

# 365 Picture Today

## JUNE 2021



## With the arrival of June...

..., some of us are heading into the heat of summer while others are welcoming the cold of winter. As our community has members scattered around the globe, no matter what time of year it is, scrolling through the 365 Picture Today feed provides us with glimpses of the beauty of diversity that Mother Nature provides each and every day.

This same beauty in diversity exists amongst the amazing people who make up this community! One of the things that I love most about being a part of this group is “meeting” so many people, each of whom brings a unique perspective, literally, through daily photos, but also through the shared words and stories that accompany our photos, as well as in comments left on the photos of others. Since many of us have not been allowed or have chosen not to travel this past year, the photos of beautiful faraway places shared by others have been a welcome respite from our own familiar surroundings. Seeing other people celebrating life’s milestones, milestones that we ourselves are either long past or hoping to reach one day, becomes a catalyst for sparking memories and illuminating dreams. What a daily gift we can give to one another!

How many photography tips have been shared? An product recommendations? Recipes? Book suggestions? We all don’t enjoy shooting the same subjects or dining on the same cuisines or disappearing into the same kinds of books...that’s not the point. The point is that there is something here for everyone and everyone is welcome. That’s beauty in diversity. It is my hope that we can come together as a community to offer unified and sincere support, well-wishes, and virtual-hugs to one another.

**We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.” Jimmy Carter**

Whatever the season of nature and the season of life in which you stand right now, embrace it, celebrate it, photograph it, share it. And may we all keep our hearts and minds open to embracing and celebrating the beauty of diversity that is us, the 365 Picture Today community!

Happy June and happy picture-taking!

*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!



JUNE 1  
**SUNSHINE**  
Minimalist

*Picture***STYLE**

When I was a kid, I once asked my aunt if she'd come swimming with me. She said, "No, there's no sun today." My response was, "Then, we can pretend it's sunny." She said that I always looked at the positive side of life. She's right! If it's not sunny where you are today, just pretend. Use whatever light you can find for your photo.

Golfing on a sunny day is my idea of a great time. To keep with the minimalist theme, I grabbed a photo of my golf ball on my bright pink tee. I made sure there was very little else in the photo so that it would stand out.

I hope your day is full of sunshine and if it's not, just pretend!

Diane



JUNE 2  
**INNOVATIVE**  
Minimalist

*Picture***STYLE**

This week, we are practicing our Minimalist photography. How do you take something simple and make it innovative? I find that adding textures (both in the photographing and the editing process) makes a plain photograph more interesting.

For the example photo, I draped some cheesecloth on my background to give a textural component to the backdrop. This minimalist photo of a single flower now has a lot of depth and character. Try experimenting with different backgrounds and adding simple elements to enhance your subject but not distract from it.

You can also play around in post processing by adding textures in photoshop, playing with light and contrast in lightroom, and experimenting with filters in photo apps.

Let's see how you innovate your photo today by making a minimalist photo your own style.

Garnett

# 365 *Picture* Today

JUNE 3  
**PROMPT FREE**  
Minimalist

*Picture***STYLE**

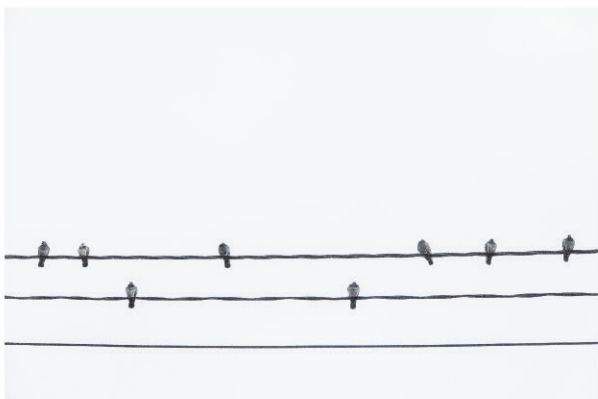
Prompt Free Days often bring to mind the saying, "The grass is always greener on the other side." Some days, we feel restricted by the prompt, but on other days, no specific prompt makes us feel lost by having no point of departure.

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



JUNE 4  
**SOUL**

Minimalist

Your soul is the part of you that consists of your mind, character, thoughts, and feelings.

