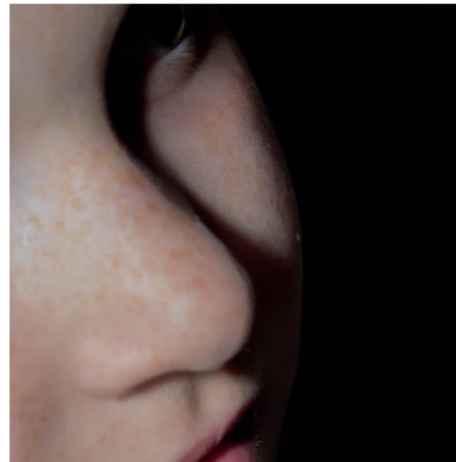


# JUNE 2022

365  
*Picture  
Today*



365 *Picture Today*

# SUMMER IS COMING, SUMMER IS COMING!

Welcome to June. In the Northern Hemisphere we are starting to unpack our summer gear to enjoy the warmer weather. For those of you in the Southern Hemisphere, your cool temperature gear is starting to make an appearance. In Canada we will experience the longest day of the year this month while our antipode friends will see the shortest day. Wherever you are in this great, big, wonderful world, June will be full of opportunities for photo taking!

I'm super excited to welcome June. For the first time in over two and a half years I will be traveling internationally. While you are reading through this ebook I'll be on a River Cruise on the Rhine River in Europe. Brian and I both turn 60 this year so we figured a River Cruise was the perfect way to celebrate. Before the cruise we will be spending three days in Lucerne, Switzerland. I don't think I've looked forward to something so much in my whole life. I've missed travel over the past couple of years and I'm glad to see the world is starting to open up again.

Travel is an excellent opportunity for us photography enthusiasts. When we travel, we see and experience things that can be so different from our everyday lives. Our senses are overloaded and our cameras allow us to capture these moments and share them with the world. For two weeks this June my photos will be taken from somewhere very different for me and I can't wait to see what I come up with. I hope you'll follow along with me through my daily prompt photos.

Will you be traveling this summer? If so, please share your photos with us. Many of us will be traveling vicariously through you. As a member of this group, I have seen parts of the world that I likely will never have time to visit. We have a lot of wanderlust folks in this group and it's such an honour to travel the world through your photos. I've added places to my travel bucket list just by seeing photos others in this group have posted while they are on vacation. Your travel experiences coupled with your creative photography provide all of us 365ers with a glimpse into the awesome experience you are undertaking somewhere out there in this great big world. If you are one of those that takes and collects photos as your souvenirs when you travel, please share your travel tales with us. We want to travel the world with you!

*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 JUNE 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.



JUNE 1  
**CHEER**

*Picture*STYLE

Street Photography

What a great word to start a new month! But, I'll be honest, street photography terrifies me. Maybe it makes you feel a little uneasy as well. We're all here to cheer each other on.

Check and see if there are any events going on nearby. No one ever raises an eyebrow at event photographers. In fact, at this parade for my hometown's 200th Anniversary, I got labeled the "parade photographer" (by one person, anyway). If there are no events, find a friend to go with you, or find a bench in a busy spot and just sit and watch the world go by, keeping a lookout for cheery faces. Or maybe the cheer is from behind the camera when you get the shot!

Joy



# 365 *Picture* Today

JUNE 2  
**HONORED**

*Picture*STYLE

Street Photography

Today as you hit the “streets” be in search of something honorable, distinguished, and noteworthy.

Since I’m not comfortable pointing my camera at strangers I will often shoot from behind. This is a great way to capture the scene without feeling like you are being intrusive.

The streets in the historic area are always filled with notable costumes - no surprise the red caught my eye!

Amy

JUNE 3  
**GENEROUS**

*Picture*STYLE

Street Photography

I’ve always thought that it’s such a generous thing for people to share their talents so kindly with the world. Especially when they do it just for the love of it. And then those who enjoy their talent, so generously offer tokens to those sharing their skill. It makes for generosity all around for sure! This lovely gentleman was incredibly talented, and you could just feel how much he enjoyed playing for the crowd that gathered to listen to him. Think of how you can capture generosity on the street today.

Danette

JUNE 4  
**PROMPT FREE**

*Picture*STYLE

Street Photography

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



JUNE 5  
**SAVOURING**  
Black

*Picture* **COLOR**

What do you think of the colour black? One of the positive associations is sophistication, I can work with that!

