

MARCH 2022

365
*Picture
Today*



365 *Picture Today*

WELCOME MARCH

...a month that brings with it a change of seasons. Whether you are heading into spring or into fall, the world will start to look different this month. The light will change and the colors around us will change. As photographers, those things invite us to see from a new perspective.

Too much change at once can be disconcerting, but as long as we are embracing change, this may be the month to try some new or different things with your daily photos as well. Maybe you have a lens that you haven't used in awhile. Put it on your camera and use it for a week. If you feel like you are getting bogged down in daily activities and daily photos are becoming burdensome, shoot with only your phone or allow yourself only a few shots to accomplish your picture of the day. Stepping outside our comfort zone every now and then ultimately will help us grow and improve our skills.

For those of us in the northern hemisphere, March brings us spring. The earth will start to explode with all the colors of the rainbow. You may think it unfair of us to have chosen black and white as the color of the month. To create a black and white image, most people convert an image shot in color. Another thing you may want to try this month is actually shooting in black and white. If you are using a DSLR, your camera likely has a monochrome or similar setting. Removing the "distraction" of color from the frame when composing your photo changes what you are drawn to in the frame. Texture, balance, and the play between light and shadow become the prominent features in the image. If you haven't taken many black and white photos or don't think you enjoy shooting without color, try to keep an open mind. You'll be amazed at how beautiful spring flowers can be even in black and white!

We are looking forward to seeing what this change of seasons looks like where you are!

"The only way that we can live, is if we grow. The only way that we can grow is if we change. The only way that we can change is if we learn. The only way we can learn is if we are exposed. And the only way that we can become exposed is if we throw ourselves out into the open. Do it. Throw yourself." – C. JoyBell C.

Amy, Danette, Diane, Joy, Kris, Lee and Lysle

EXPLAINING THE PROMPTS

Each month is broken into 4 weekly themes: Picture You, Picture More, Picture Color and Picture Style. These are meant to fuel your imagination, keep you engaged, and challenge your creativity. They give you the opportunity to see the same things in different ways.

PICTURE YOU - Possibly the biggest challenge, but it allows you to chronicle your life and to be included in photos for loved ones who want to have photos of you, even if you don't like how you look that day. You don't HAVE to be in the picture every day, but we would love to see you.

During Picture You week you will notice some sub-challenges:

Sunday Selfie - Sunday of Picture You week you're encouraged to take a selfie, nothing fancy, just your wonderful face.

Picture My Hands - What are you doing today? Show us what you're doing or holding from your point of view and be sure to include your hands.

Picture the Alphabet - Have you seen the letter "E" in a fence or "O" in a ferris wheel? Find letters in your world, or, if you can't find them, make them even with just a piece of paper and a marker. Let the letter stand out! You will see two letters for the prompt. We want two photos in a collage for your daily photo. By the end of the year you will have 26 letter photos to make words.

Picture My World - This is a quarterly challenge. We are hoping you can return to the same spot 4 times on these days to document the changing seasons in your world or in your life.

PICTURE MORE - Let's get technical! This will challenge your creativity with a technical agenda. In these weeks of your year you will look at repetition, triangles, diagonals, textures, centred photos (to name a few!). Don't be shy to ask for clarification, camera settings or any tips and tricks. We aren't magicians here, we share our secrets!

PICTURE COLOR - We will focus on a specific color chosen by the Creative Team for these weeks. You can include a little of the color, go completely monochrome or anything in between. You will likely find that this is one of your favourite weeks.

PICTURE STYLE - Landscape, food, golden hour, still life, street, minimalist are just some of the styles you will be encouraged to play around with to try out something new. Some of these might be a little out of your comfort zone. Our hope is that by the end of the week you may have discovered something you love. You might find style in your original photo or add some style in post-processing.

EXTRA CHALLENGES

Along the way you'll notice a few added monthly challenges sprinkled in to give you extra inspiration.

Macro Monday - For this prompt we encourage you to get in close. Grab your macro lens, macro filters or just crop your photo in post-processing. This is where we can focus on the little details.

