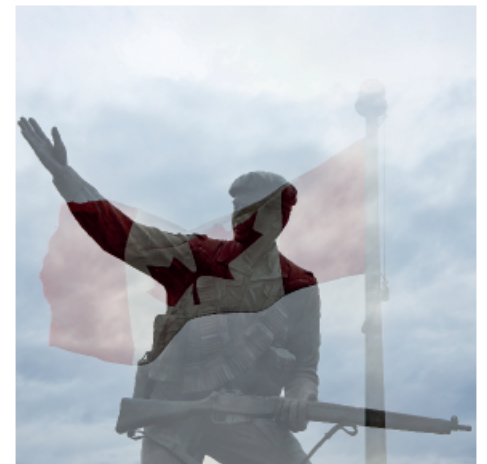
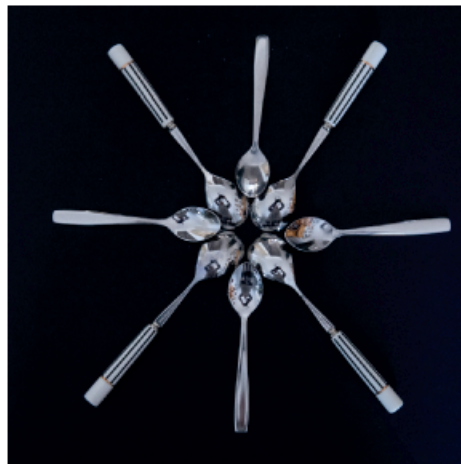


JULY 2022

365
*Picture
Today*



365 *Picture Today*

IF YOU'RE NOT BAREFOOT, THEN YOU'RE OVERDRESSED

Close your eyes and think about July. What comes to mind? Hot summer nights and cool drinks on the porch, fireworks, sand on your feet, the whoosh whoosh whoosh of the sprinkler, melted popcycles, the sound of the ice cream man, deep cool dives into the pool, lake or ocean, the smell of hamburgers cooking on the grill, the sounds of children playing, the smell of pool chlorine, the feel of the sun on your face, the smell of the freshly mowed grass.... is there a better time of year?

Now open your eyes and look around! There is so much to see and enjoy. There is so much to photograph too! It is the season of growth, of colour, of entertainment. There are weddings and outdoor parties and celebrations galore! It is a photographers dream! Take the time to document your July and record your memories of this magical time!

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

EXPLAINING THE PROMPTS

JULY 1
WIN
Long Exposure

PictureSTYLE

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 JULY 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.



Are you getting the hang of long exposure yet? Once you learn the settings for this technique, I guarantee you will never forget them. It is such a fun and interesting 'trick'. Even though I tend to visit the same waterfalls over and over again, for some reason I can't help but take yet another long exposure photo... just because I can!

I had a 'win/win' with this photograph. If you look to the left of the top of the waterfall you will discover a little red figure standing there! I 'made' my husband hike up the trail and climb out on a shelf next to the falls (yes, he got soaked). I motioned for him to stand very still, which he did, and I took a 20 second exposure of the falls using a neutral density filter. (Don't worry, it was a safe place to stand!)

I think that any long exposure photo you take is a WIN! Just mastering the technique is a huge achievement. Go for the win today with a long exposure shot!

Lysle

JULY 2
STUPENDOUS
Long Exposure

*Picture*STYLE



For many of us, this is a great time of year for fireworks. I don't think I will ever look at fireworks and not be in awe. They are stupendous aren't they?

If you have fireworks going off around you, use long exposure to capture them as they crack, sizzle, and fall from the sky. I captured these with 8-second exposure, ISO 200, f11. If there are no fireworks going off around you, perhaps you can find a backyard fire, or even a candle, and get the stupendous, soft glow. I'm sure the results will be stupendous.

