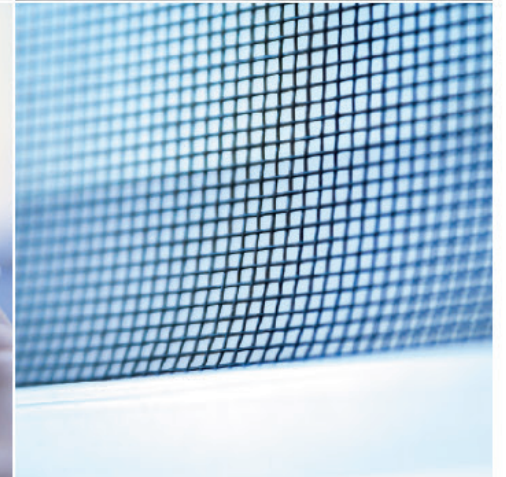


# 365 Picture Today

APRIL 2021

365  
Picture  
Today



# Hello April

Just think, as of April 10th you will have completed 100 days of taking a photo. Can you believe you've made it this far? Maybe you've missed a few days along the way, that's ok, just stick with it. We love that you're here. It's not an easy journey completing a photo a day and we've all struggled at times. But, sticking with it is so rewarding and you can't find a better group to support you along the way. We see new life in nature during Spring. You can take a hint from the season and start anew with your 365 project if you've been falling a bit behind.

We've made it through a year of the pandemic and hopefully we're on our way to coming out the other side. For most of us, the weather is starting to improve. Spring is in the air. It is time to get out and embrace it. One of my favourite things about a 365 project is that it gets me out of the house exploring new areas of my city. I've only been living in Ottawa for 3 years and I have discovered areas of this city that my husband has never seen and he has lived here for over 30 years. I contribute these discoveries to this 365 project. It helps me embrace the seasons to their fullest!

Spring is a time of regrowth and change. It's a time to come out of our cocoons and spread our wings. Spring brings about lovely colours and new flora growth. The landscape changes from grey and blah looking to bursts of colour as new flowers start to bloom and trees bud and sprout new leaves. There is no better time to grab your camera and soak in all that nature and your area has to offer. Flowers are great for macro photography, the new terra makes it a great time for landscape photography and the budding colours make great backdrops for portraits.

Our days are getting longer and we have more time in our day to capture our photos. Farmer's markets are starting to open, outdoor events are starting up again giving us more options for our daily prompts. Hopefully this gives you motivation to get out there and discover of what spring has to offer. Here's to the next 100 days! We can't wait to see what you capture!

*Amy, Danette, Diane, Garnett, Kris, Lee and Lysle*

# EXPLAINING THE PROMPTS

The weekly themes designed to fire up your imagination, increase your skill level, learn new techniques and share your joy of the photography world!

**PICTURE YOU** week just might challenge you the most! Getting in front of the camera is important in so many ways. It teaches us how others feel when the camera is pointed at them and it allows us to be more comfortable in our own skin. When we include ourselves in a picture, it documents our days, but you don't HAVE to be in the photo at all if it does not fit your style. There is freedom in this week, but we do challenge you to turn the lens around and get in front of it! (You have a million pictures of your family, but none of yourself, right)? Each PICTURE YOU week will have a GUEST PROMPT where a member from our community will be given the opportunity to write a prompt for us to follow! The guest prompt is designed for you as valuable members to stretch your creative abilities and show us what you've got!

**PICTURE MORE** is 'technical week'. The prompts will let you explore your creativity with a technical agenda. This is the week to try new skills, revisit old ones and maybe learn some really interesting tricks. You might just surprise yourself with your technical genius! One of the greatest things about photography is its diversity. We will be exploring camera angles, symmetry, breaking the rules, negative space and other tricks to make your photography evolve! During this week we will be stretching ourselves with skills that may range from techniques such as light trails, long exposure, lens zooming and panning, or we may switch things up and add some processing fun!

**PICTURE COLOR** is all about color, a specific color on a Sunday chosen by one of the creative team that will be featured exclusively! Sometimes you will easily find these colors and other times these colours may be more difficult to find. Be patient - sometimes the color will just 'pop' out at you in the most unpredictable way! The color prompt week will most definitely make our galleries look lovely!

**PICTURE STYLE** is all about your style within different styles! Landscape, street, night, travel, portraiture, still-life, wildlife photography and other picture modes are going to be stylized to create some amazing photographs. We will also be playing around with shutter speed and double exposure to give your photos a different "pop".

