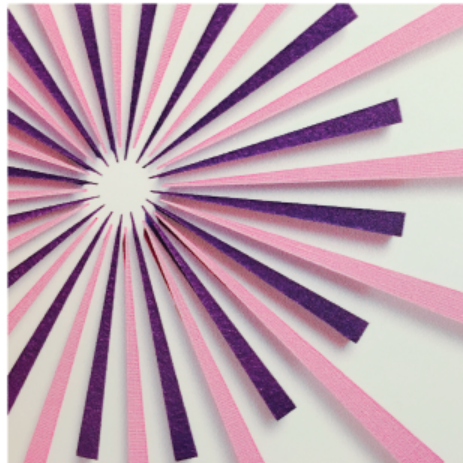


# MAY 2022

365  
*Picture  
Today*



365 *Picture Today*

# MAY IS AWESOME!

*"May...it's full of all the things that make spring and the brighter part of the year so special. Flowers bud, the sun shines, and new seeds are sown into the fabric of our lives. May is awesome" - Jenna Danchuk*

May is a month worth celebrating!

Facts about May.

- May is the fifth month of the year and named after Maia, the Roman goddess who oversaw the growth of plants.
- May is the third of seven months to have a length of 31 days
- May is a month of spring in the Northern Hemisphere and autumn in the Southern Hemisphere (that makes it pretty fantastic! Both are fabulous seasons)
- In May we celebrate Cinco de Mayo, Memorial Day, Victoria Day and Mother's Day!
- Star Wars Day, Dance Like a Chicken Day, National Fitness Day, Eat What you Want Day, Chocolate Chip Cookie Day, Bike to Work day, Wine Day....the list goes on!

Do you get the picture? Lets celebrate and take pictures! It is also National Creativity Day on May 30 but why wait? Let's make the whole month a month of creativity.

*And all the world is glad with May - John Burroughs*

*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.



MAY 1  
**PREVAIL**  
Portrait

*Picture*STYLE

To prevail is to "prove more powerful than opposing forces; be victorious."

This is my boyfriend, Ketan, and I couldn't think of anyone better for this portrait. He came to Canada from India without knowing a single person here. He figured out the currency, the culture, the customs and embraces it all. He always proves more powerful than anything that tries to bring him down and I am forever in awe.

Is there someone in your life who is the epitome of strength and perseverance? Or someone that helps you to be victorious? Take the time to tell them and capture a portrait. With portraits, we need to think about background, focus and lighting. Use a tripod if you can (a stack of books is also handy!), and smaller f-stop on your camera to blur the background or check your phone to see if it has a portrait mode in the camera. We shall prevail!

Joy





MAY 2  
**PHENOMENAL**

*Picture*STYLE

Portrait - Macro Monday

Let's have some Marco Monday Fun portrait style!

Macro photography is one of my favorites because it forces you to slow down and shoot with intention. So today pick a detail and get in close. No macro lens? No worries - just zoom in or use a tight crop. I can't wait to see what beautiful details you highlight today!

Amy



MAY 3  
**PROGRESS**

*Picture*STYLE

Portrait

Progress is a wonderful word. Officially it means: "forward or onward movement toward a destination." The time it takes to get to whatever destination you are working towards is a personal thing and that's what makes progress so cool - and it never looks the same between two people. When I think of the word progress, I especially think of hobbies and how a person moves through the various stages of progress while learning something they are interested in or love to do. We all start at the very beginning of something, move through the process of learning and growth in the middle of learning it all, and because of how cool life is, we never really master anything. I think that no matter what, there is always something more a person can learn. What is something that you have been progressing towards in your own life?

Danette



MAY 4  
**CHOICE**

*Picture*STYLE

Portrait

This week is all about capturing the essence or personality of someone through a photograph. Who do you choose to photograph today? The choice is all yours.

This is my stepdaughter, Jess. She is always willing to help me out with my prompts. I like that she lets me practice on her. Today I chose to capture a portrait of her. I also made the choice to convert the photo to black and white. The photo turned out a little boring and lacked colour. I think black and white looks much better.

What choice will you make for your photo today?

