



2025 Focus Topics

Seven Ponds Photography Club
Kristin Grudzien and Shannon Hintz




Who Should Participate?

Every Seven Ponds Photography Club Member

You do not have to put in images to compete to participate in the Focus Topics, but you do need to be set up in the system to submit images.

If you are not set up in the system, please ask Lee Anne to get a username and password.



What are Focus Topics?

Photography Topics to Spark Discussion and Imagination

Images submitted as Focus Topics may be entered into competition at a later date if you wish.

There is a monthly theme for the Focus Topics, but you may submit images that don't fit the theme if you would like feedback or for sharing.

Come to the competition night meeting; the images are reviewed after the competition images are judged and discussed.

Where Do I Submit Focus Topic Images?

<https://spnc.photoclubservices.com/>

Login to Seven Ponds Photography Club

Login Name

Password

Remember me and login automatically when I return

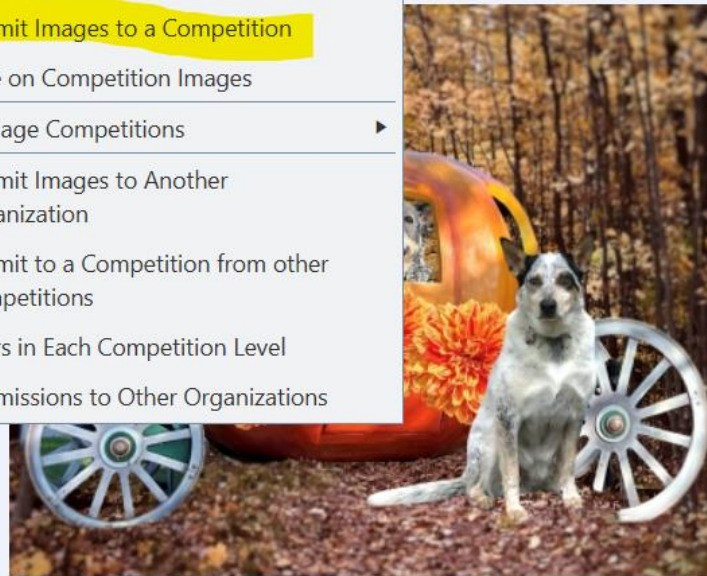
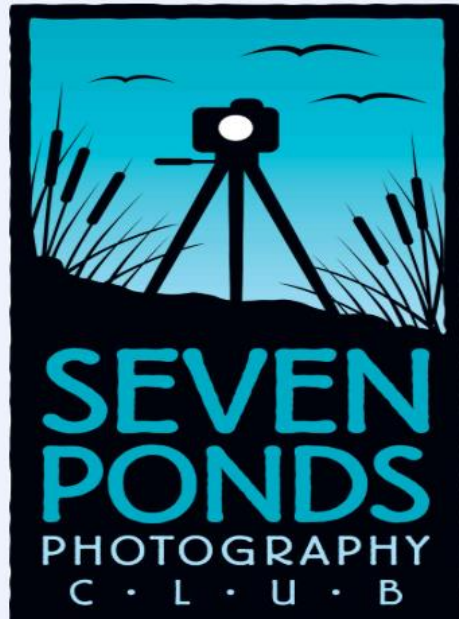
Login



The header of the Seven Ponds Photography Club website features a logo on the left with a camera on a tripod and the text "SEVEN PONDS PHOTOGRAPHY CLUB". To the right is a large banner image of a building with a stone facade and a paved walkway. Below the banner is a navigation menu with the following items: Home, Organization, 2025 Meetings & History, Competitions (highlighted in green), Newsletters, Judge, My Account, Administration, and Help. In the top right corner, the user name "Kristin Grudzien" is displayed next to a "Logout" button.



- Competition Results
- Submit Images to a Competition
- Vote on Competition Images
- Manage Competitions
- Submit Images to Another Organization
- Submit to a Competition from other Competitions
- Users in Each Competition Level
- Submissions to Other Organizations



Ready to go to the Ball
Kristin Grudzien

You may click on a heading to sort by that column.

	Competition Date	Prints	Competition Title	Competition Type	Close Date/Time
Select	Friday, March 7, 2025		"Focus Topic" Open to all Types of Images 4 additional images may be entered into this Competition. You have entered 0 images into this Competition. The competition allows a maximum of 4 images from each author.	"Focus Topic"	Wednesday, March 5, 2025 11:30 PM EST

Limit 4 Images per member

Images you entered into this Competition

4 additional images may be entered into this Competition.
You have entered 0 images into this Competition.
The competition allows a maximum of 4 images from each author.

There are no images to display.

[Upload Images into the Competition](#)

[Add Images from my Image Library](#)

[Return to Competition List](#)

After your images are uploaded into your library, references to those images will be automatically entered into your Competition.

Competition Title: "Focus Topic" Open to all Types of Images

Competition Date: Friday, March 7, 2025

Competition Type: "Focus Topic"

Competition Level: Beginner (BE)

4 additional images may be entered into this Competition.

You have entered 0 images into this Competition.

The competition allows a maximum of 4 images from each author.

Select

Return to Competition without submitting

Save Images and Proceed to Edit Page

The competition allows a maximum of 4 images from each author.

● Phoenix Butterfly 1200a.jpg ✕ Remove

Select

Return to Competition without submitting

Save Images and Proceed to Edit Page

After your images are uploaded into your library, references to those images will be automatically entered into your Competition.

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Select

Return to Competition without submitting

Save Images and Proceed to Edit Page

Title:

Phoenix Butterfly

Title contains 17 characters.

English

Optional Title Override: (For current competition only.)

Image Id=21165629, 857x1200, Cataloged 10/16/2023 11:13 PM EDT

Allow Public Display

Author's Image Id: This is a field for the author's use only to help identify the image within the author's collection.