Scavenger Hunt - A quarterly challenge where instead of one prompt, you have 9. Take the 9 photos and make a collage. If a scavenger hunt is a bit beyond you that day, see if you can challenge yourself to fit 3 prompts in three different photos, or all nine in one. Make it work for you and your day.

Picture Recreate - In this challenge, all we want you to do is recreate an existing photo, whether that's a Pinterest photo you've been wanting to try, a photo from a fellow 365er you loved, or a photo of you and your siblings in the bathtub when you were 5. As always, you can be as creative or literal as you want.



MARCH 1

E F

Picture **YOU**

Makes Me Happy - Picture the Alphabet

It's time for you to march into a hunt for your next set of letters in the alphabet!

Have you been collecting letters? If you are, don't stress too hard. Don't be afraid to look for them in objects around your home, if that's what you have to do. Don't forget to look up and down to see what you find.

I found this "F" in the shadows as I was walking to the bus. I was so excited, but if anyone saw me taking a picture of a shadow on the sidewalk, they probably think I'm nuts, which is totally fine! Complete the challenge for today as best you can. Who knows, if not today, maybe later on in the year you will find a better letter you can just add to your collection. I think I'm going to be seeing letters everywhere soon!

Joy

MARCH 2

ONE-HUNDRED PERCENT

Picture YOU

Makes Me Happy

As we continue on in Picture You week, hopefully today's request will be an easy one! What makes you a 100% happy?

Is it a person, place or thing? Do you have an "old faithful" something that no matter what brings a smile to your face? A time of day that is the happiest? or maybe something in your day caught you off guard and you thought "Wow that awesome?"

Like this pretty sign of spring I spotted!

I can't wait to see what makes you happy whether it was just for today or everyday!

Amy



MARCH 3

EYE-OPENING

Guest PROMPT

Makes Me Happy

Since I just moved somewhere new, I am in a phase where my eyes are naturally wide open. Everything is new and exciting! Even the trash looks exotic and fascinating to me. Homes in Asunción, Paraguay have these receptacles in front of them, and the municipality picks up the trash three times a week. You can separate your own recycling, or someone will go through what you've discarded and do it for you! Coming from Port-au-Prince, Haiti, a place where there was no municipal trash collection, I am thrilled!

For today's photo, imagine that you have newly arrived in the place where you live. What would you find eye-opening and interesting about your town, city, or rural area? What would look exotic and new to a tourist or a visitor from outer space? Show us!

Ruth Hersey

MARCH 4

ANGELIC

Picture YOU

Makes Me Happy - Picture My Hands

Today is our picture your hands prompt. Angelic is defined as exceptionally beautiful, innocent or kind. How can you show angelic while including your hands in the photo?

It is said that when you see a butterfly, it's someone you love in heaven reminding you of them and giving you a reason to remember all the beautiful memories you shared with them. I like this saying. I like remembering the good times I've spent with loved ones that have passed. Even though this is butterfly confetti, today I'm believing that they are reminders of my angels in heaven. That is angelic to me!

Diane



365 Picture Today

MARCH 5
PROMPT FREE

Makes Me Happy

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 our eyes open and have fun!

Prompt Free

Picture YOU

MARCH 6
GLORIOUS
Golden Hour

Softly the evening came with the sunset - Henry Wadsworth Longfellow

In photography, the golden hour is described as being the period of daytime shortly after sunrise or before sunset. During these times, the daylight is often softer than when the sun is high in the sky.

You are going to have to be very deliberate with your photography this week if you are going to capture these brief moments in our day. To some this will mean maybe getting up a little earlier, or perhaps briefly stopping your busy day for a moment at sundown to enjoy the evening sky. You might further be challenged by weather! Maybe its raining, or freezing or you just don't feel like getting outside during the golden hour! You might have to get creative to find that special golden light. If the day is not quite cooperating for you, try using a golden filter on a photograph. If all else fails, you can photograph something gold!

There was a magnificent sunset behind me as I photographed this dormant canola field. I liked how the setting sun made the stubble glow and the snow appear purple! To me it is glorious.

Lysle



PictureSTYLE



MARCH 7
JOVIAL

Golden Hour

Every hour is Golden Hour with my Pepsi dog. He is the most jovial when he is outside for a walk (especially in the snow).