Diane





MAY 5  
**ASTONISHING**  
Portrait

*Picture*STYLE

This may be a heretical statement, but I'm going to say it. I'm not a fan of portrait photography. Even with an outstanding photographer, they always look too staged for me, like people are trying to photograph an image of the life they wish they had rather than the life they actually live: a life marked by bumps, bruises, crumbs, and a little dirt.

I much prefer to shoot lifestyle portraits, where it is my job to photograph the subjects in a comfortable and natural setting. Rather than spend time positioning everyone and making them hold a (fake) smile, I'd rather be a fly in the background, watching how people interact with one another or their environment and capturing that relationship without them really noticing. This feels more authentic to me.

Today, try taking a portrait where it is your job to find and capture the uniqueness of your subject without them having to "hold that pose."

Kris



MAY 6  
**DIVINE**  
Portrait

*Picture*STYLE

What is more divine than taking photos of your family?

Here my two girls are saying goodbye to each other, but still managing to have fun at the same time. I made it black and white to show the love that these two have for each other, even if they don't show it all the time!

No family around? This I totally understand, living the life of an expat, I doubt that I will have family around for this day.

Find someone who can help, be it a good friend, a pet (all pets are divine), a bird or some random people on the street.

Just make them look divine!

Lee



MAY 7  
**INSTANTANEOUS**  
Portrait

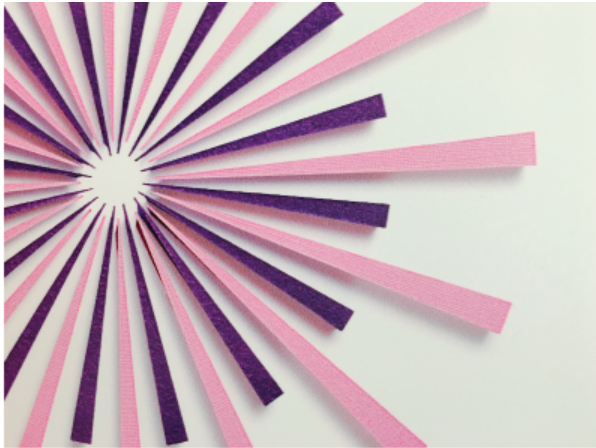
*Picture*STYLE

After a week of portrait photography, let's have a little fun!

The last time my siblings and I got together we recreated a picture from our family archives. The original photograph was a very staged and serious photo taken at a portrait studio in a department store. For our recreate, we dressed in similar clothes and posed in the exact same way! But then the fun and antics began. We thought we were finished and were relaxing with a cocktail, when one of our spouses said, "say cheese" and this was the result. An instantaneous and fun photo.

Try to take a portrait today that is less posed and more instantaneous! Have fun with it.

Lysle



MAY 8  
**LIFE-CHANGING** *Picture***COLOR**  
 Pink

Is there anything more life-changing than taking a POTD? Maybe it's color week? It is pretty amazing what catches our eye in relation to a single color! Just think of all those "somethings" you will finally take notice of thanks to our week of PINK!

Pink is my favorite color! It can be calming in its lighter shades and invigorating in its more vibrant hues. It can evoke a wide range of emotions from thoughtful and caring to passionate and energetic. It conveys love and compassion, sympathy and comfort, kindness and joy.

Looking forward to the Pinks you will find this week!

Amy



MAY 9  
**PROTECTED** *Picture***COLOR**  
 Pink

I was very lucky to have an example of protected today by using my daughter's Tae Kwon Do bag. Pink - check! Protected gear - check! Maybe you'll be as lucky as I was and find a container of some sort that's pink that you use to protect something. Or maybe your pink protected example will look quite different. Just don't forget to use the color pink today.

Danette



MAY 10  
**FIERCE**  
 Pink

*Picture***COLOR**

I just love the word fierce. It just resonates strength to me and makes me feel invincible. I like to think I'm fierce. I certainly feel fierce when I'm on the golf course. Taking a golf club and whacking the crap out of a golf ball could make anyone feel fierce. We're just getting into golf season here in Ontario and I'm just waiting for my fierce to come out!

Can you tell pink is one of my favourite colours? My golf balls and my tees are pink. How perfect for pink week!

