

# OCTOBER 2022

365  
*Picture  
Today*



365 *Picture Today*

## SEASONS OF CHANGE

There is always such a feeling of change during this time of year isn't there?  
The colors of our world start to change – the weather changes – the light is different – everything is changing...

Back in March, we worked on taking photos during the golden hour. That light can help create some of the most beautiful photos. Usually around October, we see those beautiful golden hues more pronounced again.

For those in the Northern Hemisphere, it's the time of year when we feel a bit cozier – the heat of the summer months has passed, and we can get outside more readily and comfortably as the days start to cool down. So, we encourage you this month to get outside before we lose the beautiful light to the upcoming winter when the light changes and things start to feel drearier and darker. Get outside and find those beautiful colors before they fall from the trees and get buried beneath the snow. For those in the Southern Hemisphere, it's springtime which allows you to get out there and explore more as well. This month may be a great opportunity for you to capture new life and growth all around you.

We encourage you to shoot in manual mode because manually changing your exposure can be such an incredible way to manipulate the beautiful hues that Autumn or Springtime brings. Photography is all about light and this month we encourage you to see the light in different ways. We are going to go through these October weeks focusing on leading lines, distorted (picture you week), minimalist, and the color orange.

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

# EXPLAINING THE PROMPTS

OCTOBER 1

**METAMORPHOSIS**

White

Picture**COLOR**

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 will 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.



Change, transform, shape

Can you find something white today that you can totally change into another colour? I am thinking sugar, writing paper, art paper, flour, salt....

I chose a marshmallow which turns from beautiful white to toasty (tasty) warm brown!

Lysle

OCTOBER 2

**MOVING**

Leading Lines

*Picture***MORE**



Today we kick off our week of Leading Lines!

Leading Lines are a great way to connect your foreground to your background adding another level of depth to your image. This added dimension works particularly well in landscapes and can help tell the story of a particular place.

Quick Tip: When composing the shot, start the "line" at the bottom of the frame leading the viewer's eye through your image. This will help to draw the viewer in making them wonder where the path leads for example?

There are a lot of Leading Lines in our every day. Try to incorporate a few as you go through your week:

- Walkways, Patterns, Tunnels, Shadows
- Powerlines, Sidewalks, Bridges, Textures
- Fences, Streetlights, Trees, Doorways

Amy

OCTOBER 3

**PERFECT**

Leading Lines

*Picture***MORE**



I LOVE road trips!

The open road before us, windows down (if it's warm enough), music as loud as we can... it just makes me a happy lady for sure. The leading lines of the open road made for a perfect prompt photo today. What is perfect in your life that you can share with leading lines?

Danette

OCTOBER 4

**COURAGEOUS**

Leading Lines

*Picture***MORE**



Our city has been trying to implement a light rail transit system. It has been plagued with nothing but problems. There is absolutely no trust in the system as it is. You have to be courageous to take the O-train right now. Hopefully one day they'll get all the problems sorted out. We were courageous one weekend and decided to take the train downtown to see a play. Fortunately, it was working that day.

I used the lines of the track, the warning strip and the ceiling as leading lines, leading the viewer's eye straight to the train as it enters the station.

Use leading lines in your photo today to lead us to something courageous in your life.

Diane

OCTOBER 5

**PRETTY**

Leading Lines

*Picture***MORE**



There is often more than one way to get from point A to point B. Thus, there can be more than one set of leading lines in a photo. The aisle through the choir stalls certainly helps to create a that line pulls the eye toward the altar; but honestly, I was paying no attention to that when I took the photo. I was interested in capturing the reflection on the floor of the beautiful stained glass. To do that, I had to get down as low as possible to the floor, likely looking perfectly crazy to any onlookers.

As you take today's photo, try to give the viewer more than one path to your subject...even if you look perfectly nuts in the process. And, bonus points for using a reflection.

Kris

OCTOBER 6

**SUPREME**

Leading Lines

*Picture***MORE**



The lines in the colour of the trees draw your eyes through the photo with the swans cutting the lines across.

Sometimes you are lucky to get the shot that you can see in your head, and sometimes it is even better than you thought it would be, the sunny day with a great reflection on the water really does take your eyes through the photo.

Remember to use the rules of thirds for your photo because it helps position the leading lines in a great place.

Lee

OCTOBER 7

**FAMILIAR**

Leading Lines

*Picture***MORE**



She was just another girl playing hopscotch with the stars - Atticus

Once you start looking for leading lines, you can't help but see them everywhere!

Make a game of it and see if you can find some leading lines that remind you of your youth! Think about all the games you played and the toys you had and the world you lived in as a child. Find something familiar to you and share it with us.