Are you able to go for a walk at golden hour today? Keep an eye out for something (or someone!) who makes you feel jovial, cheerful.

If your golden hours aren't free, or if you don't find going for a walk to be quite as exciting as Pepsi does, look for gold or warmth throughout the day that makes you smile.

If you can't get the golden light right after sunrise, or just before sunset, see if you can add warmth to your photo in your editing process. If you're using a camera, before you take your picture, set your white balance to shoot in Kelvin (play around with the number to see what you like best).

Joy

PictureSTYLE

MARCH 8
WARM

PictureSTYLE

Golden Hour

"I am forever chasing light. Light turns the ordinary into the magical." – Trent Parke

Today let's chase the magic of the golden hour! You can find that magic when the sun is low creating the warmest light filled with yellow, orange and red tones. Remember you don't have to search far or wide if your day doesn't allow...I stumbled upon some warm light right on my front porch when I got home from work. You never know where you'll find some golden goodness!

Amy



MARCH 10
BELIEF

PictureSTYLE

Golden Hour

The artist who makes these rock sculptures uses balance alone when putting them together. He believes that when he builds a rock sculpture it will hold and will stand the test of the summer weather. He makes these sculptures in the spring. When winter comes, the sculptures are destroyed by the elements. He returns again the next spring and starts all over again. I love visiting these sculptures every summer to see his new creations. It's my belief that this man's art is such an awesome addition to this city.

I also believe that any photo taken during golden hour will be beautiful. I can't wait to see what beauty you believe in today.

Diane

MARCH 9
ACCOMPLISH

PictureSTYLE

Golden Hour

It's an accomplishment for me to be up early enough to capture this gorgeous golden light so early in the morning! Don't forget, you can capture the golden hour at sunrise or at sunset - all that matters is that you capture this light when the sun is closer to the horizon. I learned a bit of an interesting fact - that the golden hour occurs when the sun is 6 degrees below the horizon and 6 degrees above the horizon. Let's see what you accomplish today using golden light!

Danette





MARCH 11
WISDOM

*Picture*STYLE

Golden Hour

One of my favorite types of photos to take during the golden hour is silhouettes. They give us a perfect opportunity to show the wisdom of Mother Nature. Give it a try today. Silhouettes are easier to achieve than you might think.

Here are the basic steps to capturing a silhouette:

- Your subject should be bold, clearly defined shapes and ideally your surroundings should be uncluttered.
- Place your subject in front of a light source. A rising or setting sun is the perfect light. Ideally, the sun should be just above the horizon. In this photo, the sun is a little high, but it worked OK for my subject and surroundings.
- Expose your photo for the brightest part of the frame (the sun). This will underexpose your subject creating the silhouette.
- You may need to move left and right or up and down to create the best play between the light and your subject.
- In post processing, you may need to up the contrast and or the blacks to create a true silhouette. In doing this, be careful not to destroy all of your highlights.

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MARCH 12
SPARKLING
Golden Hour

*Picture*STYLE

Getting out in the golden hour is very rewarding. It is so beautiful first thing in the morning before the dew has disappeared. It is a good time to look out for spider webs, especially if the sun is shining and you can see them in all their glory.

This week can be challenging especially if the sun isn't shining, but you can make it work for you. If the sun isn't cooperating, then show us something else that is sparkling in your life today. It could be something as simple as a glass of fizzy water or even your old Christmas lights if they are still up!

Show us what is sparkling for you!

Lee



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MARCH 13
AWE-INSPIRING
Black & White

*Picture*COLOR

Call me crazy, but these stairs stopped me in my tracks. I find them awe-inspiring. Are you noticing this yet? That you're blown away by seemingly simple things you never would have noticed before this project?

See if you can find that today. Look at stairs from a different angle and see what you can find. Look for lines in architecture.

This is black and white week, which begs for simplicity, or details and texture. Let's see what we notice when we look at the world in black and white.

Joy

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MARCH 14
OUTSTANDING
Black & White

*Picture***COLOR**

When taking a photo that you plan to convert to B&W there are a few elements to look for that can help you achieve an outstanding image!