Show us what makes you feel fierce today!

Diane

# 365 Picture Today

MAY 11  
**PROMPT FREE**  
Pink

*Picture***COLOR**

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



MAY 12  
**EFFECTIVE**  
Pink

*Picture***COLOR**

Pink can calm and soothe our emotional energies. Are you more relaxed now that we are in the middle of pink week?

Pink is known as an effective colour to reduce aggression.

I find that at this time of year I am usually more relaxed and calm, maybe because of all the natural pink that is blooming all around us here in the Northern Hemisphere.

What pink thing is effective in making you calmer?

Lee



MAY 13  
**APPEALING**  
Pink

*Picture***COLOR**

Pink is such an appealing colour! Let's try and switch things up today. Instead of finding a pink item, how about searching for a pink background! As a background colour, pink really makes other items pop!

At the end of a long pier I found an ice cream shop! Sadly, it was closed! The pink window of the shop just stood out and I knew I had to photograph it. My husband was wearing red! I like how the red of his shirt popped against the pink background.

Try looking for a pink wall, house, or graffiti to use as a background. You can also use cloth, clothing, dishes, flowers...the opportunities are endless.

If you can't find a pink background, photograph something that you find appealing in the colour pink.

Lysle





MAY 14  
**GRIN**  
Pink

*Picture* **COLOR**

Here we are on our last day of pink week. If it hasn't made you grin yet, here's your chance:

It's time to grab that pink lipstick. We've been wearing masks for a while, so maybe, like me, you've forgotten how to apply it. No problem! Here we embrace the process. If pink lipstick isn't in your arsenal, find something pink that makes you grin. Who knows, maybe it will spread. Whatever you think, think pink!

Joy



MAY 15  
**BUBBLY**  
Contrast

*Picture* **MORE**

The easiest way to create contrast is by creating changes in the tones or colors in our images. Higher contrast will give a different feel than lower contrast (think of Low-Key week in March). By using the most contrasting, or complementary colors (like red and green which are opposite each other on the color wheel) you'll capture a beautifully contrasted photo. On the other hand, if you want to use analogous colors (colors that are next to each other on the color wheel), you can create a lower contrasted image. By using complementary or analogous colors, you'll create juxtaposition - which is placing two things together to show contrast or similarities. Another idea is using tonal contrast which is especially seen in B&W photos, or warm or cold colors. Contrast can be created by using different shade/tint, using different textures, higher depth of field to blur your background, old/new, big/small, natural/artificial. When you are taking photos this week, think about the mood you'd like to convey and play with diverse types of contrast that will make that mood stand out.

Danette



MAY 16  
**AUDACIOUS**  
Contrast

*Picture* **MORE**

The definition of audacious is showing a willingness to take surprisingly bold risks. How audacious are you? Are you a risk taker?

When I saw this gentleman up on the scaffolding working on the sculpture, I thought he was quite audacious. He's definitely taking a risk climbing to that height to work on this robot. There's also quite the contrast between him and the robot. You can really get an idea of how big this sculpture is when you see him beside it. I also like the contrast between human and metal.

What type of risk will you take today?

Diane



MAY 17  
**MASTER**  
Contrast

*Picture***MORE**

The combination of words for today, contrast and master, took my head straight to a chess board. There is the obvious contrast between the black and white of the board and also the pieces. There is also the contrast that comes when one masters the game and defeats an opponent.

Master also makes me think of artists and the many different ways that they use the notion of contrast in making art - light and dark, hard and soft, warm and cold, and so on.

Do you consider yourself a master of something? A game? An art form? A sport? A hobby? If so, photograph it today.

Maybe you want to be a master of thinking outside the box by putting your personal twist on what contrast means. Whatever you choose to do, have fun!

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



MAY 18  
**FEARLESS**  
Contrast

*Picture***MORE**

'To boldly go where no man has gone before' comes from Star Trek and is the first thing that came into my mind when I saw the word "Fearless".

Maybe we don't have to go to another planet! The one we are on has plenty of places that you can go.

If you get out early in the morning you will find that usually there are places that nobody has been to yet. The contrast of the pop of red flower against the blue-green foliage really makes the poppy stand out.