If that game is not to your taste, find some leading lines in your neighbourhood that are familiar to you.

Lysle

OCTOBER 8  
**BACKBONE**  
Leading Lines

*Picture***MORE**



Backbone (def): the chief support of a system or organization; the mainstay.

The St. Lawrence River flows from Lake Ontario to the Gulf of the St. Lawrence, connecting the Great Lakes to the Atlantic Ocean. This large body of water was the backbone for many Indigenous nations in Canada, is, and has been a backbone for moving peoples, and for trade and exploration.

Looking down the St. Lawrence from this point you can see the clock tower which signifies the start of the Old Port to Montreal. Known as the Sailor's Memorial Clock, it is for members of the Royal Canadian Navy who died in WWI. Those who fought for freedom are a backbone in our society, for our freedom. And Time is a backbone that shapes and directs us all.

There are many backbones, to our mornings, our days, and our lives. Draw our eyes to at least one today.

Joy

OCTOBER 9  
**REVEL**  
Distorted - Sunday Selfie

*Picture***YOU**



I revel in the rain! It brings me so much peace. In fact, so much so that I sleep with a sound machine that sounds like rain. This image may look like a double exposure, but I promise you it's not. I set my camera up inside my house to focus on the raindrops collecting on the window. I then turned off auto focus so my lens wouldn't try to focus on me when I moved outside. With my remote in hand, I stood outside my window making me distorted for this Selfie Sunday prompt. Hoping that this distorted selfie brings you as much joy today as mine did!

Danette

OCTOBER 10  
**UPRIGHT**  
Distorted

*Picture***YOU**



These are the trunks of the two huge pine trees on my front lawn. I leaned against the tree, tilted my head right back and looked right up the middle of the tree and took the photo. Pretty freaky, isn't it? It certainly made me a little dizzy. The angle I used helped distort what the subject of this photo is. It's hard to tell that these are actually upright trees!

You can show distortion in so many ways as I'm sure you'll discover this week. I like to take ordinary items and photograph them from a different angle thus distorting what the subject truly is. Have fun playing with your camera or phone and see what ways you can distort your photo!

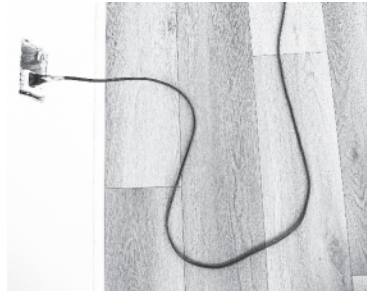
Diane

OCTOBER 11

**UV**

Distorted - Picture the Alphabet

*Picture* YOU



I didn't manage to get myself in these photos. Maybe you'll do a little better than I did while photographing U and V today.

Photographing a small piece of something allows us to distort the "real" shape of an object. Beyond the portion that is plugged in, the electrical cord forming the "U" was pooled in perfect circles. And the "V" is the corner of a perfectly square four-wheeler.

Can you distort the shape of familiar objects to create a "U" and "V" today?

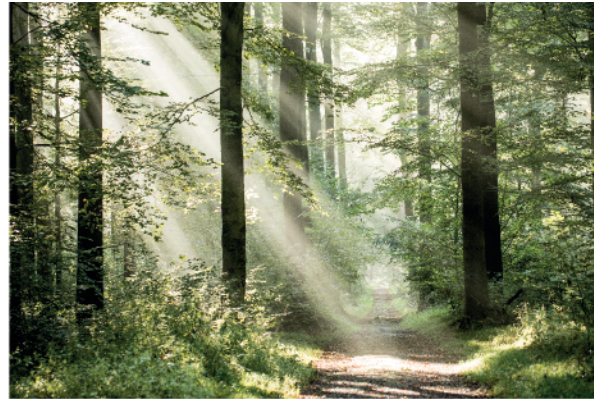
Kris

OCTOBER 12

**FINE**

Distorted

*Picture* YOU



I spend a lot of time walking, that is what I do!

And living next to the forest means a lot of my walking time is through the trees.

I love how the light is distorted by the trees and the slight mist of the mornings. It makes my walk a fine thing to do.

What fine things do you do during your day that you can show that has been distorted by light?

Lee

OCTOBER 13

**TRANSFORMING**

Distorted

*Guest* PROMPT



Today we are transforming ourselves!

This is your opportunity to convert, rearrange, modify or remodel any part of yourself or your surroundings and show us the transformation.

Use whatever you have available to create an altered version of you - props, lighting, creative apps or a new camera technique could all be used to distort yourself.