Joy

JULY 3
MIRACLE
Silver

*Picture*COLOR



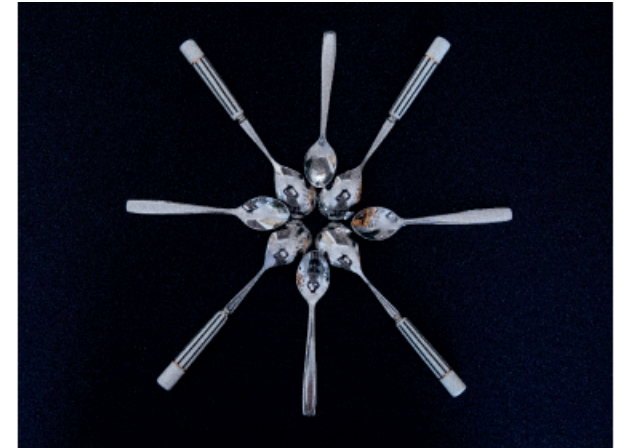
Silver week! Silver is a miracle in and of itself I think... It's on the periodic table as element number 47 as a native metal found in nature as well as in combined forms in ore minerals. It's valued for its use in jewelry and other ornaments and coins. The most interesting thing I learned about silver is that the decomposition of silver salts by the action of light (depositing metallic silver) was the basis of early film photography! WOW!

The photo I used today is also a miracle. My hubby randomly found this bracelet at a second-hand store WITH MY NAME ON IT! Miraculous because I never find my name on anything. We are going to see a beautiful gallery this week with all the silver you share.

Danette

JULY 4
SIMPLE
Silver

*Picture*COLOR



I always like colour week. It gets me looking for the colour all around me. It's funny how once you start looking you actually find the specific colour everywhere. Deciding what to photograph isn't always as easy.

Today's prompt is simple. So, don't overthink this. Take a simple silver item and photograph it. For me, it was spoons. I put them in a circle and took my photo. Pretty simple. Or, go on a hunt and take a photo of the first silver thing you find. One and done! It's as simple as that!

Diane

JULY 5
GROWING
Silver

*Picture***COLOR**



Most of you are used to seeing me with my guitar in my hands, but, by progression, I am a clarinetist. I started playing when I was 8, now fifty-two years ago, forty-six of those years on the silver keys pictured here. Much of the growth that I have done in my life has been with, because of, and, in some cases, despite my life as a clarinetist and musician. It is this growth that gave me the confidence to begin playing the classical guitar a few years ago.

Is there something silver in your life that has been a catalyst in your growth as a person? A small token, a piece of jewelry, or maybe even a musical instrument?

Kris

JULY 6
LOVABLE
Silver

*Picture***COLOR**



I love silver, it is what I wear, I much prefer it to gold! I have a few bracelets that I wear (well maybe a lot), and I love them all (even the bent ones), one of which was for our silver wedding anniversary.

Find something silver that you find lovable for your photo of the day!

Lee

JULY 7
FUNNY
Silver

*Picture***COLOR**



Let's have FUN! Go a bit crazy! Find something silver, think outside the box, and create a funny picture! I cannot wait to see how ridiculous you can get.

Ready, set, go!

Lysle

JULY 8
MIND_BLOWING
Silver

*Picture***COLOR**



I've always found graffiti rather mind-blowing (in appropriate places), and to find a graffiti artist in the process of creating was unexpected, and beyond mind-blowing.

We don't have these surprise moments every day, but whenever they happen, it's always quite mind-blowing. What possibilities can you open yourself up to today? Sometimes the most mundane things can result in mind-blowing experiences, like finding money in the laundry. See if you can include even a sliver of silver (say that five times fast!) in your photo for our shiny colour week!

Joy

JULY 9
GLIMMER
Silver

*Picture***COLOR**



Your last day to hunt for Silver! Hope you find a treasure trove of choices :)

Did you know that silver is the most reflective metal? It can reflect 95% of light. So, when you find something silvery that glimmers and shimmers you will want to position your camera higher than the subject and shoot from an angle that looks slightly down. Ideally opposite of the light source to help reduce excessive highlights.

Amy

JULY 10
AFFABLE
Toys

*Picture***MORE**



The longer you are around this group you'll discover how many of our members have a thing for Lego! I'm intrigued by it, but I haven't quite bitten. This week is for them and for all of you who like to play with toys. This week we make them the feature!

I'm looking forward to seeing how creative our Lego folks get this week. Should be fun! We also have a lot of grandmothers in this group so if you're not into Lego, I'm sure you are surrounded by all sorts of other toys that you can use this week. For others, maybe it's pet toys! It's completely up to you on how you interpret our toy theme this week. Bring out the inner kid and have some fun this week! We could all use a little fun every now and then!

Having Charlie in my life means we have a lot of toys scattered both inside and outside the house. In this photo, his mama is trying to show him how to swing a toy bat. Who knows, maybe one day we'll have a Toronto Blue Jay in the family!

