



This club was established in 1930 and is believed to be the oldest club in Colorado. Meetings are held at 7 PM on the second Wednesday of each month at the Living Hope Church, 640 Manitou Blvd., Colorado
Next ZOOM Mtg.- January 13, 2021



THE VIEWFINDER



“Along the Danube Bike Trail” by Karen Morris

Read the story of this photo on Page 9

Club Officers for 2021

President

Karen Morris

**Secretary/
Newsletter Editor**

Nancy Ellis

Treasurer

Ken Read

Webmaster

Gayle Short/Bill Rose

PSA Representative

Bill Holm

Table 1

PRINT COMPETITION Monthly FINAL Standings as of Nov. 2020						
	SUBJECT		OPEN		TOTAL	
	CURRENT MONTH	YTD	CURRENT MONTH	YTD	CURRENT MONTH	YTD
Ken Roberts	0	29	0	35	0	64
Bill Stanley	14	138	13	147	27	285
Rita Steinhauer	16	143	12	145	28	288
Jacqueline Vignone	0	42	0	36	0	78
Barbara Rose	0	48	10	48	10	96
Bill Rose	0	0	5	5	5	5

Subject: Wine...A Bottle, Glass or Both

Award:

“Wine and Chocolate” by Rita Steinhauer

Honorable Mention:

“Autumn Wine” by Bill Stanley

Open:

Award:

“Gather Round” by Barbara Rose

Honorable Mention:

“Pumpkin Picking” by Rita Steinhauer

Table 1-2

DIGITAL COMPETITION Monthly FINAL Standings as of November 2020						
	SUBJECT		OPEN		TOTAL	
	CURRENT MONTH	YTD	CURRENT MONTH	YTD	CURRENT MONTH	YTD
Sherwood Cherry	14	122	13	124	27	246
Bruce du Fresne	0	92	0	88	0	180
Bill Holm	14	175	17	169	31	344
Debbie Milburn	0	125	14	159	14	284
Jerry Moldenhauer	0	33	0	41	0	74
Karen Morris	12	90	13	101	25	191
Art Porter	0	10	0	33	0	43
Ken Roberts	0	68	0	64	0	132
Barbara Rose	11	43	13	99	24	142
Bill Rose	0	41	11	83	11	124
Al Swanson	10	143	14	148	24	291
Jacqueline Vignone	0	16	0	0	16	16
Ted Griffith	0	0	0	20	0	20
Candee Read	5	35	0	50	5	85
Ken Read	9	50	11	69	20	119
Joe Bernstein	0	0	17	34	17	34

Subject: Wine...A Bottle, Glass or Both

Awards:

“Pour Me A Glass of Wine” by Bill Holm

“Along the Danube Bike Trail” by Karen Morris

Honorable Mentions:

“Wine by Fireplace” by Sherwood Cherry

“Wine Trio” by Sherwood Cherry

Open:

Awards:

“Natures Educators -Great Horned Owl” by Bill Holm

“Sunrise over Raquette Lake ” by Joe Bernstein

Honorable Mentions:

“Mama Bear and Her Cubs” by Debbie Milburn

“Tall Ships” by Al Swanson

Table 1-1

CREATIVE COMPETITION - Monthly FINAL Standings as of Nov. 2020				
	OPEN			
	CURRENT MONTH	YTD		
Bill Holm	5	93		
Debbie Milburn	8	82		
Ted Griffith	0	9		
Candee Read	0	23		
Ken Read	10	50		
Bill Rose	0	9		

Award:

“Abstract Arch” by Ken Read

Honorable Mention:

“Fishing” by Debbie Milburn

THE PRESIDENT'S CORNER

KAREN MORRIS

I'm pleased to announce the officers for the Pikes Peak Camera Club for 2021. Sincere thanks to past and present officers for your dedicated service!

President: Karen Morris

Secretary/Newsletter Editor: Nancy Ellis

Treasurer: Ken Read

PSA Liaison: Bill Holm

Webmasters: Gayle Short and Bill Rose

A recent issue of Picture Correct really hit the mark during our ongoing pandemic woes. The title, "Ten Benefits of Photography" caught my attention; the article gives some very helpful advice!

Along with the physical effects of the virus, and its complications, there has been an increase of psychological distress ~ felt worldwide; stress, anxiety, uncertainty, frustration, and depression are common.

Because of the current lockdown and imposed quarantine protocols, it is difficult for many individuals to have access to mental health practitioners and treatment options. So, how does one cope with such a scenario?

The use of visual art has long been understood to have positive effects on both physical and psychological health. Photography is a form of self-expression that can contribute to a person's ability to maintain or reconstruct a positive identity and outlook. Photography can improve both physical and mental health in the following ways.

* Photography improves self-care habits. A study from the University of Sheffield revealed that taking pictures daily, and sharing them with others can actually improve self-care. Doing something new develops into a new habit. The process is therapeutic and makes a person feel refreshed. It also keeps the brain busy by making it plan for creative photos to take every day.