Maybe, like me, you've always yearned for a bigger bicep? Today is your day!

I cannot wait to see your metamorphosis!

Jane Taylor

OCTOBER 14  
**HAPPY**

Picture YOU

Distorted - Picture My Hands



Today's prompt puts two somewhat contradictory words together.

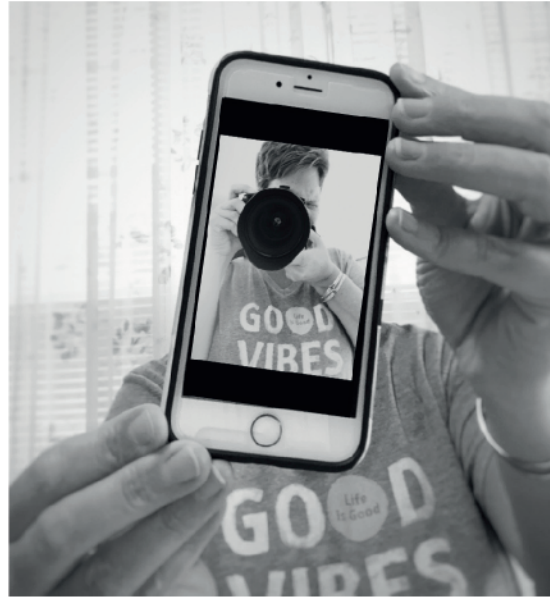
And I love it. Are you having fun distorting pictures in an editing program or app? By all means, continue that fun with your photo today, maybe even show your hands in the process of it.

For me, I thought of something distorted that makes me happy. I love editing. There was a time when I frequently got out a red pen and marked up my own writing or someone else's (with permission, of course). It gives me a thrill. Most won't understand, but it's a quirk of mine, I suppose. What's something that makes you happy that others might find distorted? Can you capture it with your hands in the photo?

Joy

OCTOBER 15  
**INTRIGUING**  
Distorted

Picture YOU



Intriguing: arousing one's curiosity or interest; being unusual or mysterious.

Create an image that has us scratching our heads?

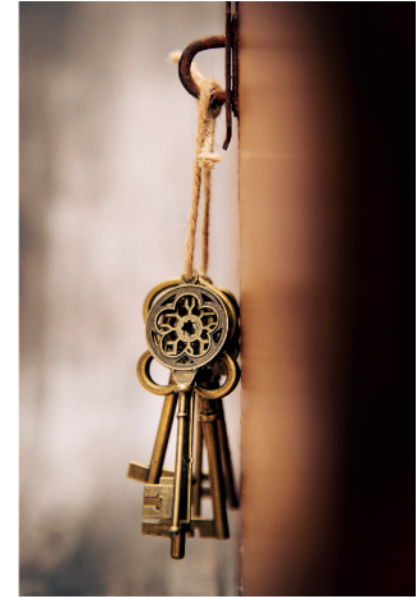
Make us curious as to how you got the shot.

Try using a reflective surface like a mirror or puddle, props like picture frames can help create a dimensional layer, or shift the perspective by placing your camera upside down.

Amy

OCTOBER 16  
**SECURE**  
Minimalist

Picture STYLE



Minimalism is described as a form of photography that is distinguished by simplicity. When taking your photo opt for minimal subjects and use the negative space to place the focus solely on the subject of your photograph. Rely on a simplistic composition and empty space to create a minimalist photograph. Eliminate as much of the clutter as you can from your photo.

In this photo I focused on the keys. That and the latch on the box are the only subjects in this photo. Without any additional clutter in the photo, your eye focuses solely on the keys. With the latch and the keys being the focus of the photo, don't you feel like that box is completely secure?

Keep your photos simple. Use negative space and a small number of objects to create your minimalist photos this week.

Diane



OCTOBER 17  
**ENDORSED**  
Minimalist

*Picture*STYLE



When I read the prompt word "endorsed," my head went directly to product logos. They are designed such that we recognize their minimal design almost instantly. Not only does my three year old grandson recognize the colors and logo of UPS, he also recognizes the sound of the truck in his neighborhood. He'll be in the backyard, surrounded by an eight foot fence and suddenly announce, "Here comes the UPS truck!" And he's always right. This image is not quite the minimalism that I intended, but my assistant was the above-mentioned UPS fan.

Try to photograph a favorite product logo that you, or someone you love, endorses.

Kris

OCTOBER 18  
**PROMPT FREE**  
Minimalist

*Picture*STYLE

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!