If a Sequence Name is present, your image will be placed into an Image Sequence. Clear the name or set the Image Number to zero to remove the image from an Image Sequence. Each image within an Image Sequence must be numbered sequentially.

The titles for images in a sequence will be altered automatically when viewed to include the sequence number, but NOT the name of the sequence. You can control where the sequence number is inserted into a title by coding "[]" or "[2 of 3]" into your title. The actual numbers will be inserted in that location instead of at the end of the title.

Sequence Name:

Image Number within Image Sequence:

0

When you click the button below your changes will be saved. You will then return to the page where you started your upload.

Titles

Every Image has to have a unique title; for Focus Topic Images, if you leave numbers or file names on, it is OK, however, if you choose to enter an image into competition, titles must be less than 26 characters and not have the maker's name or file names in the title.

You may enter other pertinent information under the Author's Image ID such as location of shoot, etc.

Delete from Library

Skip Submit

Why Should I Submit Images?

- Learn and try something new to you in photography.
- Find inspiration for future projects
- Learn from seeing and hearing about other people's experiences with a topic or type of photography
- Getting feedback on a potential competition image before submission.
- Step out of your photography comfort zone or get out a photography rut.

When Do We Submit Them?

3rd Wednesday of the Month by 11:30 pm
(The Wednesday Before the
Competition Meeting)

NOTE:

*All images in this presentation were taken by either Kristin Grudzien or Shannon Hintz

** Some of these images have been entered into competition but not all images are “good” enough for competition but have been added for the purposes of discussion and a few haven’t been in competition...yet... but they might show up in the future.

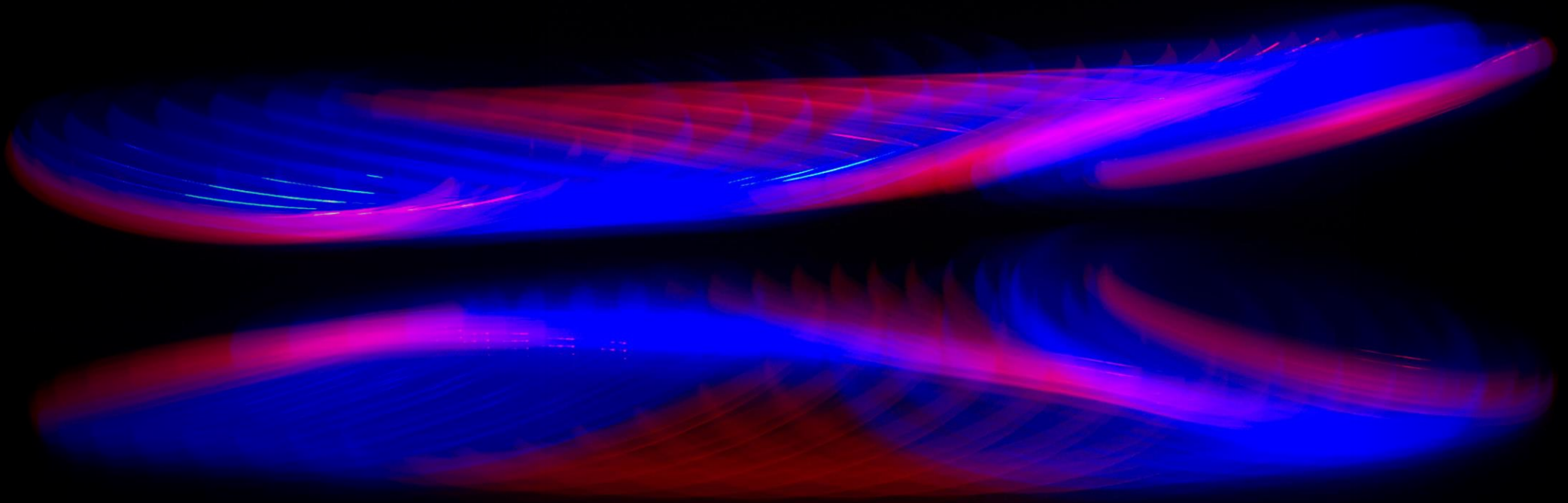


January 2025

Focus: Holidays

Any image that shows the celebration of the holiday season.