- * Photography encourages community interaction. Making valuable connections significantly improves a person's well-being. Taking pictures and sharing them to a community, like a social media group, can help you meet new people with similar interests. Photography becomes a common ground that can spark conversations, make connections, and eventually find support to fight loneliness.
- * Photography can help you remember the joys of life. Photographs capture unique moments. The pictures you take can help bring back memories from the past and all the positive thoughts connected with those memories. Looking through old pictures is an effective method to lift the mood.
- * Photography Provides a beautiful vision of the world. Every picture tells a different story. Photos let you freeze the beauty that you see as you take new photos of the world around you.
- * Photography keeps the brain in great shape. According to research from the University of Texas, photography is a highly cognitive activity, and is a good exercise to keep the brain healthy. Participants in the study who engaged in digital photography were able to enhance and improve their episodic memory and reasoning skills.
- * Photography can help the body get moving. Outdoor photography requires activity that keeps the body in motion. Lugging camera gear around during a long walk can provide a little work out bonus.
- * You get to enjoy what you love even more. It's natural to take photos of something that interests you. Interacting with something that interests you gives you a rewarding feeling that can boost happiness.
- * Photos are positive mood stimulants. Art therapy can help reduce cortisol, a hormone that can cause stress in the human body. Photography is a form of art, and taking a good picture can therefore make a person feel more relaxed. Taking positive photos lets you see the world differently and will keep you motivated.
- * Photography improves creativity. Activating the brain through photography awakens creativity and lets the brain process different thoughts, and encourages the body to translate emotions into photos. This activity promotes curiosity and gives you the courage to try out different techniques to improve every shot.
- * Photography gives you a sense of direction. Especially with the pandemic, people are worried about the uncertainty of the coming days and months. Photography somehow eases you away from disheartening thoughts by making you look forward to what you will photograph next. Instead of brooding, taking photos lets you enjoy each moment, encouraging positivity, and getting you excited for the next day that you will take new photos.

The Story Behind the Photo.....

This is a section in the newsletter where each month I ask certain club members to share their story on how they took their award winning photo.

“Along the Danube Bike Trail”

by

Karen Morris

Cover Photo of this Newsletter

A few years ago, we rode bikes along the Danube Cycle Path. This is an amazing path, its popularity due to the Danube's natural beauty and the wealth of cultural and historical sites that line its banks. This picture was taken along the path, as it wound through the Wachau Valley ~ a famous wine producing area already cleared and planted with vines by the time of Charlemagne!

We were wandering through the village of Durnstein, Austria, looking for a place to stop and sample some of the local wines, and voila...this unique wine rack appeared right beside the path, beckoning us into a tiny tasting room.

Image taken with my trusty Panasonic Lumix point and shoot camera.



“Mama Bear and Her Cubs” by Debbie Milburn

This image was taken at Crescent Lake in Lake Clark National Park, Alaska. We were in a boat and the bears were all around the lake. It is always wonderful to see the bears. It was shot at f11, 1/125 and 80mm. I changed the image to black and white, as I felt it highlighted the bears.



“Sunrise over Raquette Lake” by Joe Bernstein

I had the opportunity to shoot this beautiful sunrise during a one-week photography workshop that I attended at the end of September and the beginning of October of 2019. The workshop was in the Adirondack Park, New York. It was the next to last day of the workshop and we got up early to capture the sunrise. I set my equipment up on a bridge over the Brown Tract Inlet stream to Raquette Lake to get this particular composition. The colors all came together and I was fortunate enough to be in the right place at the right time to capture the moment.

The technical details: Camera: Nikon D610
Lens: Nikkor 14-24mm f/2.8
Focal Length: 16mm
Shutter Speed: 0.6 second
Aperture: f/14
ISO: 125

Pikes Peak Camera Club Subjects for 2021

January

Signs of the Times: What tells the story of our country's current condition and mood

February

Culinary Creations: Become a "Foodie" and capture the essence of food through your lens. Let the cuisine tell the story.

March

Dynamics of Diagonal Lines: Discover diagonal lines in a natural scene, a manmade scene...or create them

April

Piece of Architecture: Unique features of exterior or interior of structures. Experiment with perspectives and angles

May

Last Light: That magical time of day...after the sun goes down below the horizon, and while the sky is still light

June

Diversity: Explore social issues, provide perspective, show demographic diversity, cultural diversity, experiential diversity...

July

Adventure Travel: Share your latest, or a past, adventure...far away or local, exciting or energizing, surprising or different

August

Parched: In these drought times, something thirsty...plants, animals, people, landscapes

September

Farmer's Market: Celebrate nature's bounty this summer and fall. Capture the excitement of the customers and the beauty of the harvest.

October

Dancing and Dancers: Dancing is a fine art, as is photography. Here's an opportunity to combine the two.

November

Texture: Impact through the use of texture in a supporting or principal role. Look for surface irregularities and patterns found in nature or in manmade structures

Consider for Salon Subjects 2021

Art on the Streets: Public art in the community, sculptures, murals, sidewalk chalk art...

Through the window: Looking in or looking out, let the window frame your image.

Vertical: Vertical lines can convey a variety of moods...power, strength, growth, vertigo...

Unexpected: A situation or thing that surprised you, made you stop and ponder, and that made you glad you had your camera with you

Abstract: Do something different and focus less on content and more on imagery, maybe something unrecognizable, patterns, details, reflections. Use your imagination...

Jailhouse Blues: Any structure or location that holds incarcerated people...jail, prison, police van, internment camp

Petrified: Think Florissant Fossil Beds National Monument...or beyond.