Do you savour food to the fullest?

I do and I live in Belgium, which is known for waffles, frites, beer and chocolate! But you may not know **Belgium is a secret foodie heaven**, with more Michelin stars per capita than France and the entire globe of world cuisines available.

But food that is black? Hard, you might think, but think black olives (as in photo) or aubergine (eggplant), black grapes, blackberries, blackcurrants, black beans or not so healthy black cookies!

What black food can you find in your pantry?

Lee



JUNE 6  
**BENEFICIAL**  
Black

*Picture* **COLOR**

*"When you photograph people in colour, you photograph their clothes, but when you photograph people in black and white, you photograph their souls" - Ted Grant*

Today is all about the colour black. You get to decide if you want to take a picture of something black, or convert your photograph to black and white. Just for fun, take two shots; one in black and white and one with the black item as the focus of the picture. Decide which picture you prefer. Show us your preference or show us both!

For my photograph of "beneficial" I chose a black hat (which is most beneficial won't you agree?) I liked the playfulness of the black hat and fake moustache against the red shirt and sheriff's badge but I liked the old time drama my black and white produced too!

Lysle



JUNE 7  
**VIBRANT**  
Black

*Picture* **COLOR**

I'm not sure about you, but when I saw "vibrant" and "black" together I just kind of sat back and said, "Huh??!" Since black is the absence of light, it's a little tricky to make it vibrant. However, there's nothing quite like the contrast with black.

This quiet morning out on the river wouldn't have looked quite so vibrant if I didn't have my Dad's silhouette to contrast the vibrance of the sun. If you can find something black AND vibrant today I am eager to see what that looks like. Otherwise, let's use black as contrast to make something extra vibrant.

Joy



JUNE 8  
**WHOLE**  
Black

*Picture***COLOR**

Today is an easy one... you are going to fill the frame with the color Black!

I went with a flatlay of items from my day; a sign in my kitchen, thin mints, black coffee, and my kindle.

Amy



JUNE 9  
**SPUNK**  
Black

*Picture***COLOR**

Spunk = courage and determination. My girl fits that bill to a T! She got her black belt in Tae Kwon Do at age 11, she was on student council in 4th grade, she's in band, she did figure skating for 2 years, she is starting to do acting with her school, she is a great student, a great friend, and a great daughter. I could go on and on about my spunky girl. I hope you have something equally spunky to share with us today!

Danette



JUNE 10  
**SURPRISING**  
Black

*Picture***COLOR**

I love music and I seem to sing along to every song that comes on the radio. Brian always tells people that I know the lyrics to every song ever written! I don't, but I am surprised that I do know every word to every song on this album, Meatloaf's Bat out of Hell. This was the iconic album when I was in grade 11. I have so many amazing memories tied up in this album. The record itself is black so it was perfect for this prompt.

What do you do, or know, that continues to surprise you and others? Give us a glimpse into a hidden talent that you have that might surprise us.

Diane



JUNE 11  
**ATTRACTIVE**  
Black

*Picture***COLOR**

Attractive is such a subjective word, one that, I must admit, gives me trouble. In case you find yourself in the same boat, here are a few words that are almost synonyms but, to me, seem a bit easier to get a grip on: engaging, enchanting, interesting, likable...

I love the black hat on this guy. To me, it is attractive...or maybe fetching is a better word.

How do you define attractive? Photograph it today.

Kris



JUNE 12  
**LEGEND**

Rules of Space  
What is Rule of Space?

*Picture***MORE**

The 'rule of space' in photography is a method that uses visual absence to give the subject a chance to stand out. It is a compositional device used to add a sense of vastness and depth to a photograph. In other words, the space highlights the subject.

In order to use the rule of space effectively, you have to decide how to convey your subject in the space it occupies. Is it movement, perspective, depth or size?

I chose the legendary Calgary Tower as my example. At one time, the tower was the tallest building in Calgary and it soared uncontested into the sky. It is now one of the shortest buildings, but by photographing it with space around it, I made it stand out as the most important part of the image.

Lysle



JUNE 13  
**CHAMPION**

Rules of Space - Macro Monday

Morning Glories are champions every morning as they bloom in full force, only to fade, and bloom anew the next morning.