- Look for interesting shapes and patterns.
- Include contrasting components - this can add drama.
- Play up the light and shadows.
- Use simple compositions for a more striking image.

I want to encourage you to take lots of photos today, then process them ALL in B&W, and take note of the elements that really stand out. You might be surprised by what catches your eye in the absence of color... and of course we want to know what did!

Amy



MARCH 15
LUMINOUS
Black & White

*Picture***COLOR**

I just happened to purchase a beautiful black lamp which just happened to have a beautiful bright white bulb recently which was a perfect luminous black and white photo today. I played around with my exposure in camera while I took this and finally got the contrast I liked. Settings to achieve this look were f/11, 1/100, ISO-800.

Danette

MARCH 16
UP
Black & White

*Picture***COLOR**

I like that this week is black and white week. I love the look of black and white photos but I don't do it very often. This week will provide me with many opportunities to practice.

When you are out and about today, look up. What grabs your attention and what do you think will make for a nice black and white photo. This blue jay caught my attention when I was out for walk on a local trail. He was giving me the eye. And even though this is a blue jay, I think he looks pretty good in black and white.

Diane





MARCH 17
PROMINENT
Black & White

*Picture***COLOR**

Black and white photography is my favorite. It gives us, the photographer, control over what becomes prominent in the frame. Light, texture, and contrast are the tools that allow us to bring out a specific object or element in our photo.

We are adding a craftroom to our house. The windows are slow to arrive so our contractor closed in the space with this door that looks like the entrance to a secret clubhouse. In order to not get frustrated with the delays, we try to have some fun with the situation. Today I left him a prominently placed post-it note. Hopefully when all is done, these tiny moments of silliness will hold a prominent place in our memories.

Photograph something that today may seem simple and fleeting but deserves a prominent place in the memories that you'll visit in the years to come.

Kris

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MARCH 18
ACHIEVEMENT
Black & White

*Picture***COLOR**

I love black and white photography as it makes you see the details more. For instance in this photo I love the clouds, and the reflection in the river.

This is a bridge over the River Thames, nearer the source than London, my achievement was actually walking to this spot, finding the right angle and using the rules of thirds to get a balanced photo.

What are you going to achieve with your photo today?

Lee



instagram: 365picturetoday



MARCH 19
OPENHEARTED
Black & White - Picture Re-Create

*Picture***COLOR**

This year we have something new and super fun to challenge you! It is the "picture recreate". All you have to do is recreate an existing photograph. It could be one from your own family vaults, a re-creation of a famous photograph or artwork, a Pinterest photo or even a copy-cat picture of a fellow 365'ers work!

For my sample picture, I went through my family photos and found one of Ron and I from 1983. It was our first day in our newly purchased home having just returned from 3 years of living in Australia! It happened to be our first snow fall in 3 years too. I don't know what possessed me to wear shorts while Ron wore a parka and carried an umbrella, but hey, we were in our 20's and had probably been celebrating our new home with a bottle of champagne! As for today's recreate... we are still openhearted and still having fun!

Find a picture, take a picture, make a collage and show us your re-creation. Have fun! I can't wait to see what you create. If this seems like it might be a task that is way too daunting, don't worry, just take a picture that represents your openhearted day!

Lysle

instagram: 365picturetoday

MARCH 20
COARSE
Texture

Picture**MORE**

This week is all about Textures!

Texture is usually described as smooth or rough, soft or hard, coarse or fine, matt or glossy, etc. It can also refer to the surface characteristics and appearance of an object.

As you can imagine texture can add a lot of visual appeal to your images. Texture can be the sole subject by getting in close, it can be highlighted within an image by light and with processing, or it can add interest when shooting from different angles.

So as you go through the week think about the textures you see and how to incorporate them into your photos!

Amy



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MARCH 21
VANQUISH

Picture**MORE**

Texture - Macro Monday

I like the idea of how vanquish can mean 'to gain mastery over.' That made me think of time and how no matter what we do, it just never seems like this is a possibility. However, there are things one can do to feel they have vanquished (mastered) time. For example, this 365 project. Because this project is something I love so much, I MAKE the time to capture a photo a day to help master the art form that I love so much. Each moment you spend behind your camera teaches you something. Show us something you can think of that represents what vanquish means to you today.