How to photograph your soul? Well, let us just go with a part of it. The day was a cloudy summer day and I noticed these birds sitting on the wires. To me it looks like music lines and notes. That speaks to my soul.

If you do take a photo with lines remember to try and get them straight on the horizon or the vertical; just a little rotating in processing is all it takes to make the photo look fabulous.

What is speaking to your soul today?

Lee

*Picture* **STYLE**



JUNE 5  
**YARN**

Minimalist - Song Lyrics

It's song lyric day today and the prompt is YARN.

I immediately thought of Carol King and her Tapestry album from 1971 and I decided to recreate the album cover! Fellow 365 Picture Today alumni and friend, Mary, agreed to model for me in her window seat. We couldn't find a real cat so we improvised....

Find a song about yarn, wool, string, rope, or thread and take a picture of it. Remember to include the lyrics either by adding text or writing the lyrics in your comments.

My life has been a tapestry of rich and royal hue  
An everlasting vision of the every changing view  
A wondrous woven magic in bits of blue and gold  
A tapestry to feel and see, impossible to hold

Lysle

*Picture* **STYLE**



JUNE 6  
**QUALITY**

Black & White

The definition of quality is "the standard of something as measured against other things of a similar kind; the degree of excellence of something." Or, "a distinctive attribute or characteristic possessed by someone or something."

Today, I strongly encourage you to use the second idea of just focusing on a distinctive attribute or characteristic possessed by your subject. This prompt is not a requirement to post your best quality image. I challenge you to really think about what quality says to you today. For example, this was taken with my cell phone, which isn't a camera I consider to be of very high quality, but I do love the quality of time I spent with these beautiful birds today. They hung outside my office window all day and then, when I was ready to leave, I enjoyed watching them make their way into their pond for the evening.

Danette

*Picture* **COLOR**



JUNE 7  
**ROADSIDE**  
Black & White

*Picture***COLOR**

One of the things I really like about a 365 project is that it gets me out exploring the beautiful city of Ottawa that I've called home for the last 4 years. I've also found myself on countless roadtrips exploring the surrounding countryside, villages, and towns, as well. It's been an awesome way for me to learn more about my new home.

When I go out exploring, I'm often surprised by what I find along the roadside. We were out touring around downtown recently and I saw the unique bike structure near the parliament buildings. It was being used for advertising. I had to grab a photo of it as I thought it was kind of cool. When processing, I converted it to black and white to fit in with this week's theme.

Show us what crazy, unique, or interesting things you find on the roadside as you go about your travels today.

Diane



JUNE 8  
**PLENTY**  
Black & White

*Picture***COLOR**

Have you noticed that converting a photo to B&W can really make the details pop? Past their prime flowers are a favorite subject for me to photograph. Part of the charm is the fading color... but, when you convert to B&W your eye really goes to the tiniest of details.

This faded daisy has plenty of delightful details. Each individual petal has a charm of its own. The withering center with delicate puff is spectacular.

Find a subject today that represents plenty and convert it to B&W. It can have a lot of detail, represent a feeling of plenty, or any other way the word speaks to you.

Garnett



JUNE 9  
**PAPER**  
Black & White

*Picture***COLOR**

White can be a difficult color to photograph. Doing so requires careful attention to the "temperature" of your image by adjusting the white balance setting. Today is a good day to play with adjusting your white balance manually. I generally have my WB set to 5000K, a good right in the middle setting. To determine the white balance setting in a particular image, photograph something in your scene that is white. Since today's prompt is paper, you can also place a white piece of paper in the scene for a test shot. You want that piece of paper to be a true white in your photo. Adjust your white balance either up or down to achieve the white you want. Temperature can be edited in post-processing, but it sure is nice to get it as close as possible in camera! To understand light color and Kelvin, take a trip to the lightbulb aisle at your local home improvement store. That is the quickest way to see what is meant by the various numbers!

See what you can do with shooting a black and white image in color.

Kris



JUNE 10  
**CAPABLE**

*Picture***COLOR**

Black & White

Capable - having the ability, fitness, or quality necessary to do or achieve a specified thing.

I think I am capable, but I am more capable with my husband by my side; together we make a good team. We have been together for 42 years, have four grown children, and have weathered life together as you can see by the wrinkles.

How do you manage to be capable? Remember it is black and white week!