What's the champion of your day? Remember to get in close. Using rules of space, having space between your subject and the background allows for your subject to truly be the champion of your photo. This technique also gave me a lot of negative space which you could try in your photo. I think I broke the rules of space by placing my subject in the centre, but breaking rules in photography can be great fun!

Joy

*Picture***MORE**



JUNE 14  
**JAW\_DROPPING**

*Picture***MORE**

Rules of Space

For today's photo, consider how the added space in the frame can help you tell a story. In the sample photo above, you can see how placing the boat in the first third of the image and the huge expanse of ocean in the remaining two-thirds gives the viewer a sense of the journey that lies ahead for this fisherman as he heads out at dawn.

Use that added space to WOW us today!

Amy



JUNE 15  
**UNBEATABLE**

*Picture***MORE**

Rules of Space

I am filling the space with these two unbeatable boys. They never give up in their endeavors and I am an extremely proud mom. They make it easy to fill up a photo with their smiling faces. What can you capture today that's unbeatable in your life? Think about filling the space of your image with that subject to tell us that story.

Danette



JUNE 16  
**UNWAVERING**

*Picture***MORE**

Rules of Space

I have been blessed throughout my life to have the unwavering love and support of my family. This is a collection of just a few of the black and white photos I have of various family members that are so very close to me, all centered around my mom and dad's wedding photo. I filled the whole frame with photos making the most of all the space in the frame. I just love looking at these old photos. I get a kick out of seeing my mom, dad, grandmother, aunt, siblings and me when we were much younger.

Who in your life provides you with unwavering love and support? Honour them today and show them just how much their unwavering support means to you.

Diane





JUNE 17  
**FORCE**

*Picture***MORE**

Rules of Space

"**Forced perspective** is a technique which manipulates human perception by employing optical illusion to make objects appear larger, smaller, farther, or closer than they really are. By viewing the correlation between scaled objects and the vantage point of the camera or spectator, human visual perception becomes altered."

This little guy is flying high...or, is he? For a two year old, he was swinging high, but by me laying on the ground under the swing and shooting up, I was able to amplify the vastness of the sky and make it appear like he was soaring with the birds.

Creating forced perspective images can fun. To make objects look to be on a bigger scale than their environment, place them closer to the camera lens; smaller, place them farther away. It is also helpful to use a wide angle lens and a more closed aperture (f16).

Kris

website: 365picturetoday.com



JUNE 18  
**EASY**

*Picture***MORE**

Rules of Space - Picture Re-Crete

We need to re-create a photo today! It should be and needs to be an easy thing to do, so don't over think it!

Do you have a family photo that you want to re-create but you don't have the people around today to do the photo? Try using substitutes for the re-create. I have used Lego for the photo above, but you can use anything that you think that represents that person.

Don't over think it, just find a photo that you love and things to use in the re-create such as Lego obviously, but maybe dolls, teddies, tins of food, plants or just clothes! Just have fun so we can have a laugh and hopefully your family will too!

Lee

instagram: 365picturetoday



JUNE 19

**LEGENDARY**

*Picture***YOU**

Sunday Selfie

Nothing makes me feel legendary quite like a hat or a fun outfit and a little selfie-session. Do you have a superhero cape, or some funky sunglasses that make you feel legendary when you wear them? Show them off today!

It's time to turn the light on high-key week. You'll need lights and more lights, and a bit of contrast. Test with different light sources and moving it further and closer to your subject to find your angle. Use a white or light background. I think our progress this week will be legendary!

Joy

instagram: 365picturetoday



JUNE 20  
**GREAT**

High Key

Grab something "great" from your day, set the timer for 10 minutes, and let's have some high-key photo fun! You only need a few minutes I promise!

High key photos are usually lacking in color and contrast which can be accomplished with a combination of a bright light source and some exposure tweaking... OR if you have a newer iPhone your camera comes with a high-key shooting mode.

I picked a rose from the garden, grabbed a flashlight, and used the tile floor as the backdrop. I set the timer and let the photo fun begin!

Amy

*Picture* YOU



JUNE 21  
**M N**

High Key - Picture the Alphabet

Continuing with our Picture the Alphabet prompts this year and, can you believe it, we are right in the middle! You know what's extra cool about this prompt today? I actually LIVE in MN! Try to keep things light and bright today when finding your letters and they will be another amazing installment to our finished alphabet at the end of the year!

