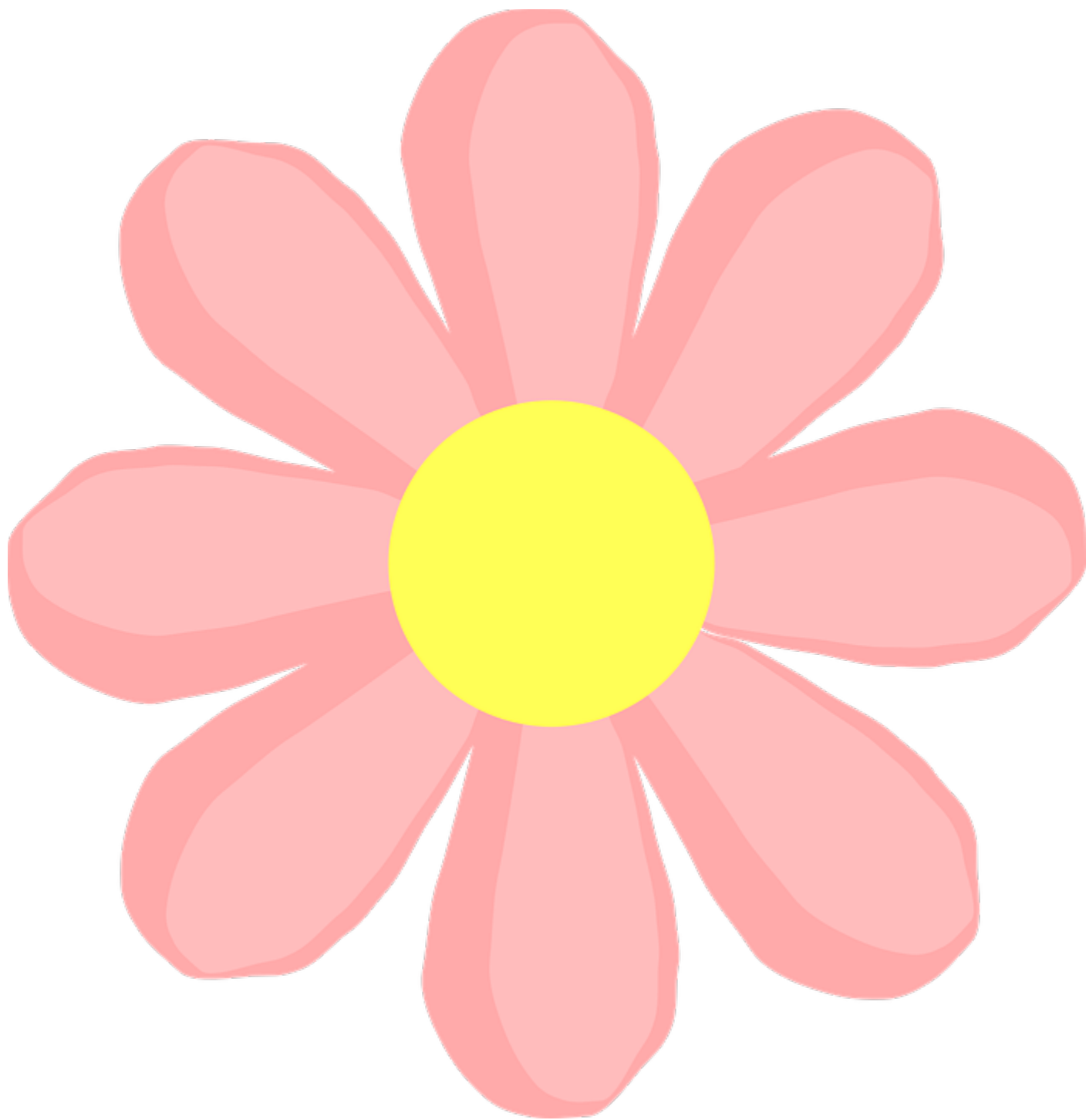


Tranquility du Jour Live





1.

2.

3.

4.

5.

6.

7.

8.

Paris Recap



Week 15: Capture the Moment

Famed photographer Ansel Adams said that you don't take a photograph, you make it.

For as long as I can remember, photography has been part of my life. While I was growing up, my father had his own darkroom and we regularly received new point-and-shoot film cameras for the holidays (after posing by the tree AND with each gift, of course).

I spent more time “modeling” on rocks in the mountains than most kids spent playing in the sandbox.

Although I've never had a fancy camera (the instruction manuals make me cry), I use my iPhone to capture sweet moments of every day. I took an iPhoneography class a few years ago and was introduced to many editing apps.

Yet the basic iPhone camera and tools in Instagram tend to be my go-to. Simple. And no instruction manual needed.


One spring day we gathered Louis for a morning among the cherry blossoms before the swarm of tourists descended. I captured this shot of the Jefferson Memorial and Tidal Basin framed by peaked blooms. Although I had to zoom heavily (contributing to a grainy look) and dodge the increasing crowd, I love the way it turned out.

This week, carry a camera or your smartphone and capture inspiration in the moment. Observe a bathing bird, a tree in bloom, a cuppa steaming tea, sunlit a patch of grass, or a colorful pair of shoes in a window (or on your feet). Snap it!

Need a few tips to exercise your photography muscles? Here are my basics:

- Avoid auto flash and look for natural lighting. Snap in the golden hours—shortly after sunrise or before sunset.
- Crop photos when shooting versus spending lots of time in post-production editing.
- Frame your images with overhanging branches.
- Zoom in to capture details.
- Use props such as chalkboards, flowers, baskets, yoga mats, bicycles, umbrellas, books, vintage suitcases, quilts.
- Avoid direct sunlight = distracting shadows.
- Remove clutter like cords or pet toys from the shot.



- 
- Snap unique personal details (journals, art supplies, tea mug).
 - Use fun backgrounds such as painted brick walls, murals, and wood fences.

Above all, have fun and pay attention to the beautiful (and messy) details of daily life.





Start

Stop