Diane

JULY 11
GUTS
Toys

*Picture***MORE**



Blueper B came from a toy store, but he has become much more than a toy. Since 2014, he has traveled through much of the U.S and been to Iceland and the U.K. He has met many people along the way and has quite a following. I have photographed him on all his travels, and he writes a blog. Photographing him along the way has helped me improve my photography both technically and creatively. He has become one of my best muses. Since I take the pictures, Blueper is usually carried by someone else. It takes guts for an older adult with no children to confidently carry a furry little blue and orange monster through airports and other public places!

Take your favorite toy out today and photograph it in a public place. Be prepared for some judgmental stares and some heartwarming smiles.

Kris

JULY 12
FAMOUS
Toys

*Picture***MORE**



*The Queen of Hearts,
She made some tarts...*

The Queen of Hearts was made famous by the nursery rhyme and also made famous by Lewis Carroll's, Alice in Wonderland.

What toy do you have to hand today to make famous?

Lee

JULY 13
POWERFUL
Toys

*Picture***MORE**



Powerful is such an easy and fun prompt for a toy photo! Almost every toy has a powerful, superhero vibe! There are a lot of action figurines, dolls, toy cars and games that have powerful connotations.

My husband recently rediscovered his toy microscopes, slides, and science experiment journal from the depths of his dad's basement. They were by far his favourite toys and were a very powerful tool for his 8–12-year-old self to enjoy. Even back then, his head and heart were in the sciences, and it made him what he is today. Do you have a toy from your past that shaped who you have become today? If you do, revisit it and photograph what it meant in your development.

If you don't have a saved favourite toy, take any toy, and just have fun with it!

Lysle

JULY 14
LOVELY
Toys

*Picture***MORE**



To be honest, I don't have any toys to take photos of, but that doesn't mean I can't play. I am a firm believer in adults finding time to "play," to get messy, be silly, get creative and use our imaginations.

This week I might be playing around with my camera toys that I bought and never remember to use. Perhaps I will get my paints out and splash colour onto a canvas. Or I may buy myself flowers to play with and try to create a lovely bouquet like I did when I worked in a flower shop. Whether you choose a lovely toy, or play around and create something lovely, show us the result.

Joy

JULY 15
BUBBLY
Toys

*Picture***MORE**



Today is all about perspective! By adjusting your point of view or using a creative angle you can have some fun with your mini-figures. Let your imagination take over! Help them reach new heights, show us their daredevil ways, or take them on an adventure.

Amy

JULY 16
WELL
Toys

*Picture***MORE**



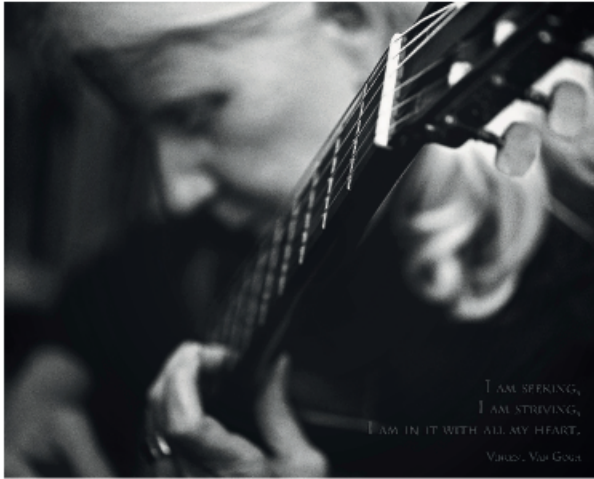
Did you notice how much fun toys can be this week? Maybe you found that playing with toys was well for your soul. Today's prompt word works well to end our toy week too! I am playing around with this idea by using a cute little wooden well (with a pulley that works) that I have sitting next to our actual in-ground well. I use a pretty flower planter to help hide the well as well. Just using the word well in today's prompt is amazing and boy does the English language use the word in many different ways! How has toy week been well for you? Can you share that with us in a swell sort of way?

Danette

JULY 17
LEARNED

Picture YOU

What I Do - Sunday Selfie



It's Sunday Selfie day!

We've all heard the saying, "You can't teach an old dog new tricks." Don't believe it. You are never too old to learn something new. After many years of playing other instruments, I had a deep desire to learn to play the classical guitar. I am fortunate that a colleague at school was willing to take me as a student. Being a beginner at something late in life is both humbling and exciting.