Danette

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MARCH 22
ASCEND
Texture

Picture**MORE**

This is Keegan Messing, one of the male figure skaters that represented Canada at the Winter Olympics. I was fortunate to see him when I volunteered for the Canadian Championships back in January. He ascends to amazing heights when he jumps. I'm not sure how they do it but it's pretty amazing

With dedication and practice, some athletes manage to ascend to such great heights during their careers with only a few ascending to the level where they actually make it to the Olympics representing their country.

I used a lightroom preset on this photo in an attempt to enhance the texture and the show the grooves in the ice made by the skaters. What heights can you ascend to today?

Diane



instagram: 365picturetoday



MARCH 24
APTITUDE
Texture

Picture**MORE**

A natural ability to do something.

All over the world there are people who are so clever, gifted and smart. This is a mural I spotted in Malaysia whilst on holiday there three years ago. I love the artwork that was put on such a crumbling wall. There is so much texture and humour.

Do you have some old walls around you that people have added their artwork to? If not then show us some thing that caught your eye that has textures today.

Lee



MARCH 23
SPINE
Texture

Picture**MORE**

Whether what comes to mind when you think about the word "spine" is part of your body or a book, spines provide structure and support. And with both books and our bodies, spines show wear and tear over time. The texture of the spine in this first edition of *Gone With the Wind* shows how many times these pages have been turned between 1936 and today.

Photograph structure, support, and/or the wear and tear of time today. Use texture to give details to your story.

Kris



MARCH 25
PLEASANT
Texture

Picture**MORE**

I think one of my favourite things to photograph is texture. I have a huge appreciation for weathered wood and peeling paint which I find in old doors, gates, boxes, furniture and houses. I am forever on the look out for weathered and textured items. I find it most pleasant! There is something to be said for the grace and beauty of aging.

This painted door offered me exactly what I was looking for. Not only did it have many layers of beautiful paint, but the surprise add of some patina on the hardware. It is the door to a tool shed and I can only imagine what is inside! There have been a lot of people in and out of that door over the years and it is nice to imagine the craftsmanship created from the tools inside.

Find something textured that gives you pleasure today.

Lysle

MARCH 26
CONQUER

Picture **MORE**

Texture

I have to believe that love conquers all. It is a conscious choice that isn't always easy, but it helps me to see the good in difficult days. I see love all around me.

A situation may be difficult, but love is woven into the fibres of a scarf my mom knitted for me; it is in the steam that rises from the coffee my boyfriend made for me; love is in nature, in every beautiful flower, whether vibrant, or ones like this that somehow survived a Canadian winter and still holds beauty, if we look for it.

There is something powerful in conquering your thoughts and how you see the world. It isn't always possible, but we can try. And you know what's really special? We get to use our photos to have others see the world through our eyes. Where is love conquering today?

Joy



MARCH 27

YES

Picture **YOU**

Low Key - Sunday Selfie

YES! I love low key photography! Low key images can be achieved by shooting dark-colored scenes by lowering or dimming the "key" (or front) light illuminating a scene and then emphasizing natural or artificial light only on specific areas in the scene. When looking at your histogram most of the tonal range falls in the darker tones and shadows. I love the moodiness and mystery this type of photography can create. I took this photo while having the sunlight fall directly on the left side of my face which created the deep shadows on the opposite side of my face.

Today we are encouraging you to take that Sunday Selfie in a low key way. Converting your photo to black and white helps too (which is helpful considering we just did black and white week).

This week will challenge you to really look for stunning light and shadows!