Danette

*Picture* YOU



JUNE 22  
**SOULFUL**

High Key

I'm a tea drinker but I know just how soulful coffee is to many folks. Brian is one of these people. He needs his coffee in the morning and I'm more than willing to stay out of his way until he does. Coffee feeds his soul and makes him human. He even has a t-shirt that reads "Instant Human - just add coffee". It's true!

Soulful means something that is deeply felt or profound. I believe that the impact that coffee has on many can be considered as soulful. I know, it's a bit of a stretch but it's the first thing that came to my mind when I saw this prompt.

What comes to your mind when you see the word soulful?

Diane

*Picture* YOU



JUNE 23  
**TRUTHFUL**  
High Key

*Guest* **PROMPT**

"To thine own self be true." I know for me that truthful self-portraits can be very intimidating. But I am gaining confidence in revealing my true self thanks to the embracing 365 community. That means more wrinkles, less make-up, and maybe not even a smile.

For this High Key shot, I incorporated white as the symbol of truth. Dressing in white, I sat in a light-colored room next to a north-facing window with white blinds partly drawn. I set my camera on a pillow pointing from below with my phone next to it as a remote and to review the composition. Settings were auto-focus at ISO 200, f/1.8, 1/30 sec using a 35mm fixed lens. I've found looking at my reflection in the lens gives the viewer my direct gaze.

Finally in editing, I did.... nothing. It's all there including the graying roots. (In truth, there's a little mascara because I forgot I had it on!!)

Today, how will you reveal your true self? However you do it, you might give someone else that confidence to reveal themselves truthfully.

Leslie Kilbourne Druschel  
website: 365picturetoday.com



JUNE 24  
**QUICK**

*Picture* **YOU**

High Key - Picture My Hands

Do you find you never have much time for a photo? Then this is your day.

Just take a quick photo with your hands in it, making sure that you up your exposure level (but not too much) so that you get a high key photo. This is me weeding my garden pots!

Show us what you are up to, and make sure that you put your hands in the photo!

Lee

instagram: 365picturetoday



JUNE 25  
**MASTERFUL**  
High Key  
masterful [ mas-ter-full ]

*Picture* **YOU**

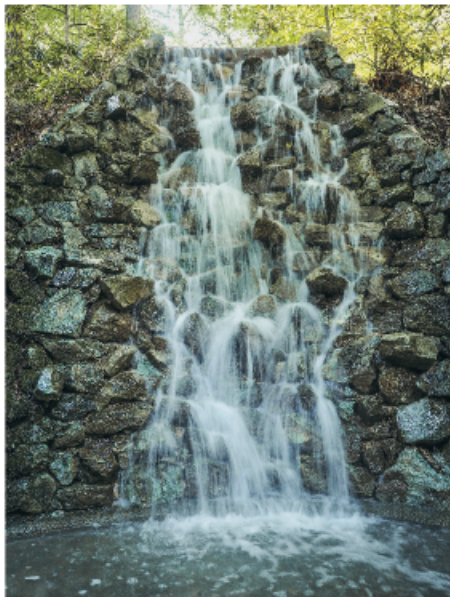
1. having or showing the qualities of a master; authoritative; powerful.
2. showing mastery or skill

After a full week of high key photography I am sure you have mastered this technique. Me, I still need a lot of practice! This was my very first high key portrait ever and I took it with 'ZERO' specialized equipment, skill or knowledge. I sat on the floor against a white wall. I placed a desk lamp behind my head, and a desk lamp on a step ladder behind my camera and tripod. I set my camera exposure compensation up 3 stops and shot at f8 with my white balance on tungsten light. I mastered the art of clicking the 10 second timer and getting into position (that's surely considered "mastery" because I took over 50 shots!) until I got the shot I liked! I altered the whites and exposure in light room and this is my end result.

Is it perfect? Not even close! But it proves that improvisation, perseverance and trial and error might just get you the shot you desire. Can you master the art of high key portraiture?

Lysle

instagram: 365picturetoday



JUNE 26

## **BLUR**

### Long Exposure

This week we are going to give Long Exposure a try!

This technique gives photos with movement a creative edge; making water smooth, lights trail, and motion blur.

I highly recommend a quick google search if you're not familiar with the process. The key is a stable camera either with a tripod or resting on something, an aperture of f/16 or smaller, a slow shutter from 1/2 to 1/8, and a moving subject.

Long exposure does require patience whether you are a beginner or a seasoned photographer so don't be discouraged. We have all week!