**EXTRA CHALLENGES:** Each month we are including SELF PORTRAIT, WHERE I STAND and MACRO MONDAY challenges. We also have the new QUARTERLY CHALLENGES. First up is PICTURE YOUR WORLD, where you hopefully will return to the same place each quarter to take the same photo (see the seasonal changes), second is the SCAVENGER HUNT that went down so well last year and finally we thought that SONG LYRICS will give us all a bit of a challenge, all totally up to you, if you want to incorporate this into your daily photo.

## CHECK UP

Have you enjoyed capturing the everyday? Have you learned to embrace the everyday and what it holds? We have been giving you tips and advice how to approach your 365 project. We asked you to think about your whys and your hows and your whens. We have encouraged you to get to know your camera and reminded you that you don't have to stay on prompt if you aren't feeling it that day.

The Team really wants you to concentrate on the everyday and what that means to you. If you are traveling, sick in bed, home alone, working, celebrating a birthday or anniversary, cooking and cleaning, photograph it. If your child is throwing a tantrum, wins a spelling bee, or graduating, photograph it. If your pet is being funny, photograph it. Get the idea?

This community is not about competition... it is about encouraging each other. We are a community who will lift your spirits if you are alone or sick in bed. We are a community that will delight in the sights you share while you travel. That is how special this community is.

Many times we are tempted to skip a day... or to dig into the archives... but let's really focus on our why. Your 365 project is for you... only you know your why. Your goal isn't to find an archived photo that fits the prompt; it is to actually push the shutter every day. At the end of the year, you will have 365 photos that you would not have if you weren't taking on this challenge. If you aren't feeling inspired for the daily prompt or the weekly theme, don't stress! Take the photo that means something to you. Go off prompt. Take it in another direction. Take a photo that resonates with you.

If you are struggling for inspiration or need a creative kick, don't be afraid to google ideas or browse through Pinterest. Reach out to other community members to share how they achieved a certain image... camera settings, set up, post processing. We want to share ideas and help one another.

Stay true to your 365 by capturing a new photo each day and at the end of the year, you will be thrilled with the collection of images you captured! Guaranteed!



APRIL 1  
**RELAXATION**  
Currently

*Guest* **PROMPT**

That feeling of bliss that washes over you when you “get away from it all” isn’t just in your head. Whether you spend time in the great outdoors, reading, or even cooking, total relaxation will help you find, clarity and rejuvenate your mind and body. The exercise that generally goes hand-in-hand with spending time outdoors (hiking, biking, water activities, etc.) spurs the production of endorphins, your brain’s “feel-good” neurotransmitters which helps you feel loose, clear-headed and calm. While some find relaxation in exploring the outside, others find relaxation in the quiet alone time reading, doing needlework or just sitting and thinking.

What will you do today to reach a state of relaxation; you can do it! Take a photo of YOU...relaxing!

“Don’t underestimate the value of doing nothing, of just going along, listening to all the things you can’t hear, and not bothering.” –A.A. Milne

Doug Smith



APRIL 2  
**CENTERED**  
Currently

*Picture* **YOU**

What currently centers you?

What brings you to that place of balance where you feel the most content. For me, it’s always being in nature with a camera in my hand. It really transforms my entire attitude.

We have had several requests for a day where we can show off our 365 Picture Today Swag. Today is the day!

If you have your 365 Picture Today swag, wear it! If you don’t own any of our group attire, that’s okay too! You can still show us where you are the most centered and balanced. You can also go in the direction of centering yourself in the photo. It’s totally up to you how to approach it.

Garnett



APRIL 3  
**POCKET**  
Currently - Picture My World

*Picture* **YOU**

Do you remember where you were on January 9th of this year? Do you remember the photo that you took on that day? If not, go back and look because you will need to revisit that spot again today. This is my photo from January 9, 2021, one of my favorite local running/walking paths.

Today’s Picture Your World prompt invites you to photograph the same location four times throughout this year documenting the changing seasons along the way. You may choose a different perspective or choose to include different subjects in these repeating photos, but try to make it obvious to the viewer that they are seeing the same location.

Once you have taken today’s photo, create a diptych using it and your January photo. There are many phone apps that make creating diptychs simple. This would be a good day for everyone to share your favorite way to create collages, whether they contain two photos or ten. You can also use Photoshop or Lightroom, as well.

