.

International Artist's Day helps increase the visibility of many genres, like painting, drawing, sculpting, photography, digital art, glass art, music, literary arts, acting, and dance. Artist add so much beauty to the world around us. To celebrate the day they suggest taking time to enjoy art, create art or acknowledge an artist.

Our 365 Picture Today community is chocked full of artists not just of photography but of many creative endeavors!

Sometimes we can use some help creating our works of art. Here I used the Glaze App to give my photo a watercolor effect.

Have fun creating today!

Amy



OCTOBER 26
Pumpkin Day

Pumpkins are an Autumn Favorite!

Today you can go literal and take a photo of a pumpkin.

Visit the pumpkin patch, carve a jack-o-lantern or show off a festive decoration.

You can go flavorful and take a photo of your favorite pumpkin treat.

There seems to be pumpkin everything nowadays - from lattes, doughnuts and cheesecake to cereal, yogurt, and popcorn.

Show us your favorite something pumpkin!

Amy



OCTOBER 27
American Beer Day

Did you know Beer is one of the oldest drinks in the world.

Archaeologists have unearthed beer recipes and vessels dating as far back as 3400 BC. Most beer lovers still have a favorite recipe or brew with some even creating their own at home.

Fun Fact: The Czech Republic holds the record for beer consumption 25 years running consuming 287 pints per person per year; now those are some serious beer lovers!

Not a beer drinker... me either. I do, however, love colorful bottles!

Whether you share a pint or just the bottle - Cheers!

Amy



OCTOBER 28
Chocolate Day

Chocolate is one of the greatest culinary inventions of all time.

It's the world's favorite flavor! So it's no surprise that most of us don't need a special day to indulge in chocolate. It comes in a variety of flavors and is part of a wide assortment of products making it a pantry staple in most households.

Whether you like to snack on it, drink it, savor it or bake with it, share a photo of the chocolate you enjoyed today!

Amy



OCTOBER 29
Cat Day
 PHONE

Today is the Purrfect day to celebrate Cats!

They have been waiting all year! With all the days dedicated to dogs, it's about time the Cats get a little fanfare! Make sure you have lots of treats close by to reward your models!

No cat? Take a photo of any animal that you come across today.

Reminder: It's Phone Photo day! Good luck capturing the Purrfect Portrait!

Amy



OCTOBER 30
Candy Corn Day

Candy Corn is one of those sweet confections people have strong feelings about; either they "Love it" or "Hate it"

Surveys report there is very little middle ground? So... What about you?

I LOVE it, in the **can't-stop-eating-please-take-the-bag-away-before-its-gone** sense and evidently I'm not alone! As we Americans consume over 35 million pounds of Candy Corn each year!

Interestingly, when Candy Corn was first introduced in the 1880's the multi-colored design and technique was considered ground-breaking in the candy industry and is still quite an anomaly.

So now it's your turn - Candy Corn lover or hater?

Amy



OCTOBER 31
Halloween

Today you pick? Which National Calendar Day works best for you.

Do you get trick or treaters, have a funny ghost joke that will crack us up or maybe you've made some yummy treats!

Here are your choices:

- Trick or Treat Day
- Carmel Apple Day
- Doorbell Day
- Knock-Knock Jokes Day
- Magic Day

Can't wait to see what everyone picks!

Amy

365 Picture Today

OCTOBER PROMPTS

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- 4 World Smile Day
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- 19 **Macro Monday** - Gin & Tonic Day
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- 24 United Nations Day
- 25 International Artist's Day
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- 28 Chocolate Day
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- 30 Candy Corn Day
- 31 Halloween

365 Picture Today

LENS TALK

Are you in a lens rut? What I mean is... do you find yourself using the same lens all of the time? It's easy to do. We put our favorite lens on our camera, and then it becomes easy and comfortable to just leave it there. It can be much like shooting in automatic, you become so comfortable that you don't even think about it anymore.

This month, your challenge is to play with different lenses. You could switch your lenses each week and have a week of photos with each individual lens. You can challenge yourself to take photos of the same subject using different lenses. You can really push the envelope by using portrait and prime lenses for non-portrait subjects. Experiment with shutter speed and focal length. Compare your images and see what each lens does differently.

Some of us have many lenses but rarely use them all. Some of us have one lens or a point and shoot camera.... or even our phone. If you don't have a variety of lenses, play with other settings. See what your point and shoot will do at different angles or distances from your subject.

There are two basic types of lenses: Prime and Zoom

Primes lenses have a fixed lens focal length. They are sharp and fast. But they require you to move around and really think about your composition.

Zoom lenses allow different focal lengths and are much more flexible for everyday use.

Within these two categories, there are varieties of lenses: Macro, telephoto, wide angle, specialty (fish eye; tilt shift, infrared).

I don't know which lenses you have in your arsenal, but if there are some that you rarely use or don't fully understand, the challenge this month is to get familiar with them! If there is lens you thought about adding to your collection, maybe you could borrow it and try it out.

PHOTOGRAPHY TIP OF THE MONTH

KEEP BOTH EYES OPEN...

...when you look through the viewfinder. Keeping both eyes open enables you to see what is in the scene other than just the subject you are focussing on.

365 Picture Today TEAM



AMY

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I follow a few local Outer Banks photographers; Mark Buckler, Wes Snyder, Jennifer Carr, Daniel Pullen. I enjoy seeing our sandbar through their lens!



GARNETT

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There are several photographers I enjoy following. I like Kim Klassen and Carolyn Watson (16 Miles Out) for Still Life Photography; Tim Shields for Landscape Photography; Meg Loeks for Portraits and editing techniques.



KRIS

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I tend not to follow people because of their photographic style because, well, their style is their style And I need to find my own. I am drawn to photographers because of their philosophy and outlook on life and art. I appreciate the depth and emotion in the work of Rick Guidotti and Stacy Kranitz.



LEE

contact: lee@365picturetoday.com

I love the photos by the following and enjoy their feeds on flickr and also on Instagram. Elena Shumilova. Steven McCurry Kim Kassen and Rosana Cafe, they all seem to have a similar style, that I wish one day to capture.