Amy

*Picture*STYLE



JUNE 27

## **BELIEVE**

### Long Exposure

Long exposure takes a lot of patience and practice. BUT, if you believe that you can, and you give yourself enough time for moments of trial and error, you won't be disappointed! I believe that you all will share incredible long exposure images as we continue through the week. If you've already felt frustration, keep with it, and I would bet that by the end of the week, you'll feel like a pro! This was taken with a 20 second exposure time at f/20, ISO 200 (and, of course, a tripod that I had to believe would stay sturdy enough while taking such a long exposure).

Danette

*Picture*STYLE



JUNE 28

## **AFFLUENT**

### Long Exposure

Someone who is affluent is rich or wealthy. Our 365 community is such a rich community. There is so much talent here and I don't believe I have ever belonged to a more caring supportive group of folks. Does that not make us all rich and wealthy? I think so!

I used a shutter speed of 13 seconds for this photo. I was in a dark room and I used a bbq lighter as my light source. My ISO was 50 and my f stop was 18. I set my camera on a tripod, used my phone as the shutter and then with the lighter lit, I wrote out the numbers slowly filling the whole 13 sec timer. It took a few tries to get the numbers square but I thought the final result was pretty neat.

Using long exposure today show us what affluent means to you.

Diane

*Picture*STYLE



JUNE 29  
**IMAGINE**

*Picture*STYLE

### Long Exposure

Sometimes you have to use your imagination, and a little technology, to accomplish a prompt. I'll admit that I had a hard time finding a subject that I liked for a long exposure photo. In the end, I turned to Photoshop to create my "dancing tulip" effect. And, I learned something new in the process, a process that is very simple! Choose a photo with a clear subject.

- Open your photo in PS. Crop if necessary. Duplicate the layer.
- Go to FILTER-BLUR-RADIAL Select Spin and Best. Hit OK.
- Add a mask. Select the brush tool with Flow set to 50%. Erase some of the blur to reveal the details of your subject.
- Go to bottom layer (original photo) and duplicate it again.
- Go to FILTER-BLUR-MOTION Set angle to your choice and Custom to 200. Hit OK.
- Again, add a mask and with the brush tool and same settings as above, reveal desired detail in your subject.
- Continue the editing processing as you would any other photo.

Use your imagination and have some fun!

Kris



JUNE 30  
**SCORE**

*Picture*STYLE

### Long Exposure

How are you finding long exposure?

A technique that has come out of long exposure is ICM (Intentional Camera Movement). This is a fun way to try to make an abstract photo.

I used settings on a sunny day of f /22 ISO 100 at 1/3 sec, which is a long exposure but the redwood bush was transformed!

Have a go at ICM and see if you can score a hit!

Lee

# JUNE 2022

## *Picture*STYLE

Street Photography

- 1 Cheer
- 2 Honored
- 3 Generous
- 4 Prompt Free

## *Picture*COLOR

Black

- 5 Savouring
- 6 Beneficial
- 7 Vibrant
- 8 Whole
- 9 Spunk
- 10 Surprising
- 11 Attractive

## *Picture*MORE

Rules of Space

- 12 Legend
- 13 Champion
- 14 Jaw-Dropping
- 15 Unbeatable

## *Picture*MORE

Rules of Space

- 16 Unwavering
- 17 Force
- 18 Easy

## *Picture*YOU

High Key

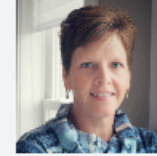
- 19 Legendary
- 20 Great
- 21 M N
- 22 Soulful
- 23 Truthful
- 24 Quick
- 25 Masterful

## *Picture*STYLE

Street Photography

- 26 Blur
- 27 Believe
- 28 Affluent
- 29 Imagine
- 30 Score

## 365 *Picture Today* CREATIVE TEAM



*Amy*

amy@365picturetoday.com



*Danette*

danette@365picturetoday.com



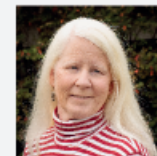
*Diane*

diane@365picturetoday.com



*Joy*

joy@365picturetoday.com



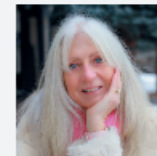
*Kris*

kris@365picturetoday.com



*Lee*

lee@365picturetoday.com



*Lysle*

lysle@365picturetoday.com