Kris



APRIL 4  
**NATURE**

*Picture*STYLE

Golden Hour

In photography the golden hour is the period of daytime shortly after sunrise or before sunset. It is also called the Magic Hour! To me this is so appropriate for today's prompt of nature.

Nature is magic! It may refer to living plants, geological processes, weather, animals or humans. We are surrounded by a world of nature right outside our doorsteps.

Step outside at sunrise or sunset and see what kind of magic you can capture in nature during the golden hour.

There is the chance that the weather or the hour for photography won't suit or cooperate with you. Not to worry! If that should happen, show us what nature surrounds you today.

Lysle



APRIL 5  
**ENERGIZED**

*Picture*STYLE

Golden Hour

I don't know about you, but when the golden hour turns the sky into a myriad of glorious colors it sure does energize me to grab my camera!

When the sun is low in the sky, it is the perfect time of day to take advantage of backlighting your subject or trying your hand at silhouettes. When you illuminate your subject from behind, you might be surprised at details that stand out, things that might otherwise have been overlooked.

No amazing sky today? No worries! This effect can also be achieved using the light from a window or open doorway to create your own backlighting.

Can't wait to see the light that energizes you today!

Amy



APRIL 6  
**CABLE**

*Picture*STYLE

Golden Hour

Everything kind of fell into place easily for this prompt today. We bought a fish house/camper earlier this year that has the most amazing cable system on it; and, the golden hour tonight was lovely. Those two pieces together allowed me to capture the prompt and picture style week quite nicely.

I hope you are able to find a cable today that catches your eye. Just try to remember to use the beautiful hues of the golden hour to accentuate your subject. I do believe you'll also have a lovely photo to share with us today as well.

Danette



# 365 Picture Today



APRIL 7  
**REFRESHING**  
Golden Hour

*Picture* **STYLE**

What's more refreshing than taking a stroll around a lovely pond at golden hour? The water flows out of the fountain, hitting the pond surface with the spray lightly touching your face as you walk by...doesn't that sound like a nice way to spend a warm evening?

"Refreshing" can come in many forms such as a refreshing drink, a refreshing swim, or a refreshing change of scenery. Taking photographs during the golden hour can be refreshing in itself. The light falls so gently at this time of day, adding drama and texture to your photo.

Show us the refreshing way you enjoy golden hour today.

Diane

APRIL 8  
**PROMPT FREE**  
Golden Hour

*Picture* **STYLE**

Prompt Free Days often bring to mind the saying, "The grass is always greener on the other side." Some days, we feel restricted by the prompt, but on other days, no specific prompt makes us feel lost by having no point of departure.

Think about these prompt free days as a check-in as to how this project is changing you. What do you notice that you would have overlooked previously? What small moments in YOUR day now feel bigger and call to be documented?

Today is a blank canvas for which all of the other prompts have prepared you.

Keep your eyes open and have fun!

Prompt Free

APRIL 9  
**AUTHENTIC**  
Golden Hour

*Picture* **STYLE**

I have spent many years trying to figure out what my personal style is when it comes to photography. In a nutshell, I have come to the conclusion that I like authenticity in my images. I like them to reflect true and meaningful moments in life. I think that puts me in the category of lifestyle and documentary photographer. What this means to me is that I don't generally set up my shots. I don't edit out imperfections. And, I don't always shoot at "the best time of day." My intellectual self knows that shooting during the golden hour makes for gorgeous photos, but the realist in me also knows that a lot of life's stories take place in the other twenty-three of hours each day. And those stories need to be captured, even if done so in less than ideal circumstances.

Think about what creates authenticity in YOUR photos. Capture that today. If it happens during the golden hour, yay! If not, shoot anyway.

Kris



APRIL 10  
**SHINE**

*Picture* **STYLE**

Golden Hour

By taking photos on a regular basis you learn when the best light of the day is for you. I love it when the sun is shining and everything has a soft glow during golden hour. I am better at taking the photos in the evening, I am not a person that gets up early enough to see the sunrise most mornings at this time of year.

By using the golden hour to take a photo of my magnolia tree, I am making the bud shine.

What can you find to shine today at golden hour?