Lee



JUNE 11  
**INK**

*Picture***COLOR**

Black & White

Ink day! Who wants to try a new trick? Don't worry, "Ink in Water Photography" is very simple and fun although it can be a bit messy! Honestly, you don't need any special equipment and this can be done with a cell phone. I took this picture using a large vase, some white foam core, a desk lamp, some ink from a fountain pen, an eye dropper, my camera, and a tripod.

Here is how it is done. Pour water into a vase, wine glass, or water glass. Place a piece of white foam core or paper behind the vessel. When I was ready I squeezed 2 drops of ink from an eye dropper into the water and it immediately started to drop and suspend. It takes a solid couple of seconds for this to happen so you have plenty of time to start pressing your shutter button and you have the opportunity to take several shots as it slowly moves down the vase. I added different colours at different intervals for my colour shots. However, it is Black and White Week so convert your photo to Black and White or, hey, try black ink!

If this does not tickle your fancy, no problem! Show us ink! Pens, tattoos, books, typewriters.....

Have fun!

Lysle



JUNE 12  
**RICHNESS**

*Picture***COLOR**

Black & White

I hope you have enjoyed color week! I always hate to see it end! We sure have explored Black and White photography in a variety of fun ways!

As you go through your day think about the richness your image will hold without the distraction of color. Consider highlighting patterns and textures, light and shadows, people and things.

You can shoot in color and then convert to B&W or if your camera has a B&W mode give this feature a try. It is a great way to train your eye.

There is much richness in the details, so let's show them off today!

Amy



JUNE 13  
**LIQUID**

*Picture***MORE**

### Isolate the Subject

I love capturing movement in water. I find it to be very challenging and I'll take numerous photos just to get the one I want! For this photo, I tried something I saw on Facebook. I filled up a water balloon and put a pair of sunglasses on the balloon so that it looked like a face. I used a pushpin attached to the end of a stick to burst the balloon with the hopes of capturing the burst with the sunglasses in tact and before the water dispersed. It's a lot of fun (but messy)!

If you're going to try to isolate the movement of a liquid today there are a few things to remember. Use a high shutter speed. The higher SS you use, the better chance you have of freezing the movement and obtaining a crisp photo. If you can, use a tripod so that your camera remains still while shooting and set it to burst mode. This helps ensure you are able to capture the exact moment you're looking for.

Have fun playing with liquid today, even if it's just a photo of your morning coffee!

Diane



JUNE 14  
**MAGNIFICENT**

*Picture***MORE**

### Isolate the Subject - Macro Monday

We are learning how to isolate our subjects this week to make them stand out. There are many ways to do this: composition, colors, depth of field.

Today is Macro Monday so we are going to really get in close to the details. In my subject photograph, the bee is highlighted by the depth of field I used and the color of the flower as a contrasting pop.

I was using my 100mm macro lens and I had an f-stop of 4. If you want to really isolate your subject using depth of field, the wider the aperture the better. I stayed with f4 so that the flower would remain in focus.

Excited to see what you find today!

Garnett



JUNE 15  
**UP**

*Picture***MORE**

### Isolate the Subject

Do you remember how much fun you used to have as a kid looking up at the clouds and finding butterflies and fish and boats and dragons? As adults, we all might benefit from taking a few moments to look up and use our imagination to see what is happening up there in the clouds. You never know what might be smiling down on you!

Today, give yourself the gift of a few moments to sit outside with your eyes to the sky. Photograph the magic you find in the clouds.

Kris





JUNE 16  
**REINFORCE**

*Picture***MORE**

### Isolate the Subject

A good way to isolate the subject is to use a wide aperture, (a low f-number), and by making sure that the focus is on the subject that you want to stand out. By doing this, you will make both the background and the foreground blurred.

I reinforce this in my composition by using the rules of thirds. It is also important to make sure that your horizon is straight. You can do this when editing, by cropping and rotating the image slightly.

The red against the green helps to make the subject pop. What can you do to reinforce your subject today?

Lee



JUNE 17  
**LOUD**

*Picture***MORE**

### Isolate the Subject

Today we are isolating the subject and using the word loud. As a Hard of Hearing person, the two words 'isolation' and 'loud' resonate 'loud and clear for me'. As a HOH I often feel a sense of isolation and 'loud noise' is simply not an issue for me. For my sample photo, I focused on and isolated my hearing aids. By doing this, I put myself in blur in order to represent the fuzziness and isolation I feel due to my loss of hearing.