Danette

MARCH 28
STIRRING

Picture **YOU**

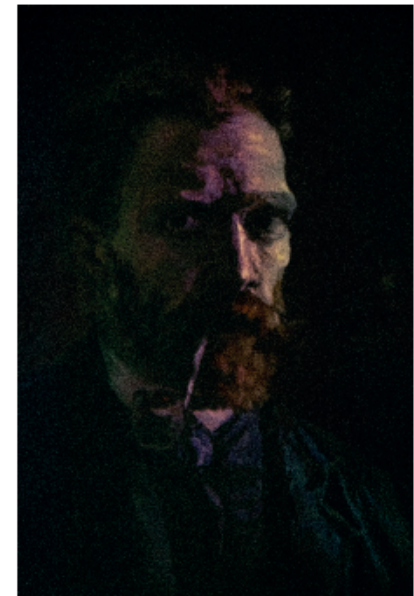
Low Key

As we learn more about low key photography this week, are you finding it challenging or is it something you enjoy doing? It can be tricky to do but it makes for such interesting photos don't you think?

I went to the Van Gogh exhibit last year and I found it extremely stirring. I loved it. I took this photo while at the exhibit. It was a dark room, so the lighting was low. The image was shown on the screen with the light on the right side so when taking the photo, it gave a low key feel to it. It gives a dark moody feeling to the image.

What stirs emotion in you? How can you photograph utilizing low key lighting? Or you can simply use your spoon and stir something as you photograph it. Define it in whatever manner works for you and give low key photography a try.

Diane





MARCH 29

G H

Picture YOU

Low Key - Picture the Alphabet

It's alphabet day again! Today we are searching for the letters G and H.

We hope you are having fun with these letter photos. Keep in mind that sometimes you will find an entire object that mimics the shape of a letter, as is the case with the clamp shaped like a G. In the case of the H, I found the shape on a smaller scale, the dividing lines in a set of watercolor paint.,

Have fun looking for letters today! You may find them on a big scale or in minute details. Also keep in mind that you can search for upper or lower case. And remember to keep your photo and your stress level low key!

Kris

MARCH 30
EXCELLENT

Picture YOU

Low Key

Eggcellent - I am sorry I just couldn't help it!

I found it difficult to find a photograph in my archives to use as an example of "excellent" in low key! It is not something I have done much of in the past.

I did find this one from 2015. In this photo I put eggs on a black tile that I use for the purpose of getting reflections. I made the room dark and used a torch to light up the eggs slightly (light painting). I am itching to redo this photograph again because I have learned so much since my first attempt 7 years ago.

For low light photography, really do try to use a tripod and put the camera on delayed timer so that there is no shaking. Set your f stop as high as you can; my camera settings were f /22, ISO 100 (for clarity) and a 6 second exposure. This may seem like a long time, but if nothing is moving you will get a better photo.

Lee



MARCH 31

COLOSSAL

Guest PROMPT

Low Key

COLOSSAL means something of great power, such as high mountains, dramatic skies, volcanic explosions, giant trees, huge ocean waves, or large architectural structures. It could also be more personal, such as something that impacted you in significant ways. I chose an image of Philadelphia's 30th Street Station (railroad) colossal pillars. Long ago I'd drive my husband to this station every morning for his daily commute. It seemed trivial, but this routine had an incredible impact in our lives.

Think of something colossal in your life. It may include you, parts of you, or of significance to you. Be sure to capture your imagine in low key style, with more shadows than light but revealing key details. A good starting point for your camera settings include low ISO, low f-stop and fast shutter speed.

I can't wait to see what's colossal in your life. Have fun!

Cristina Coltro

MARCH 2022

Picture YOU

Makes Me Happy

- 1 E F
- 2 One-Hundred Percent
- 3 Eye-Opening
- 4 Angelic
- 5 Prompt Free

Picture STYLE

Golden Hour

- 6 Glorious
- 7 Jovial
- 8 Warm
- 9 Accomplish
- 10 Belief
- 11 Wisdom
- 12 Sparkling

Picture COLOR

Black & White

- 13 Awe-Inspiring
- 14 Outstanding
- 15 Luminous

Picture COLOR

Black & White

- 16 Up
- 17 Prominent
- 18 Achievement
- 19 Openhearted

Picture MORE

Texture

- 20 Coarse
- 21 Vanquish
- 22 Ascend
- 23 Spine
- 24 Aptitude
- 25 Pleasant
- 26 Conquer

Picture YOU

Low K

- 27 Yes
- 28 Stirring
- 29 G H
- 30 Excellent
- 31 Colossal

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