February 2025

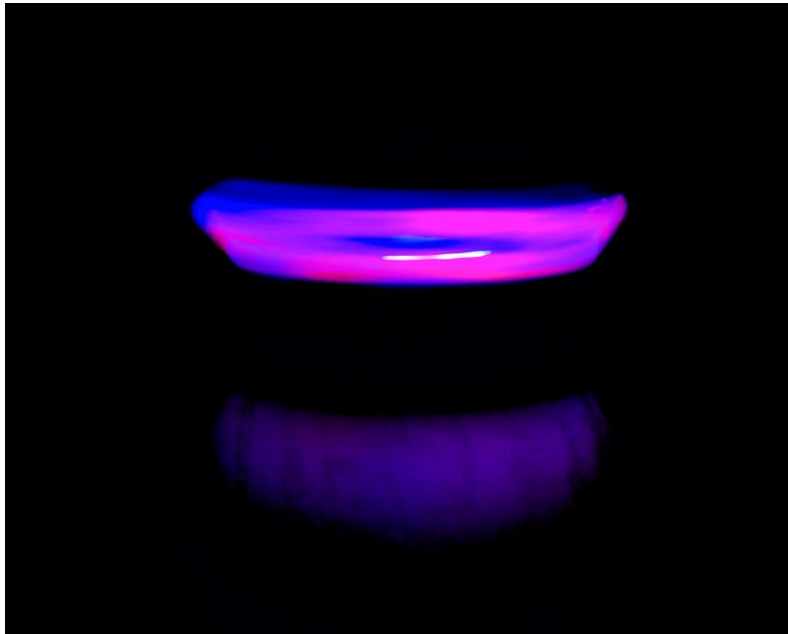


Light Painting

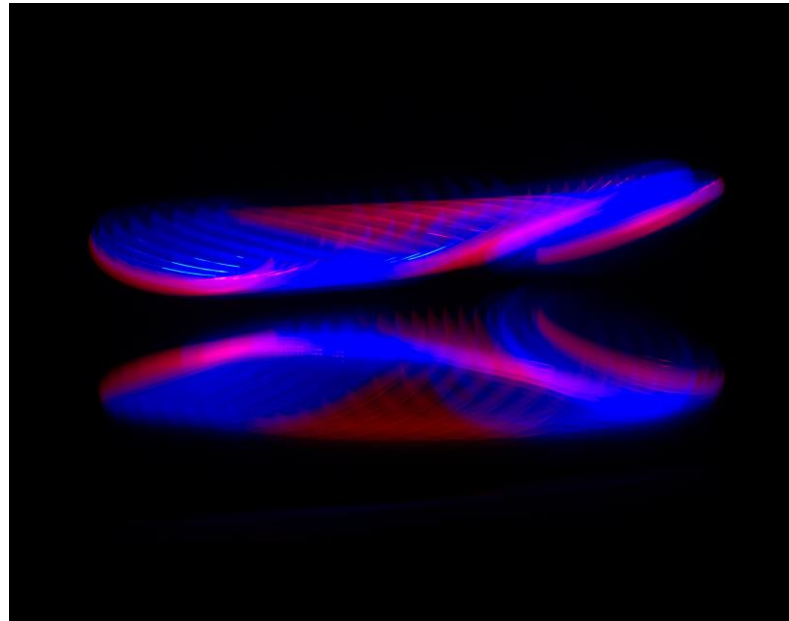
Definition

- Light painting, also known as light drawing or light graffiti, is a photographic technique that involves moving a light source while taking a long exposure photograph. Essentially, you use a handheld light source to "paint" or "draw" in the air, creating luminous patterns or trails in the final image. This can result in some truly stunning and creative visual effects.
- To give it a try, all you need is a dark environment, a camera with manual exposure settings, a tripod, and a light source like a flashlight or LED.

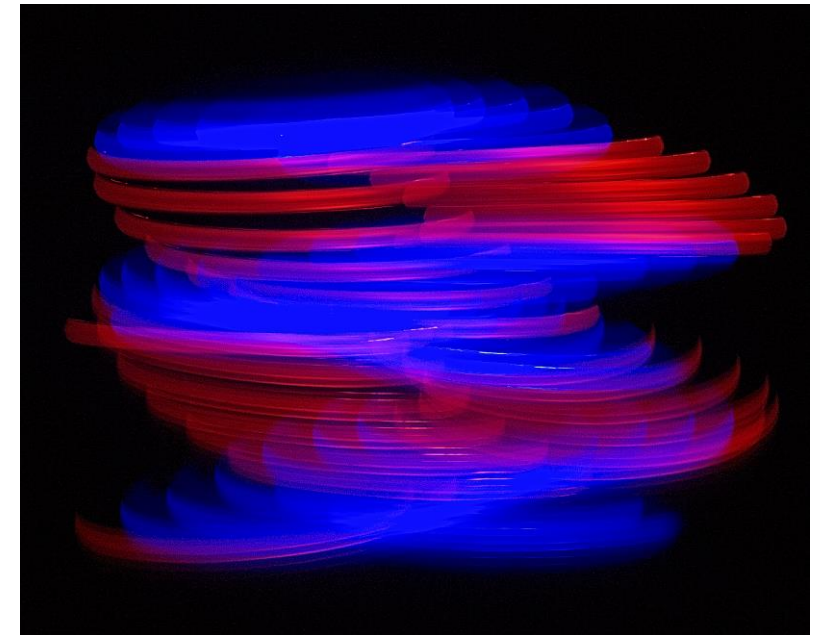
Dollar Store Lighted Top and a Mirror



Top Spun on Mirror



Top spun on mirror, ICM left
back to center, right back to
center, 8 second exposure



Top spun on mirror, ICM vertical
up then down, 8 second
exposure.

Flaming Steel
Wool

Lensball
Light Painting

(next page)







March 2025

Zen Photography



- **Zen photographers are:**

- curious,
- intuitive,
- seekers of beauty,
- focused,
- positive,
- seekers of simplicity,
- accepting of others, and
- accepting of self.

- Source: <https://photzy.com/zen-photography-the-art-of-mindful-photography/>



Zen photography is all about capturing the essence of simplicity, mindfulness, and tranquility. Here are some typical subjects that align well with this aesthetic:



Nature: Capturing serene landscapes, trees, flowers, and natural elements in their most peaceful state.



Water: Flowing rivers, still lakes, ocean waves, and even raindrops can convey a sense of calm.



Minimalism: Focusing on simple, uncluttered compositions with few elements, often emphasizing negative space.



Textures and Patterns: Close-up shots of textures like sand, leaves, wood grain, and natural patterns.



Everyday Objects: Finding beauty in ordinary items, such as a single leaf, a smooth pebble, or a simple piece of pottery.





April 2025

Mirrors and Other
Reflections





- **Tips for Photographing Mirrors:**
- **Focus on the Reflection:** Make the reflection the main subject of your composition. This can create a captivating and surreal effect.
- **Angle Matters:** Experiment with different angles to avoid capturing the camera or yourself in the shot. Positioning the camera slightly off-center can help.
- **Use Natural Light:** Natural light can create softer and more flattering reflections. Avoid using a flash directly, as it can cause unwanted glare.
- **Clean the Mirror:** Ensure the mirror is clean and free of smudges or dust for a clear and crisp reflection.
- **Incorporate Surroundings:** Include elements around the mirror to add context and interest to the composition.