Lee



APRIL 11  
**PAIR**  
White

*Picture* **COLOR**

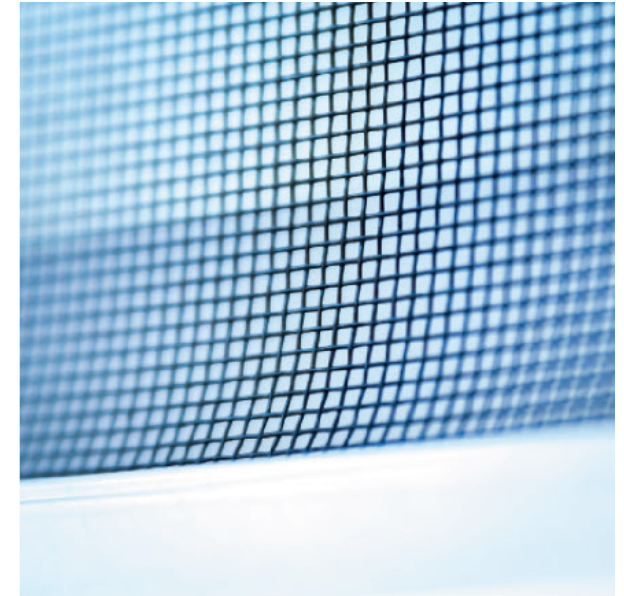
Today starts a week focusing on the color White!

White has been referred to as the most powerful non-color! It is in this absence of color that we will turn our cameras toward this week.

White can symbolize elegance, cleanliness, and purity. It can create a feeling of optimism, balance, and simplicity. However, that absence of color can also feel boring or cold and it can give a sense of emptiness or loss to an image.

As you go through this week allow yourself to explore the many facets of White!

Amy



APRIL 12  
**EXTERIOR**  
White

*Picture* **COLOR**

I apologize in advance if this photo messes with your eyes. It really messed with mine at first but the more I looked at it, I found myself drawn to it. I don't have any fun macro equipment for my cameras. I don't even know if I have that feature on my phone.

Instead, I get in as close as I can to my subject, see where the sweet spot is for my lens to auto focus, and I take a few shots. Then, in post processing, I'll crop the photo even further to give it a macro feel. If you are wondering, this is the exterior of a screened in window.

How do you shoot your macro photos?

Danette



APRIL 13  
**PEACEFUL**  
White

*Picture***COLOR**

There's something about a lone tree in winter, isn't there? It was a bit foggy this day which added to the ambience. I find the whole scenario quite peaceful. Also, since it's winter, it's definitely white!

We all have different definitions of what peace means to us. We hold it, wear it, experience it or go to it and it brings us peace. This past year has been especially difficult for many of us and finding some form of peace has sometimes been a struggle. Being in nature taking photographs is one place where I find peace.

Show us through your daily photo what peace means to you. And, since it's colour week, try to include the colour white in your photo.

Diane



APRIL 14  
**OBLONG**  
White

*Picture***COLOR**

Have you been enjoying looking for "white" this week? White is such a clean and pure color. Look around for an oblong shape today. It can be any elongated object that is rectangle or oval in shape.

I held up this bar of soap in front of the bathroom window to backlight the photo, and I held it in my palm for contrast.

How can you highlight your oblong object today?

Garnett



APRIL 15  
**LIMITLESS**  
White

*Picture***COLOR**

By this point in the week, you have probably discovered some of the challenges of photographing the color white. Photographing white is all about capturing the perfect balance between highlights and shadows. Creating a monochromatic image can help turn your eye to these things.

This image is cut class against a white background. Though my subject is not white, Photographing against the white background challenged me to pay attention to the form and details of each of the pieces of glass. Shooting through layers of glass against the bright background can create a feeling of the absence of boundaries.

Experiment with monochromatism today. Play with shapes and textures. Pay attention to highlights and shadows. The possibilities are limitless!

Kris





APRIL 16  
**FLOWER**  
White

*Picture***COLOR**

At this time of year we are spoilt for choice of all sorts of flowers here in Belgium, I realise that some of you aren't enjoying spring, but rather autumn. Hopefully there are still a few flowers around.

I picked the simplest flower-a daisy, which represents purity and innocence. If you find a white flower, remember to set up your white balance on your camera so that you get a true white, and not yellow or blue. Manually set the settings based on the situation in which you are shooting. Auto WB setting has a hard time with true white so it is better to have a few test shots to see if you can get your white right in the camera.

Have fun finding out how to get the white right!

Lee



APRIL 17  
**COMFORT**  
White

*Picture***COLOR**

White is a positive colour associated with purity, innocence, light, goodness, heaven, safety, spirituality, sincerity, humility, understanding and perfection.