There is good noise and bad noise. Loud noise pollution occurs when unwanted sounds enter the environment. Loud noise can also be beneficial. Who doesn't like a loud belly laugh, the sounds of children playing, birds singing, music playing, and waves crashing?

Take a picture today that represents 'LOUD' to you and remember to isolate the subject. Loud doesn't have to be sound! You may prefer to represent loudness by photographing something that is a bright colour or garish subject!

Lysle



JUNE 18  
**STRENGTH**

*Picture***MORE**

### Isolate the Subject

One of the simplest ways to isolate your subject is to remove the clutter from your image. This allows the viewer to know exactly where to focus their attention. You can do this by zooming in or using a tighter crop in post-processing.

Try using this technique today to highlight something that symbolizes strength. As with the prompt photo, by cropping in close the only focus is on the caterpillar. Seeing him hanging precariously on the end of a stalk snacking away shows the strength in those little legs.

With the word strength, you could go literal and show the use of brute strength or figurative with something that helps gives you strength throughout your day.

Can't wait to see what strength you highlight today!

Amy



JUNE 19  
**MORNING**

*Picture***MORE**

Isolate the Subject

This adorable giraffe is lovingly nicknamed "Sugar Lips" and resides at one of my dear friend's houses. Sugar Lips is a tall girl riding a bike with a basket in the back to hold a plant. Isn't she sweet?? I was lucky to have her company when I recently visited my friend for a scrapbooking weekend. The morning sunshine poured in on her and welcoming the day for both of us in such a warm way. Today, share with us what makes your morning warm. Maybe it's a pair of cozy slippers, or a cup of coffee, or tea. Remember to isolate your subject!

Danette



JUNE 20  
**DETERMINED**

*Picture***YOU**

What I Love

We are starting another Picture You Week, the week where you put yourself in the photo and we get to know you better. This week's theme is "What I Love" and we hope to get to know more about the things that you enjoy and the people you love.

Today's prompt word is "determined." I absolutely love to hike in nature. It's funny, as I have gotten older, I have gotten more determined to try things out of my comfort zone. Ten years ago, I wouldn't be doing some of the daring (to me) things that I do now. If you had told me then that I would be climbing over boulders and using ladders in some of our hikes, I would have laughed at you.

Determination is mind over matter. Once you get it in your head, and have the confidence that you can do it, you are more likely to succeed at it.

What is something that you are, or were, determined to do and you did it?

Garnett



JUNE 21  
**WAVE**

*Picture***YOU**

What I Love

What does wave mean to you? The crashing waters at the ocean's edge? Flowing hair? A flag blowing in the breeze?

The wave I most love these days is the one that comes from this little hand each time I get out of the car at his house and get back in to leave at the end of the visit.

Today, turn your camera toward a wave that you love.

Kris



JUNE 22  
**NOURISHMENT**

*Picture* YOU

What I Love

You might think, what has this photo to do with nourishment? Well, I thought I would go to the source, I walk the fields at least once a week and with the sun shining on the crops it does make for some great photos and really makes me happy!

This is a flax field, blue flowers for as far as you can see...well, to the Waterloo Lion in the distance! Flax is used as a food and fibre.

What is nourishing you today?

Lee



JUNE 23  
**PARK**

*Picture* YOU

What I Love

Walk in the park...

What a lovely prompt today! Take a photograph of yourself in the park! It is "Where I Stand" day so try and include your feet. What a perfect excuse to get outside and head to the park. Tell us about your park and why it is special to you and why you chose to stand there and why you love it. Show us what you love to do in the park.

In this picture I am standing on a very old wooden one way bridge spanning the Thompson River. I love the slow moving waters of the Thompson and its greenish hues. It fills me with a sense of peace and therefore I visit it quite often.

Lysle



JUNE 24  
**6 O'CLOCK**

*Guest* PROMPT

What I Love

What I love at 6 o'clock in the morning is coffee! Instead of showing you my sleepy face, I decided to share a still life with coffee being poured by my hand in the photo. There are so many elements in this photo that I love...the wooden tool box was a recent find at a thrift store, the teapot and cup set were gifts from friends and the shutters that I painted purchased at a consignment shop. Then the textures - burlap and dried flowers.