Tips for Photographing Other Reflections:

1. Water Reflections: Capture reflections in still water (lakes, ponds, puddles) for a mirror-like effect. Golden hours (sunrise and sunset) offer beautiful light for water reflections.

2. Glass and Windows: Use windows, glass doors, or other transparent surfaces to create layered reflections. This can add depth and complexity to your images.

3. Metal and Shiny Surfaces: Metallic objects (like chrome, polished metal, or even utensils) can produce interesting reflections. Experiment with close-up shots for abstract effects.

4. Urban Reflections: Look for reflections in urban environments, such as buildings with glass facades, wet streets, or car windows. These can offer a modern and dynamic feel.

5. Creative Angles: Play with angles and perspectives to capture unique and unexpected reflections. Look for interesting compositions that combine reflections with the real scene.





May 2025

Levitation Photography: Defy Gravity



Levitation Photography:

1. Jump Shots: Have your subject jump into the air and capture the shot at the peak of their jump. Use burst mode to take multiple photos rapidly to ensure you capture the perfect moment.

2. Use Props: Arrange objects or furniture in unexpected ways, like having chairs or books seemingly floating in mid-air. You can hold them with invisible threads or use photo editing software to remove supports.

3. Creative Angles: Play with angles to make it look like people or objects are floating. For example, tilt the camera or photograph from a low angle to exaggerate the effect

Photo Editing Tricks:

1. Compositing: Take multiple photos of the same scene with different elements and blend them together in photo editing software. This can create the illusion of objects or people floating.

2. Clone Tool: Use the clone tool or healing brush in photo editing software to remove any supports or threads used to suspend objects.

3. Layering: Work with layers to add or remove elements from your photo, creating a seamless final image where everything looks like it's defying gravity.

Practical Tips:

1. Steady Camera: Use a tripod to keep your camera steady and ensure sharp images, especially for long exposures.

2. Lighting: Pay attention to lighting. Soft, even lighting can help make the illusion more convincing. Avoid harsh shadows that might reveal the trickery.

3. Model Direction: If you're photographing a person, give them clear instructions on how to pose and hold their body to create the illusion of floating.





•**Surrealism:** Look at works by surrealist artists for inspiration on defying gravity in creative ways.

•**Movies and Media:** Scenes from movies or music videos that feature anti-gravity effects can provide ideas for your own photography. Experimentation is key when it comes to defying gravity in photography. Have fun with it, and don't be afraid to think outside the box

June 2025

Unexpected Contrast



Photographing unexpected contrasts can create striking and compelling images by juxtaposing elements that don't typically go together. Here are some tips to help you achieve this:

Tips for Capturing Unexpected Contrast:

1. Contrasting Colors: Use colors that sharply contrast with each other to create visual impact. Think of pairing complementary colors like red and green, blue and orange, or yellow and purple.

2. Mixing Textures: Combine different textures in a single frame. For example, you could juxtapose a smooth, shiny surface with a rough, matte one. This can add depth and interest to your photos.

3. Juxtaposing Elements: Place elements that don't usually belong together side by side. This could be something like modern architecture against a natural landscape or a delicate flower growing through cracks in concrete.

4. Light and Shadow: Play with light and shadow to create dramatic contrasts. Use strong lighting to highlight differences in shapes and forms, or capture the interplay between illuminated and dark areas.



•**Old and New:** Photograph something old and weathered alongside something new and pristine. For instance, a vintage car parked next to a modern building, or an ancient tree beside a sleek sculpture.

•**Urban and Nature:** Capture scenes where urban elements meet nature. This could be a bird perched on a street sign, plants growing through pavement, or graffiti on a wall with trees in the background.

•**Human Emotions:** Contrast emotions in your subjects. For example, capture a candid shot of someone laughing next to someone deep in thought or showing a different emotion.

•**Size and Scale:** Use contrasting sizes to emphasize differences. A tiny object placed next to a large one can create a sense of scale and unexpected contrast.