When I came across not one, but two little white churches sharing a single parking lot in a small village, it made me think of the comfort that these buildings provided. Two churches, two religions, and two congregations united in the single goal of bringing comfort to all.

Take a photograph today of something white that gives you comfort. Find something beautiful and simple and positive in your world.

Lysle



APRIL 18  
**GOAL**

*Picture***MORE**

Fill the Frame

I was lucky enough to have a very literal subject to use for today's prompt word. This is a desktop field goal that my boys got for Christmas. I had so much fun playing with it while taking this photo that I may keep it on my own desk to fidget with while working.

How can you use photography to showcase a goal you may have?

Maybe the goal is your photography and maybe that means that you are creating a gorgeous photo album to enjoy for years to come. Maybe your goals require a completely different subject like a musical instrument, textile work, crochet needles, or even food (just to name some examples of things I have seen in our amazing and talented community).

I am excited to see the goals you all have - just remember to fill the frame!

Danette



APRIL 19  
**FENCE**

*Picture***MORE**

Fill the Frame

This weeks theme of filling the frame is right up my alley. I like close up shots and find I have a tendency to shoot that way, filling the frame the majority of time. I've been trying to pull back more lately and include some space into my photos. But for this week, in close I get!

I was drawn to this fence due to the painting on the railing. I think Covid brought out the artist in many folks. I've seen lots of painted rocks, fences, signs and other crafty messages when I've been out for walks. It's quite uplifting.

What unique fence will you come across today in your travels? Find an interesting angle or portion of a fence. Make it the focus of your photo and fill the frame.

Diane



APRIL 20  
**EXPRESS**

*Picture***MORE**

Fill the Frame

Today we are going to express ourselves in a photo. This is also "Fill the Frame" in Picture Style Week. I love to express myself with flower photography. It conveys what my heart is feeling when words are hard to speak. How do you express yourself in photography? With your kids or grandkids? Pets? Flowers? Nature?

Fill the frame with photography that expresses you.

Garnett

365  
*Picture*  
*Today*

APRIL 21  
**PROMPT FREE**

Fill the Frame

Prompt Free Days often bring to mind the saying, "The grass is always greener on the other side." Some days, we feel restricted by the prompt, but on other days, no specific prompt makes us feel lost by having no point of departure.

Think about these prompt free days as a check-in as to how this project is changing you. What do you notice that you would have overlooked previously? What small moments in YOUR day now feel bigger and call to be documented?

Today is a blank canvas for which all of the other prompts have prepared you.

Keep your eyes open and have fun!

Prompt Free



APRIL 22  
**4 O'CLOCK**

Fill the Frame

We are filling the frame at 4 o'clock! I went looking for a photo, I went back into my photos for the 22nd April in every year that I have done a photo, and I think that this one fits the bill. We were doing the gardening that day and all the tools were outside lined up ready for use.

What are you doing at 4 o'clock and don't forget to fill the whole frame up with what you are up to.

Lee

*Picture***MORE**



APRIL 23  
**POWERFUL**

Fill the Frame

Powerful objects grant those that wield them untold powers and strength. Examples in our daily lives are tools such as hammers, sporting equipment, vehicles, common household appliances and even instruments of knowledge such as books and computers.

I couldn't help myself from hiking into a field in 3 feet of snow when I spied an antique combine. I walked all around it and was marvelled by the power of this magnificent beast. I took a lot of macros of its inner works because the workmanship is astounding and the patina too hard to pass up. The power these combines gave to our farmers is also a powerful thought!

What can you find today that is a powerful tool in your life. Remember, it is "fill the frame" week so get in really close and personal and show us your POWER.

Lysle

*Picture***MORE**



APRIL 24  
**FUZZY**

Fill the Frame

Fuzzy is defined by having a frizzy, fluffy, or frayed texture or appearance.

The opportunities are endless. Trust me! Take a quick look at what you're wearing, the furnishings around you, or what's out in nature - like these fuzzy and rather fluffy little weeds I spotted along the sidewalk.

A few things to consider when shooting textures; consider different angles, light and distance from the subject.

Remember it's fill the frame week so get in close and show off your subject's fuzziness!

Amy

*Picture***MORE**



APRIL 25  
**HARMONIOUS**  
Harmony

*Picture* **YOU**

It's picture you week, the week where we get to glimpse a little more into your life. This week we want to learn more about the harmonious sides of your life. Harmony can be elusive to us at times. We feel much better when all aspects of life relate to each other and complement one another. That's harmony!