Is there something that you have learned later in life that brings you joy? Is there something you want to learn? Show us today what it means to you to be a life-long learner.

Kris

JULY 18
ALLURING

Picture YOU

What I Do - Macro Monday



What is more alluring than a beautiful flower in the evening light?

What I do is take photos of flowers, I have tons of flower photos, and we were looking through albums before I took a photo a day and there are loads of photos of them in there too, so I have always been spellbound by them.

What do you do that you find really alluring, and don't forget it is Macro Monday, so get in close and show us the details.

Lee

JULY 19
OP

Picture YOU

What I do - Picture the Alphabet



P



O

It's letter day! Today's letters are brought to you by "O" and "P". By now you know the drill and you know you can approach the challenge anyway you want to. You can hunt for the actual letters, make your own, or use objects to represent the letters. I used semaphore signalling in my prompt example (I failed it in Brownies but Ron aced it!)

Make a collage and make sure you store your letters in a place you can readily find them for the end of the year challenge! Have fun.

Lysle

JULY 20
PROMPT FREE
What I Do

Picture YOU

365 *Picture Today*

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

website: 365picturetoday.com

JULY 21
ENJOY
Guest Prompt - What I do

Guest PROMPT



Since retiring, I have never been so busy, so it is important to take a little time to do something I enjoy. I am always drawn to water so living on an island gives me plenty of opportunities to stroll on the beach with my camera. Every day is different, and I never fail to be surprised at what treasures I can find.

What can you find in your day to enjoy?

Irene Dunne

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

JULY 22
AFFIRMATIVE
What I do - Picture My Hands

Picture YOU



There are a few definitions of the word affirmative: agreeing with or consenting to a statement or request ~ supportive, hopeful, or encouraging ~ stating that a fact is so; making an assertion.

For me, my marriage is a very affirmative thing. Not only did we agree and consent to our marriage as a lifelong endeavor, but we have also stated that it is so by making that assertion when we spoke our vows. We are also very supportive, hopeful and encouraging with each other in our marriage as well.

What subject can you share with us today that speaks to what affirmative means to you? Maybe it will be in word form such as an affirmation in a quote or message. Maybe you'll find your affirmative subject is a person or a pet. The sky's the limit today because just by sharing your subject, you'll make that assertion by stating that the fact is so.

Danette

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JULY 23
SPIRIT

Picture YOU

What I do - Scavenger Hunt

365 Picture Today ROUND	COLOURFUL	SOFT
SMALL	WITH POLKA DOTS	VINTAGE
DELICIOUS	SPARKLY	WITH WORDS

It's Scavenger Hunt Saturday! I think these are my favourite prompts! I love going on the hunt to find something for each of the clues. I hope these scavenger hunts lift your spirits as they do mine. Have a little fun today and go hunt for items that lift your spirits. Make it upbeat!

- Round
- Colourful
- Soft
- Small
- Vintage
- Delicious
- Sparkly
- With Polka Dots
- With Words

Looking forward to seeing what lifts your spirits today!

Diane

website: 365picturetoday.com

JULY 24
WELCOME

Picture STYLE

Double Exposure



Welcome to the week of double exposure, we are pushing ourselves to try double exposure, it is relatively easy once you have done it a couple of times, but you can spend hours in the processing if you want to. But not to worry if that is too much for you. Take a photo using the prompt word or just go prompt free. We enjoy ALL of the photos that you post.

Double exposure can be done in the camera or in the processing using editing tools, like Photoshop. I have written a blog about it on the website so do go and have a look.

What welcoming sight will you choose for today's photo?

Lee

instagram: 365picturetoday

JULY 25
DOMINATE

Picture STYLE

Double Exposure



Photographers are forever experimenting with different equipment, camera settings and techniques to find new ways to show their creativity. Double exposure is one technique that is easy to achieve once you know how to do it. By layering two different exposures on a single image you can create an abstract or surreal feeling to your photographs.

Some of the newer digital cameras have double exposure settings. The setting allows you to take a base photo and take a second exposure on top of it (or multiple shots). The camera layers the images and adjusts the exposure for you! Check out your camera manual to see if your camera does this.

There are also many apps that allow you to produce double exposure images. I particularly enjoy using Snapseed for this feature.