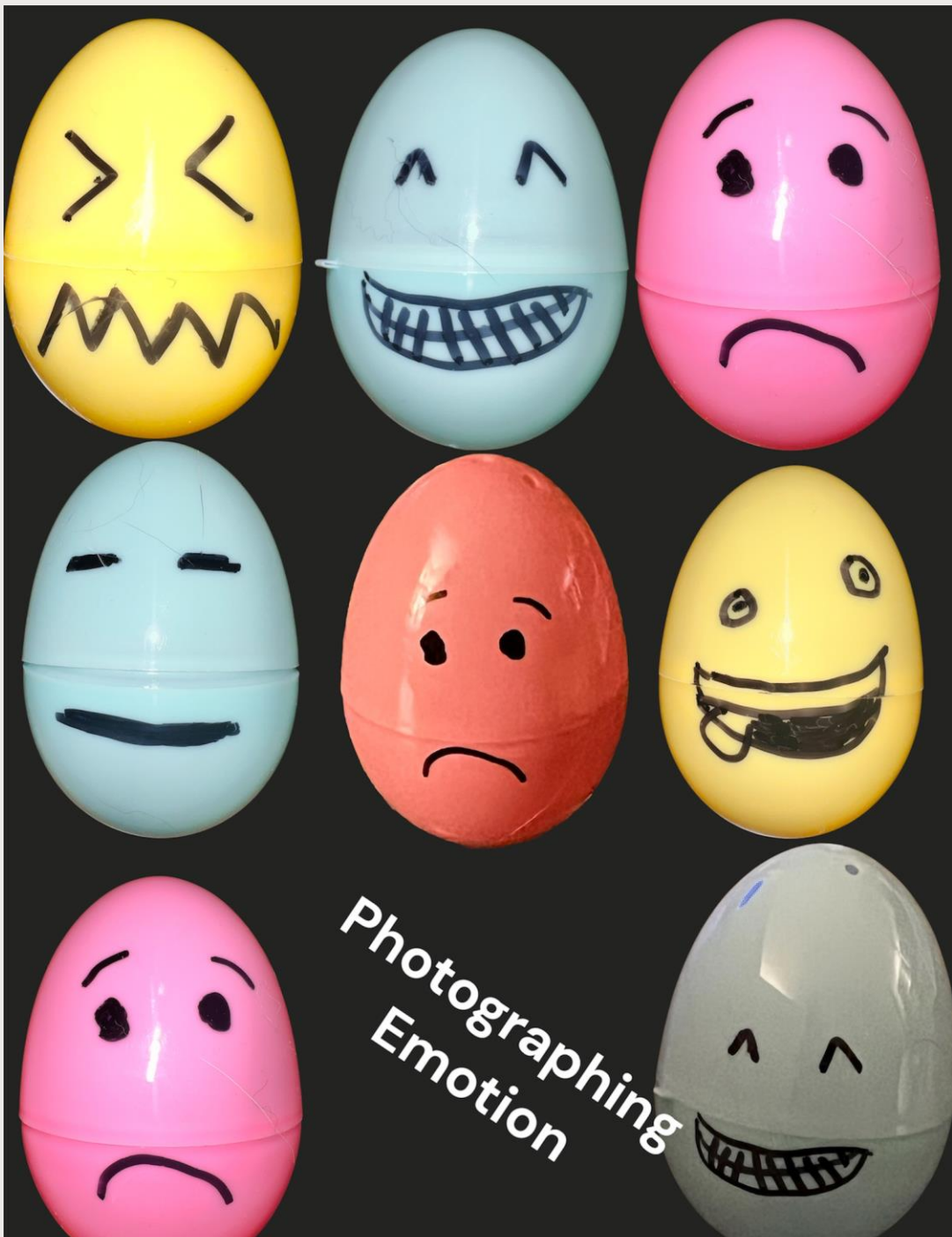


1.Movement and Stillness: Combine elements in motion with those that are stationary. For example, a moving car against a backdrop of still buildings, or a person walking past a statue.

2.Editing Techniques: Post-processing can help enhance contrast. Adjusting brightness, contrast, and saturation can make differences stand out more. Be mindful not to overdo it, as subtle contrasts can sometimes be more powerful.

Practical Tips:

- Plan Ahead:** Think about potential contrasting elements before you go out to shoot. This can help you spot opportunities when they arise.
- Experiment:** Don't be afraid to try unconventional pairings or compositions. Some of the best photos come from breaking the rules.
- Composition:** Pay attention to composition. Leading lines, rule of thirds, and framing can help draw attention to the contrast in your image.



July 2025

Photograph Emotions



- Photographing extreme emotions like anger or happiness can be incredibly powerful. Here are some tips to help you capture these intense emotions:

- **1. Create a Comfortable Environment**

- Make sure your subject feels safe and comfortable. Building a rapport with your subject can go a long way.

- **2. Use Dramatic Lighting**

- For emotions like anger, harsh and directional lighting can add to the intensity. For happiness, softer and diffused lighting can create a warm and uplifting feel.

- **3. Focus on Facial Expressions and Body Language**

- These are the main conveyors of emotion. Pay attention to how your subject's face and body react. Sometimes, a clenched fist or a wide smile can speak volumes.

For happiness, ask your subject to do something that brings them joy, like dancing or playing.

For anger, you could encourage them to express their frustration through physical actions like punching a pillow or yelling.

Remember, every subject is different, and what works for one person might not work for another. Be patient and open to experimenting until you find what best captures the emotion you're seeking.



August 2025

Composites and/or
Monochrome





Composite Photography

1. Plan Your Concept

- Begin with a clear idea of what you want to achieve. Sketch out your concept or create a mood board. Knowing what elements you need and how they will fit together will give you a roadmap for your project.

2. Shoot in the Same Lighting Conditions

- Try to capture all the elements for your composite under the same or similar lighting conditions. Consistent lighting ensures that the different parts blend naturally. If the lighting differs, it can be challenging to make the composite look cohesive.