I'm lucky to live in a part of the world where we experience all four seasons. I embrace each season and find harmony when I can be outside experiencing all that the season has to offer. Here I'm embracing winter and the snow as it falls. I feel harmony and peace when there's a light dusting of snow over my world.

What does harmony mean to you? Show us the harmonious (and not so harmonious) parts of your life this week.

Diane



APRIL 26  
**SHADOW**  
Harmony - Where I Stand

*Picture* **YOU**

Today is one of my favorite prompt days, the "Where I Stand" prompt in Picture You Week. I enjoy looking back at "where I stood" and also enjoy seeing where the community is "standing".

Our theme this week is Harmony and our prompt today is shadow.

My example photo was taken of some of our community members on a photowalk in the Outer Banks of North Carolina. The harmony between us, different in many ways but alike in more, makes me smile.

You can take a photo of your shadow, or you can approach the prompt by placing yourself in a shadow.

Garnett



APRIL 27  
**ENCOURAGEMENT**  
Harmony

*Picture* **YOU**

We have all had to work hard to find harmony in our lives over the past year. To do that we've had to change, adapt, and find "a happy song" in places that are unfamiliar.

A positive of the pandemic for me is that I began running. I believed I could do it, and I did. Adding to that challenge, is having to wear a mask when running on public trails. It's not ideal, but it is what is best for everyone at the moment. Rather than look at the downside of the situation, I embraced the opportunity to find one more way to surround myself with this year's words of encouragement to myself. I am amazed at how powerful carrying a consistent encouraging message with me can be.

Do you have a meaningful word or phrase that you turn to for encouragement, to find harmony when the world feels out of tune? Photograph where you find encouragement.

Kris



APRIL 28  
**BOOK**  
Harmony

*Picture* **YOU**

Between the pages of a book is a lovely place to be!

I love to read books! I read most days. In fact, I have to stop myself from reading for too long otherwise I don't get enough sleep!

I added a few layers to this photo using Photoshop - a text layer and also some white transparent hearts to show my love of books. Adding a couple of dried flowers helped to harmonise the background colour and the soft look I was after.

Show us what you are reading and are you in harmony with your current book.

Lee



APRIL 29  
**RESILIENT**  
Harmony

*Guest* **PROMPT**

Resilience is a word I've heard a lot in the last year. Humans have the capacity to recover from all kinds of difficult situations. The pandemic has highlighted this and pushed us all to our limits in one way or another. Hopefully, you have all found a way to adapt and continue to live each day to the fullest within the constraints in place to protect everyone so that we can enjoy many more days.

Nature shows us resilience in more obvious ways, the forests grow back after fires or plants return after winter.

So here I am with the focus on the tangle of branches of one of my hydrangeas simultaneously representing one's daily challenges and resilience as they are budding with new growth.,

Lyly Lê



APRIL 30  
**HANDWRITING**  
Harmony

*Picture* **YOU**

Here's a question for you as we continue on with Picture You Week...

What do you still write by hand?

To do lists, Journals, Love Notes, or the Bills?

In this digital age, you might have to stop and think about the answer!

Today consider having a little fun practicing your cursive!

Don't worry if you feel your handwriting isn't camera ready... as you might suspect "there's an app for that!" Pick a font and get creative!

Amy

# APRIL 2021

## Picture YOU

Currently

- 1 Relaxation
- 2 Centered
- 3 Pocket

## Picture STYLE

Golden Hour

- 4 Nature
- 5 Energized
- 6 Cable
- 7 Refreshing
- 8 Prompt Free
- 9 Authentic
- 10 Shine

## Picture COLOR

White

- 11 Pair
- 12 Exterior
- 13 Peaceful
- 14 Oblong

## Picture COLOR

White

- 15 Limitless
- 16 Flower
- 17 Comfort

## Picture MORE

Fill the Frame

- 18 Goal
- 19 Fence
- 20 Express
- 21 Prompt Free
- 22 4 O'Clock
- 23 Powerful
- 24 Fuzzy

## Picture YOU

Harmony

- 25 Harmonious
- 26 Shadow
- 27 Encouragement
- 28 Book
- 29 Resilient
- 30 Handwriting

## 365 Picture Today CREATIVE TEAM



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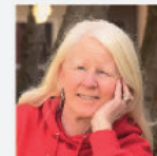
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