So what does 6 o'clock look like in your part of the world? Are you making breakfast or dinner, out buying props like a vintage clock or setting up a still life scene? Don't forget to let us see you sharing what you love!

Sherri Stone



JUNE 25  
**ZIPPER**

Picture **YOU**

What I Love

Picture You week doesn't mean you have to share all of yourself. Sometimes it's nice to creatively crop just enough to show a part of you that still conveys what you are sharing in a great and personal way. I didn't think it was necessary for you to see my face today as I am showcasing my favorite jacket. Think of how you can creatively crop yourself in today's photo while adding a zipper from something you love.

Danette



JUNE 26  
**AFFIRMATION**

Picture **YOU**

What I Love

For the last two years I've been on a journey to improve my health. I've struggled with my weight my whole life and knew that I had to lose some weight and get more active if I wanted to enjoy my retirement to it's fullest. I'm so happy to say that I'm down 120 lbs. During this time, I have never felt better. It hasn't been easy, but the effort has been oh so worth it! I have this saying on the mirror in my bathroom as a reminder every day. It helps to keep me going and reminds me of why I'm doing this.

Do you have a saying or a mantra that you find affirming? What or who in your life provides you with the support and affirmation you need to live life to it's fullest? Being kind to ourselves is not always easy but you know what, you deserve it! You're awesome!

Diane



JUNE 27  
**FOCUSED**

Picture **STYLE**

It's in the Details

One of the things that I love most about a daily photography project is that it asks me to look at the details of my life me closely. It asks me to slow down and appreciate the subtle details of my day that might otherwise go unnoticed.

I have been caring for this plant for several years. I have looked at it closely during that time, but on this day, I was struck by all of the variations in the reds and greens, by the layers of foliage and blooms, by the contrast in smooth and pointed parts of the leaves, by the way the light danced around and through the layers, by how the water droplets pooled and flowed on and around the curves and lines.

Find a familiar something in your world. Look at it with fresh eyes. Photograph a detail that you had not noticed before.

Kris



JUNE 28  
**RUSTY**

*Picture* **STYLE**

It's in the Details

I love rusty old things that are lying around in all sort of places. These horse shoes are on this rack at a farm that I sometimes pass on my walks.

Think about what details you want to show. I took this at a wide aperture (a low f number) so that I could get the details on the first horse shoe. I got in close to see the detail and reminded myself to consider the length of focus of my lens.

What rusty thing can you find today to show the details?

Lee



JUNE 29  
**WORTHY**

*Picture* **STYLE**

It's in the Details

Life is short. Eat more ice-cream!

You are worthy when you say you are! And being worthy might mean you can gift or treat yourself to something you love or desire.

What are you worthy of treating yourself to today? It might be a bubble bath, a good book, a glass of wine, a hike, a delicious meal or any number of things you find enjoyable. In my case, it was an ice-cream cone!

Remember to include the details!

Lysle

365  
*Picture*  
*Today*

JUNE 30  
**PROMPT FREE**

*Picture* **STYLE**

It's in the Details

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.

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Keep your eyes open and have fun!

Prompt Free

# JUNE 2021

## Picture STYLE

Minimalist	1	Sunshine
	2	Innovative
	3	Prompt Free
	4	Soul
	5	Yarn

## Picture COLOR

Black & White	6	Quality
	7	Roadside
	8	Plenty
	9	Paper
	10	Capable
	11	Ink
	12	Richness

## Picture MORE

Isolate	13	Liquid
	14	Magnificent
	15	Up

## Picture MORE

the Subject	16	Reinforce
	17	Loud
	18	Strength
	19	Morning

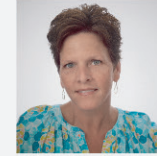
## Picture YOU

What I Love	20	Determined
	21	Wave
	22	Nourishment
	23	Park
	24	6 O'Clock
	25	Zipper
	26	Affirmation

## Picture STYLE

Details	27	Focused
	28	Rusty
	29	Worthy
	30	Prompt Free

## 365 Picture Today CREATIVE TEAM



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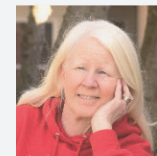
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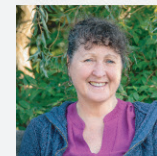
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