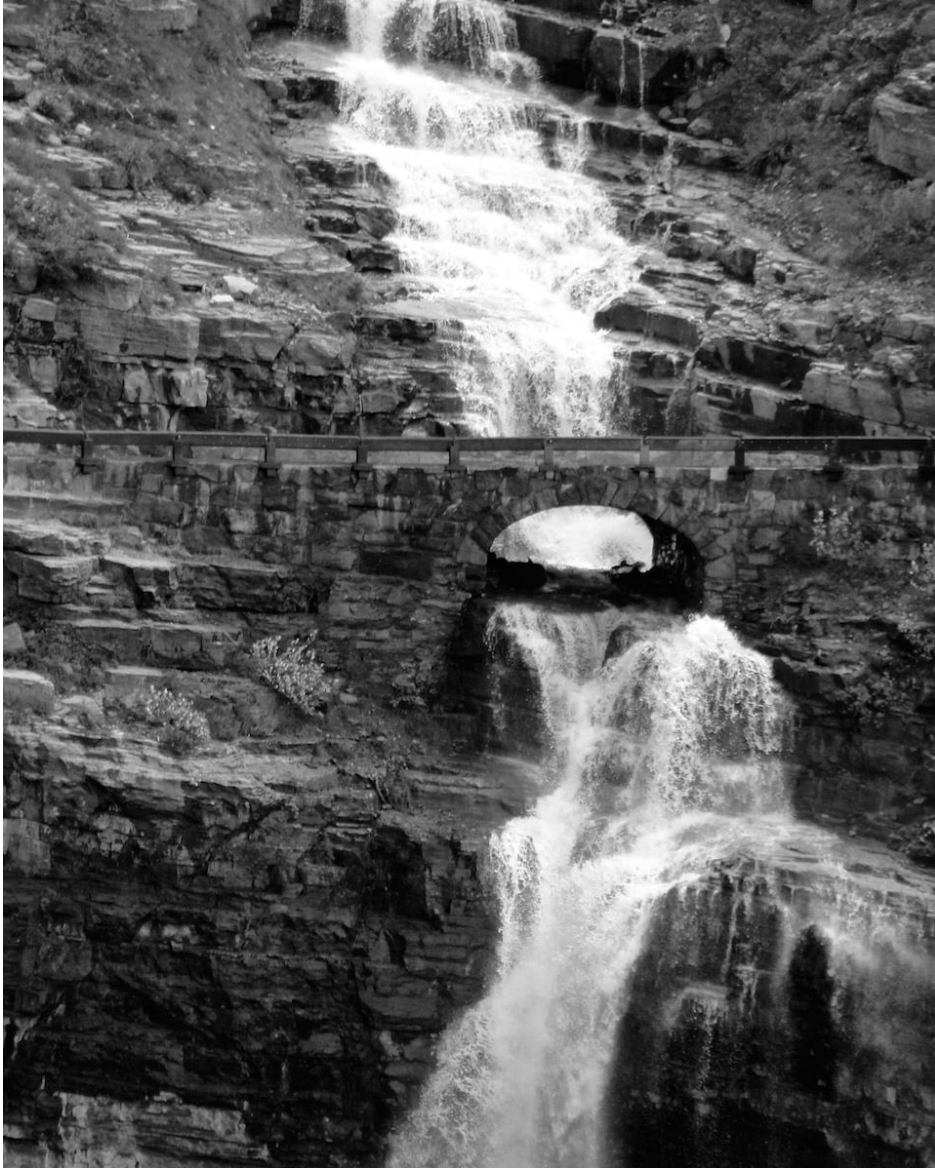
3. Learn Layer Masking

- Layer masking is a powerful tool in photo editing software like Photoshop. It allows you to blend multiple images seamlessly without making permanent changes. Practice using layer masks to control the visibility of different layers and create smooth transitions.

4. Match Colors and Tones

- Ensure that the colors and tones of all elements in your composite match. You can use tools like curves, levels, and color balance adjustments in your editing software to achieve this. Consistent colors and tones are key to making the composite look realistic.





Monochrome

Focus on Contrast

- Contrast is crucial in black-and-white photography. Look for scenes with strong light and dark areas. Shadows and highlights will help create depth and drama in your images.

2. Pay Attention to Texture

- Texture becomes more pronounced in monochrome. Look for subjects with interesting textures, such as rough surfaces, patterns, and detailed landscapes. This will add visual interest to your photos.

3. Master Composition

- Composition is even more important in black-and-white photography since you can't rely on color to guide the viewer's eye. Use techniques like the rule of thirds, leading lines, and framing to create compelling compositions.

4. Experiment with Filters

- Using filters, both physical and in post-processing, can significantly affect the look of your monochrome images. For example, a red filter can make skies darker and clouds more prominent. Experiment with different filters to find the effects you like.





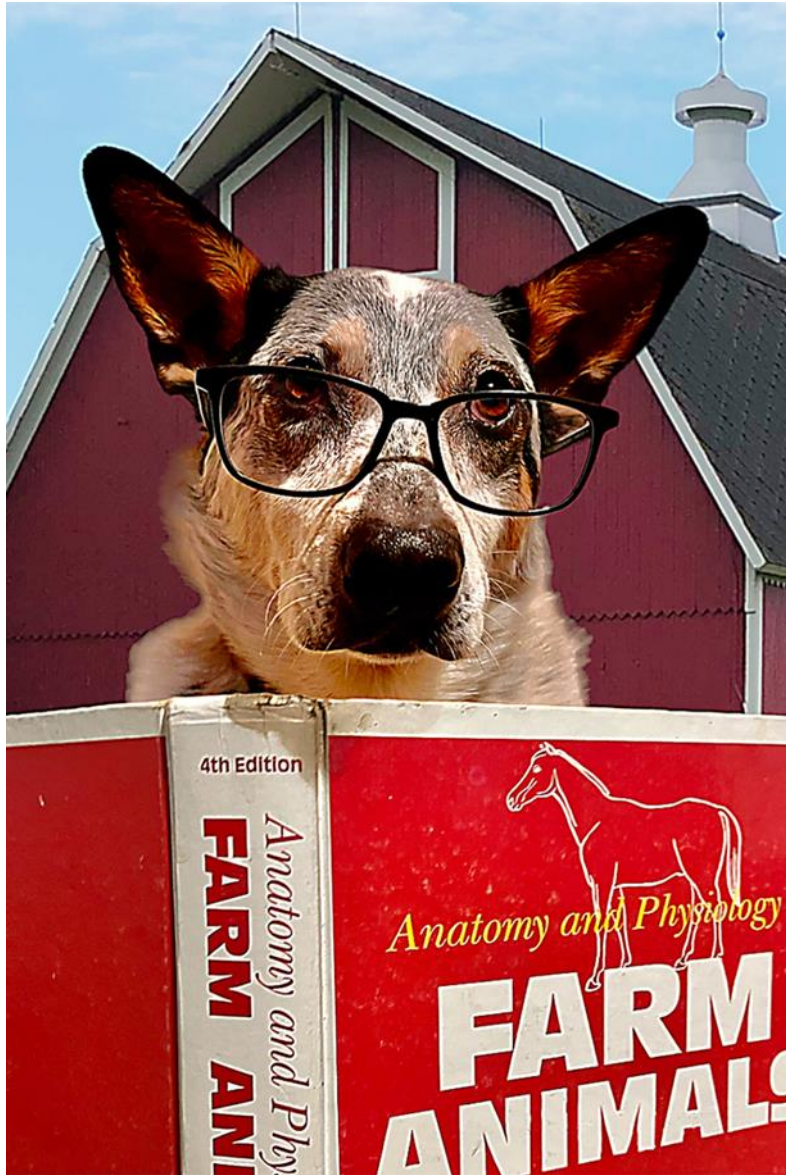
September 2025

Tell a Story

Identify the Narrative

- Start by deciding the story you want to tell. It could be about an event, a person, a place, or even a feeling. Having a clear narrative in mind will guide your creative process.