What contrasting colours can you find on your fearless hunt today?

Lee

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



MAY 19  
**SENSATIONAL**  
Contrast

*Picture***MORE**

Contrast occurs when there is a difference in luminance or colour that makes an object distinguishable. It is determined by the colour and brightness of the objects within the same field of view.

Contrast also occurs when the state of something is strikingly different from something else in juxtaposition or close association.

This can be a really fun photo challenge! You can use contrasting colour or contrasting items, or contrasting texture or all three!

I found an old spoon on the beach. It is strikingly different yet somewhat the same as a spoon from my cutlery drawer. I photographed the spoons on a black board to show off the contrast in colour and texture.

Can you find similar yet contrasting items? If not, photograph a sensational item in a contrasting manner.

Lysle

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





MAY 20  
**HEARTY**  
Contrast

*Picture***MORE**

Growing up, I often had a hearty meal of meat and potatoes. It got the job done, but it didn't ever thrill me to eat it. As I've grown up, I've learned more about cooking and all the foods that are easily accessible. It's such a contrast. There are so many colours available to us, and all so hearty, like this lovely piece of red velvet cake.

Are you having a hearty meal or snack today? No one says it has to be nutritious but try for contrasting colours in your photo.

Joy



MAY 21  
**COMPLEMENTARY**  
Contrast

*Picture***MORE**

As we end our week of Contrast I hope you have enjoyed exploring the different ways to add contrast to your photos. By using contrasting objects or colors, light and shadows, and simplistic backgrounds you can add a lot of visual appeal to your images.

Today let's look for something that is contrasting yet complementary. For example this leaf has an alternating pattern in a pleasing color palette.

Amy



MAY 22  
**VIRTUOUS**  
Harmony - Sunday Selfie

*Picture***YOU**

It's Sunday Selfie! Yay! I love seeing all your lovely faces! This picture you week is all about what brings us harmony in our lives.

Brian is the Ying to my Yang. He balances me and I feel we go through life together in harmony. We're a good team and I always tell him that I love us. Together we're better. We take a lot of selfies, and I must say, we feel pretty virtuous when we're snapping photos of us, especially when wearing our 365 swag.

What makes you feel virtuous? And don't forget it's Sunday selfie day!

Diane





MAY 23  
**AWESOME**  
Harmony

Picture YOU

Awesome: *extremely surprising or impressive; amazing.*

We judge so many things in our lives based on age. How many times have you been awed by someone because they were so young or so old when they accomplished a reached an impressive goal? We are all stronger and more capable than we think. When our mind and our body work together in harmony we can accomplish things we may not ever have thought possible. That is how I started running at age 59. Am I an awesome runner? Nope. Have I accomplished an awesome personal goal? Yep. And, that is what matters to me.

Is there something that you have accomplished that you thought you were too young or too old to do? Show us your awesomeness today. Show us your awesomeness today.

Kris

website: 365picturetoday.com

K



L



MAY 24  
**KL**

Picture YOU

Harmony - Picture the Alphabet

It is Picture the Alphabet Day and this month's letters are K and L.

Remember there is no wrong approach!

You can hunt for the letters throughout your day, get creative and make your own, or use objects to represent the letters. Just make sure to store your letters in a safe place for later!

Lee

instagram: 365picturetoday



MAY 25  
**SUPER**  
Harmony

Picture YOU

Harmony + Tranquility = internal calm. What do you do to find harmony and internal calm? Me? I need to get outside and hike and the higher I go the more harmonious I feel. Sometimes I feel like a superhero climbing my mountain trails.

Show us how super you feel when getting into your harmonious space!

Lysle

instagram: 365picturetoday



MAY 26  
**UNBELIEVABLE**  
Harmony

*Guest* PROMPT

Color harmony is a tool you can use, when you compose your photograph. Similar or complimentary colors look natural together. They can make an image feel "settled," as if all the elements belong together. I've seen it work beautifully, when photographing a monarch butterfly resting on an orange dahlia, in a field of orange and yellow zinnias.