OCTOBER 19  
**UPSTANDING**  
Minimalist

*Picture*STYLE



Keeping it simple in minimal photography doesn't mean it has to be boring! It is a very creative process to work within the minimalist boundaries. I don't know about you, but I tend to add way too much information to my images. This week is going to be a really good lesson on how to keep it simple but also impactful!

The word for today is "upstanding". Upstanding means 'honest' and 'respectable'.

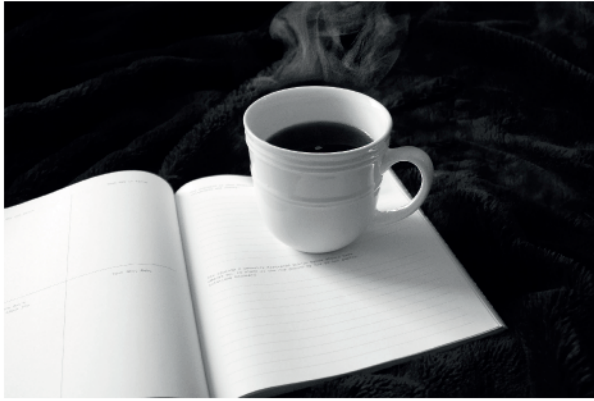
I found a beautifully restored Cadillac parked on my street. I photographed the entire car, but it was the hood ornament that I found most outstanding. It is a timeless image of respectability for a well manufactured car. By 'breaking' down that beautiful car into bits and pieces, I think I managed to capture how outstanding it was by focusing on one tiny element.

Find something in your environment that you can photograph in the minimalist style by breaking it down and finding a small detail that is upstanding. Try to keep it simple but honest and respectable!

Lysle

OCTOBER 20  
**SPECTACULAR**  
Minimalist

PictureSTYLE



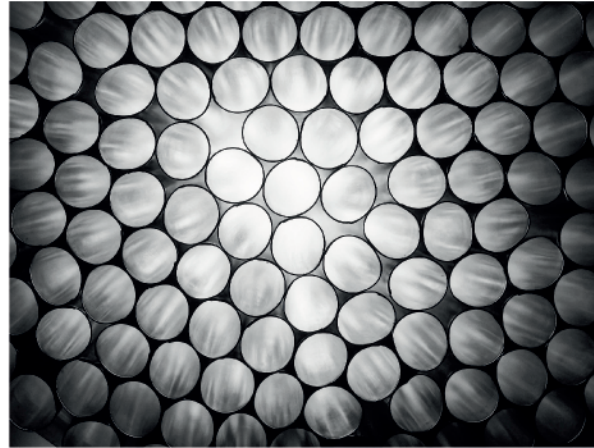
I'm not great at minimalist photography. I always seem to cram more into the frame. How can you adjust your point of view to limit distractions? What can you remove from your still life to cut down on too many textures? I like converting my photos into black and white for a more minimalistic look. Colour can add a lot of busyness to photos, so maybe you find spectacular details in black and white today.

I'm also a pretty simple person (maybe this is where I'm more minimal!). The little things are spectacular. If I have time for coffee and some writing, I think that's pretty spectacular. What about you?

Joy

OCTOBER 21  
**ELEGANT**  
Minimalist

PictureSTYLE



Less is More today!

Think extreme simplicity right down to the absence of color.

Convert your image to Black & White - it can make even the simplest shot seem more elegant!

(like the prompt photo... it's just a stack of straws backlit with window light)

Amy

OCTOBER 22  
**UPLIFTING**  
Minimalist - Scavenger Hunt

PictureSTYLE



The word uplifting means inspiring happiness, optimism, or hope. It can also mean to raise the level of; improve or to lift to a higher position. I am hopeful that this list of words inspires some minimalist uplifting subjects for your scavenger hunt collage.

- ELEVATE
- SOAR
- CLIMB
- PROUD
- TOUCHING
- REWARDING
- INSPIRING
- BOOST
- FULFILLING

Danette

OCTOBER 23  
**DISTINGUISHED**  
Orange

*Picture***COLOR**



This is my distinguished office mate, Cecil the Computer Monster. His job is to keep all of the computer wires and cables from getting tangled.

He was made for me by my BFF who knows that the complementary colors blue and orange are my favorite. Using complementary colors together helps both colors to look their best.

Make me happy today and fill the 365 Picture Today feed with lots of "distinguished" blue and orange!

Kris

OCTOBER 24  
**INVENTIVE**  
Orange - Macro Monday

*Picture***COLOR**



It is time to get in close and crop so that you can see the details.

So, you might think that these mushrooms are red, but if you look at the outer rim of the mushroom you will see that there is a lot of orange.