Plan Your Shot

- Think about the elements that will help convey your story. This includes the subject, background, lighting, and any props or additional characters. Planning ahead can help you capture the key moments more effectively

Capture Genuine Moments

- Authenticity is crucial for storytelling. Look for candid moments that reflect the true essence of your narrative. Posed shots can sometimes feel staged, while candid ones often convey more genuine emotions.



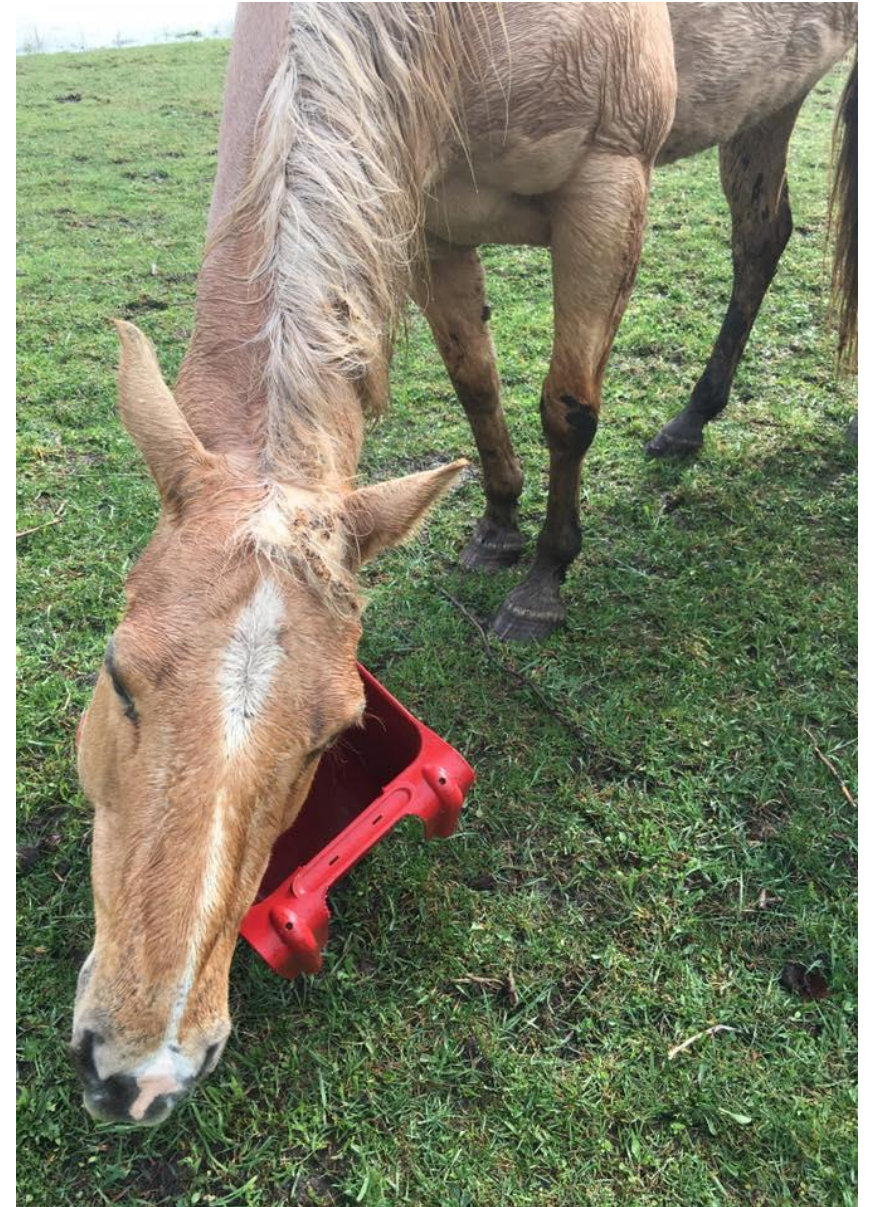


Include Contextual Elements

- Incorporate details that provide context and background to your story. This could be the setting, surrounding objects, or other people in the scene. These elements help the viewer understand the broader narrative

October 2025

New Twists on Cliches





Teacher's Pet

1. Change Your Perspective

- Experiment with different angles and viewpoints. Instead of shooting from eye level, try getting low to the ground or finding a high vantage point. Changing your perspective can offer a new take on a familiar subject.



Can't Get My Ducks In a Row



Busy as a Bee

- **2. Incorporate Unusual Elements**
 - Add unexpected elements or props to your composition. This can create a contrast or surprise that sets your photo apart. For example, introducing a quirky object into a traditional landscape scene can provide a new twist.
- **3. Play with Light and Shadows**
 - Use creative lighting techniques to transform common subjects. Harsh shadows, backlighting, and colored gels can add drama and intrigue. Experimenting with light can reveal new facets of well-known subjects.
- **4. Use Post-Processing Techniques**
 - Experiment with post-processing to give your images a unique look. Techniques like double exposure, selective color, and texture overlays can add a fresh twist to cliché subjects. Just be careful to keep it subtle and purposeful.