As we drove along the coast at Cambria, I thought I was seeing clumps of seaweed. But when we stopped for a closer look, I discovered an unbelievable sight. A shoreline covered with the most beautiful sea lions, soaking up the sunshine. An earthy palette of colors (including Grandma and Kellan's hair) highlighted the drowsy sea lions.

What unbelievable image can you find in your day today, that is highlighted with Color harmony?

Billie Grof



MAY 27  
**EPIC**

*Picture* YOU

Harmony - Picture My Hands

Epic is one of those words that over time the way we use it no longer fits its definition. The original meaning is a long narrative poem yet when we hear the word Epic we think **COOL, AWESOME, THE BEST THING EVER** with of course lots of exclamation points and in all caps!!!

For this month's Picture Your Hands photo you have a choice go literal or with the slang? Share a literary work or something that is the **GREATEST EVER!!!** Can't wait to see which one you choose... and don't forget to include your hands.

Amy



MAY 28  
**STIRRING**

*Picture* YOU

Harmony - Picture My World

This is our second Picture My World out of four for the year. We first took our photo in the spot of our choice back on February 5. Today, we challenge you to get back out to that spot and take your second photo. You can choose to create a collage like I like to, or just share them side-by-side. By the end of this year, you'll have 4 beautifully captured photos from all four seasons of the year! Talk about harmony!

Danette





MAY 29  
**PARADISE**

*Picture*STYLE

Street Photography

The most basic definition of street photography is "capturing life in public areas." This is a type of photography that is uncomfortable for many people, myself included. Though I do enjoy people watching, especially in airports, taking pictures of strangers feels too intrusive for this introvert. That said, I find much beauty in observing the connections that people make and the interactions that they have with their surroundings.

To address my own reservations with engaging in street photography, I always photograph strangers from behind or in silhouette (or both).

This week will be challenging for me but I'm willing to push myself out of my comfort zone a little. I hope you'll join me.

Kris



MAY 30  
**EFFICIENT**

*Picture*STYLE

Street Photography

Street photography to me means a genre of photography that records everyday life in a public place.

I was looking through my photos for an example and most of them are in black and white and hardly any photos with people in them. I came across this photo; it does have a person directing us onto the train at the top of the photo.

So, this is how you cross under the English Channel by train, you queue up and then drive into the train, and park up and wait, whilst the train then does the 25ish miles for you. It is one of the most efficient ways to cross the channel.

What will you find that is run efficiently today? Can you manage to get a candid shot of someone doing some work?

Lee



MAY 31  
**WHOLESONE**

*Picture*STYLE

Street Photography

Sometimes we feel uncomfortable taking random photographs of strangers on the streets. A really easy way to get around your discomfort is to take a picture of a busker! They are performers and therefore are used to being watched and photographed.

In the case of this gentleman, I watched and listened, and then asked him if I could photograph him while he performed. He graciously said, "of course" and I took several shots before placing some money in his open banjo case. It was a wholesome way of getting around my slight hesitation at street photography. "Asking" is a straightforward way to get your shot.

Lysle



# MAY 2022

## *Picture* STYLE

Portrait

- 1 Prevail
- 2 Phenomenal
- 3 Progress
- 4 Choice
- 5 Astonishing
- 6 Divine
- 7 Instantaneous

## *Picture* COLOR

Pink

- 8 Life-Changing
- 9 Protected
- 10 Fierce
- 11 Prompt Free
- 12 Effective
- 13 Appealing
- 14 Grin

## *Picture* MORE

Contrast

- 15 Bubbly
- 16 Audacious

## *Picture* MORE

Contrast

- 17 Master
- 18 Fearless
- 19 Sensational
- 20 Hearty
- 21 Complementary

## *Picture* YOU

Harmony

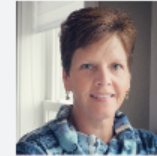
- 22 Virtuous
- 23 Awesome
- 24 K L
- 25 Super
- 26 Unbelievable
- 27 Epic
- 28 Special

## *Picture* STYLE

Street Photography

- 29 Paradise
- 30 Efficient
- 31 Wholesome

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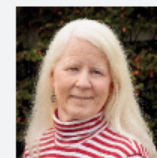
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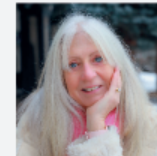
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