I have been inventive by using the black background to make the mushrooms stand out.

What can you find to be inventive with?

Lee

OCTOBER 25  
**READY**  
Orange

*Picture***COLOR**



Orange is associated with joy, warmth, enthusiasm, encouragement, determination, health, stimulation and happiness! Those words are really stimulating. Are you 'ready' to find something orange?

Go on an excursion today and find something orange that brings you some of the feelings associated with this amazing colour.

I always find that trail markers add not only a sense of security that I am on the right path, but also make me feel determined to keep going. The orange markers always tell me that something amazing is at the end of the trail and I am always ready to go find out what it is!

Lysle

OCTOBER 26  
**REWARDING**  
Orange

*Picture***COLOR**



I always find a good pile of leaves to be rewarding. There's something wonderful about watching kids, like my nephew here, jump around, bury themselves and throw leaves in the air. In fact, it's freeing and rewarding to do it yourself.

If your part of the world allows you to gather up some leaves today, have some fun with kids, grandkids, your pets or yourself. If leaves aren't available to you, what's around you that's orange that you can use to give yourself some rewarding fun? Check Dollar Stores and thrift shops for something silly!

Joy

OCTOBER 27  
**CELEBRATED**  
Orange

*Picture***COLOR**



Today is going to be an easy one...

show us the Orange that has you celebrating!

Woo-hoo! Candy Corn is back on the shelves ;)

Amy

OCTOBER 28  
**MERITORIOUS**  
Orange

*Picture***COLOR**



This year of prompts has really given me a much broader vocabulary range! Meritorious means 'deserving reward or praise.' Luna immediately came to mind with this definition because she absolutely strives to do just that - deserve a reward or praise. I am happy to give it as much as she likes, especially when she does such cute things like this rolling in the leaves. And lucky for me, the leaves just happen to be orange.

Danette

OCTOBER 29  
**BEAT**  
Orange

## PictureCOLOR



Orange and Halloween seem to go hand in hand don't they? I love visiting our local pumpkin patch this time of year. The colours are so vibrant and the orange pumpkins make for great photos. And, Charlie absolutely loves these annual trips. Nothing beats his smiles!

Heart beats, drum beats, whatever beats you find, be sure to include them and some orange into your photo. You can't beat that now can you!

Diane

OCTOBER 30  
**VITAL**  
Centered

## PictureMORE



'Centred', 'Picture More' week! Yes what is that? Basically it is getting the subject in the general centre of the frame.

Does it mean that the object needs to be in the dead centre? No it doesn't! We can still use the rules of thirds to parts of the whole object, as I have done with this sample photo.

I feel a house is a vital essential item for most of us, and I assume most of us are lucky to live in nice houses, but as this is halloween week, I thought I would share with you a house that is in my village that looks like it should be in a horror film (especially with a bit of processing)

What is vital in your life?

Lee

OCTOBER 31  
**STUNT**  
Centered

## PictureMORE



**TRICK OR TREAT**

**HAPPY HALLOWEEN**

By placing my granddaughter in the centre in this photograph I think I managed to get the 'centred' part right! I also put her face in the middle and framed it with her hands. Eloise was more than happy to wear my devil horns and pose for me!

Can you find a stunt for Halloween and photograph it centred in your frame?

Lysle

# OCTOBER 2022

## *Picture* COLOR

White

1 Metamorphosis

## *Picture* MORE

Leading Lines

- 2 Moving
- 3 Perfect
- 4 Courageous
- 5 Pretty
- 6 Supreme
- 7 Familiar
- 8 Backbone

## *Picture* YOU

Distorted

- 9 Revel
- 10 Upright
- 11 U V
- 12 Fine
- 13 Transforming
- 14 Happy
- 15 Intriguing

## *Picture* STYLE

Minimalist

- 16 Secure
- 17 Endorsed
- 18 Prompt Free
- 19 Upstanding
- 20 Spectacular
- 21 Elegant
- 22 Uplifting

## *Picture* COLOR

Orange

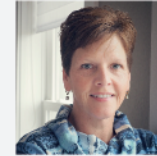
- 23 Distinguished
- 24 Inventive
- 25 Ready
- 26 Rewarding
- 27 Celebrated
- 28 Meritorious
- 29 BeaT

## *Picture* MORE

Centered

- 30 Vital
- 31 Stunt

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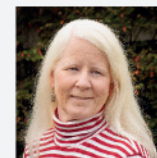
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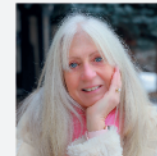
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