He's a "Rotten" Egg



**November
2025**

Catch the Uncatchable

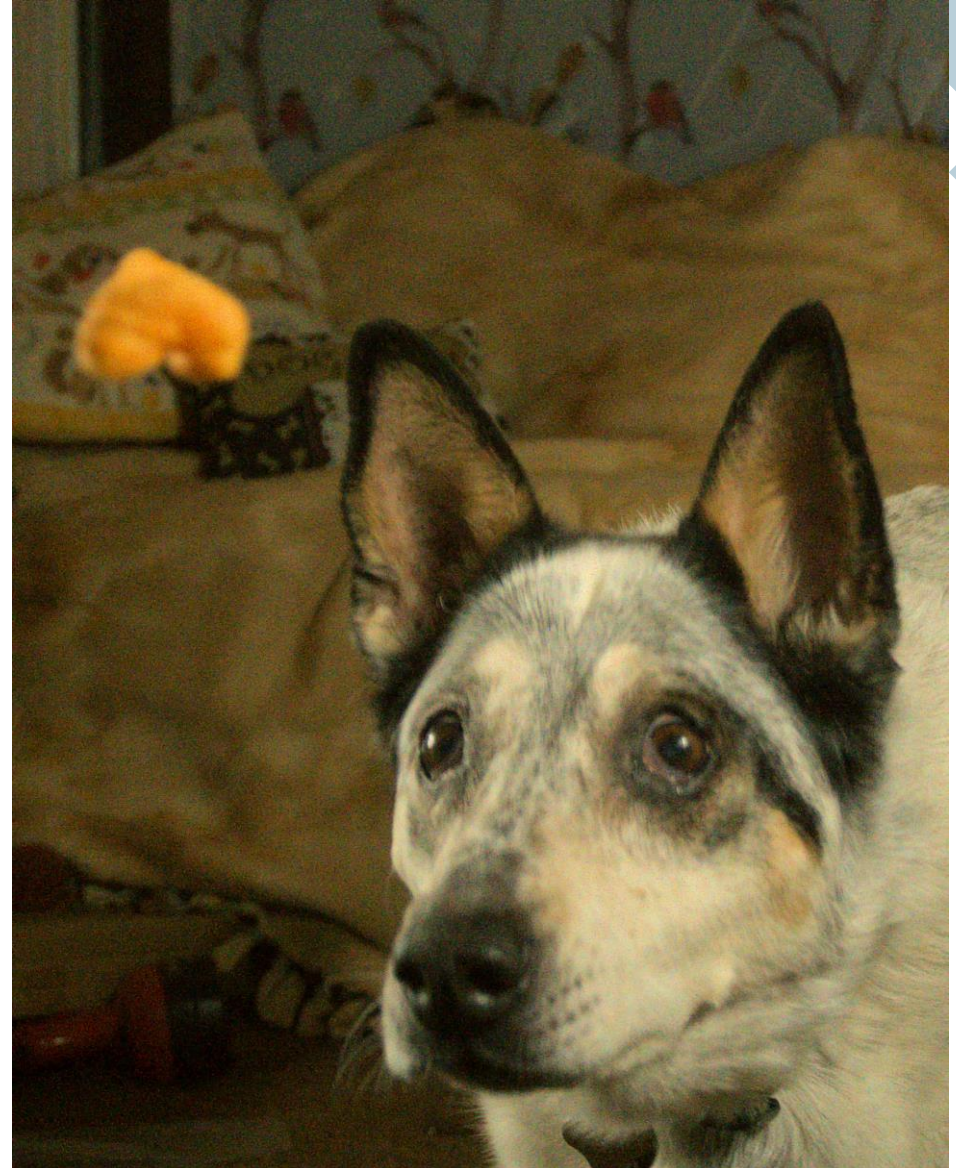
Photographing something as elusive as "catching the uncatchable" can be a thrilling challenge. Here are some tips to help you capture that elusive moment:

Be Patient and Observant

- Catching the uncatchable often requires a lot of patience. Spend time observing your subject and waiting for the perfect moment. Pay attention to their habits and movements to anticipate the right shot.

Use Fast Shutter Speeds

- To freeze fast-moving subjects, use a high shutter speed. This will help you capture sharp images of fleeting moments. If your camera allows, use burst mode to take a series of shots quickly.





Focus on the Unexpected

- Look for unusual angles, perspectives, or moments that others might miss. Sometimes, the uncatchable is hidden in the details or in an unexpected twist. Be ready to think outside the box and explore different viewpoints.

.Utilize Telephoto Lenses

- A telephoto lens can help you get close to your subject without physically being close. This is particularly useful for wildlife or other distant subjects that are difficult to approach.



- **Practice Quick Reflexes**

- Train yourself to react quickly. The more you practice, the faster you'll become at recognizing and capturing those fleeting moments. Keep your camera ready and your finger on the shutter.

- **6. Embrace Imperfections**

- Sometimes, the best shots come from unexpected imperfections. Don't be afraid to experiment and take risks. Blurs, overexposures, or unique compositions can sometimes add to the mystique of the uncatchable.

- **7. Tell a Story**

- Think about the story you want to tell with your photograph. The narrative can add depth and meaning to your image. Even if the subject is elusive, the context and surrounding elements can help convey the story.

www.photzy.com

[Top Secrets of Juxtaposition in Photography Revealed | Skylum Blog](#)

[Juxtaposition in Photography: Definition, Tips and Examples | Visual Education](#)

Links:

CHATgpt – AI

Youtube:

Light Painting.... There are many ideas to choose from... quite the “rabbit hole”

Photographing Emotion:

I Shot 100,000 Portraits: Here's What I Learned...Mitch Lally



Thank You!
Questions?

Please email:
7pimages@zohomail.com