Dominat! Now that is a word to work with! I chose to double expose the Canadian flag over a statue commemorating a soldier who served in the Canadian military in Korea. Our veteran soldiers dominated in protecting us and giving us our freedoms. Find an object that depicts what 'dominate' means to you and double expose it.

Lysle

instagram: 365picturetoday

JULY 26

FAITH

Double Exposure

*Picture*STYLE



It is impossible for me to hear the word faith and not think of my dad. He is a man of tremendous faith, who served as pastor of this church for over 20 years. He didn't plan on becoming a pastor. He was called to it.

What are you being called to today? What do you have faith in? Who has faith in you (besides our entire community!)? See if you can layer some images that represent faith to you, or two images you have faith will go together. I used a free app called Blend Editor to combine these two images. I have faith that you will come up with something wonderful today!

Joy

JULY 27

MAGIC

Double Exposure

*Picture*STYLE



Keeping it simple works for me. I grabbed a shot of the sky at lunch. A quick selfie when I got home. Using the Snapseed app which has a double exposure feature...Viola...within seconds I've got my head's in the clouds! Magic!

Amy

JULY 28

CHEERY

Double Exposure

*Picture*STYLE



I always find it an extremely cheery thing to find critters in their natural habitat. Here, I found happy caterpillars doing whatever it is that caterpillars do before they cocoon themselves to make that beautiful change into a butterfly. I used an app called Blend Editor on my iPhone and played with the opacity of the top layer to create this double exposure.

Danette

JULY 29
CURIOUS
Double Exposure

PictureSTYLE



When we are little we are curious about everything! My little great-niece Norah loves the splash park and she loves to put her hands into the spray. She doesn't like it so much when the spray starts up near her. It scares her. I did an in camera double exposure with this shot. I took a photo of the splash park and my second photo was of her trying to put her hand into one of the streams. I like the results.

Put your curious mind to work today and see what double exposure shots you can make work! Remember, practice makes perfect!

Diane

JULY 30
JOY
Double Exposure

PictureSTYLE



Much of the joy that children exude is fed by their amazing sense of wonder. They are not afraid to ask "what if" and then test their hypothesis. Children expect something exciting and fascinating to come from their experiments. As adults, when we stop to ask the "what if" question it is often in an attempt to thwart some undesired circumstance. Adulthood puts a damper on a true sense of wonder.

This is our last photo of Double Exposure week. Give yourself the gift of thinking, feeling, and playing like a child today. Ask yourself "what if" and expect something wonder-filled!

Kris

JULY 31
VICTORIOUS
Yellow

PictureCOLOR



Today is the first day of "yellow" week and I personally could not be happier. Yellow is my favourite colour. Yellow week is occurring in the middle of summer and this will make for some wonderful pictures. It is flower and vegetable season, the sun is shining and the sunsets are divine! The possibilities are endless.

We are starting the week off with the word "victorious". The dictionary describes this word as "conquering" and "triumphant". What can you find today that is victorious? I witnessed a sunset which I thought was triumphant and therefore victorious!

Look for lovely yellow things to photograph today!

Lysle

JULY 2022

*Picture*STYLE

Long Exposure

- 1 Win
- 2 Stupendous

*Picture*COLOR

Silver

- 3 Miracle
- 4 Simple
- 5 Growing
- 6 Lovable
- 7 Funny
- 8 Mind-Blowing
- 9 Glimmer

*Picture*MORE

Toys

- 10 Affable
- 11 Guts
- 12 Famous
- 13 Powerful
- 14 Lovely
- 15 Soaring
- 16 Well

*Picture*YOU

Harmony

- 17 Learned
- 18 Alluring
- 19 O P
- 20 Prompt Free
- 21 Enjoy
- 22 Affirmative
- 23 Spirit

*Picture*STYLE

Double Exposure

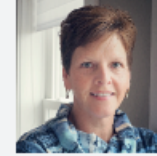
- 24 Welcome
- 25 Dominate
- 26 Faith
- 27 Magic
- 28 Cheery
- 29 Curious
- 30 Joy

*Picture*COLOR

Silver

- 31 Victorious

365 *Picture Today* CREATIVE TEAM



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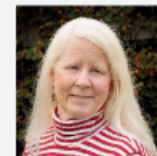
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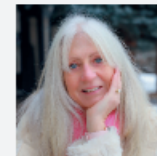
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