

Hi Flagpole

October 2025 Newsletter

FlagpolePhotographers.com

What's Happening

Meetings are free and open to everyone. Arrive 30 minutes early for the social time.

October 2

[Mentor Night: Focus Stacking Kickoff](#)

[Topic by Chane Cullens](#)

Online

October 9

[Directing Eyes: A Composition Program](#)

[by Rhonda Cullens](#)

In-Person & Online

October 11

[Waterfall Photography Workshop](#)

In-Person

October 23

[Competition – Food, Nature, Color,
Monochrome and Monthly Challenge](#)

[Elderly](#)

In-Person & Online

Flagpole Photographers Camera Club Posts

2025 “Newtown & Beyond” Exhibit Member Info

Hi Members This page contains what you need to know about entering your photographs and volunteering to make our 15th Annual “Newtown & Beyond” Exhibit a success! If you have any questions contact Info. Timeline Now – Choose and prepare your photos! We are putting together the advertising poster and web advertising and need your photographs. Please upload a few of your favorites you will be exhibiting using ...



[Read more](#)

2025 September Competition Results, All Photos & Video



1. Congratulations to our winners!
2. Results
3. Video of the Judges Discussing the Photos

[Read more](#)

Lots of Ice Cream and Learning at Food Photography Program

Our Ice Cream Social and Food Photography program was a success. We had a good turnout and want to thank our presenter, Gregory Keith, for an informative session that left everyone with new ideas to try in their own photography. The event was a great opportunity for members to connect and learn from one another. We are also pleased to announce that a handful of new members joined the club after attending. We thank everyone who participated and look forward to our next event.



[Read more](#)

Photography Ideas for October 2025

- **Assigned Subject - Food Photography**
- **Monthly Challenge - Elderly**

Food Photography in a Two Minute Read

Capturing an irresistible food photo is about telling a delicious story. Here are five key tips to elevate your culinary photos from simple snapshots to mouth-watering works of art.

1. Master the Light

Light is the most critical ingredient. Always opt for soft, natural, indirect daylight by placing your setup near a window but out of direct sunbeams. An overcast day is perfect, as the clouds act as a giant natural diffuser. Light your dish from the side or from behind to create gentle shadows that reveal texture and dimension. Avoid using an on-camera flash or overhead kitchen lights, which create harsh shadows and unappetizing color casts.

2. Style with a Story

Every photo should tell a story about the food. Start with your main dish - the "hero" - and slowly add props that complement the narrative, like rustic cutlery for a homely feel or minimalist plates for modern elegance. Create visual interest by using layers: place a bowl on

a plate that sits on a textured napkin. Remember that "less is more" to avoid a cluttered scene that distracts from the food.

3. Find the Perfect Angle

The camera angle you choose should flatter the food's best features.

- **Table Height (0–15 degrees):** Get low to the table for tall, layered foods like burgers and pancake stacks to emphasize their height.
- **45-Degree Angle:** This is the most natural angle, mimicking how you see food when seated. It's versatile and works well for dishes in bowls, like pasta or soup.
- **Overhead (90 degrees):** Shoot from directly above for flat, graphic dishes like pizza or a charcuterie board. This angle is excellent for composing with shapes and patterns.

4. Use Color and Texture

Make your food "pop" by using basic color theory. Place your dish on a plate or background of a complementary color (opposites on the color wheel), such as an orange dish on a blue surface. The background itself is crucial; choose surfaces with texture, like wood or stone, to make the photo feel tangible and realistic. Use smaller, salad-sized plates to make portions appear more generous and abundant.

5. Nail the Technical Details

The most powerful portraits capture genuine emotion. Instead of asking for a smile, create an atmosphere where natural expressions can emerge through conversation and laughter. Stay alert for the candid moments *between* the poses - a quiet glance, a shared laugh, or a tender interaction often reveals more character than any formal pose. Don't forget to capture details, like their hands, which can tell a profound story of a life fully lived. A tripod is a game-changer, as it eliminates camera shake and allows you to use slower shutter speeds in low light for sharp, clear photos. Use a low numbered aperture to create a shallow depth of field, which blurs the background and makes your subject stand out. Finally, don't skip the editing process. Simple adjustments to brightness, contrast, and saturation can give your photos a final, professional polish.

Elder Portraiture Essentials in a Two Minute Read

Note - Our Monthly Challenge "Elderly", does not imply it must be a portrait. These essentials only focus on portraits.

Photographing elders is about capturing their life story and character with dignity. The goal is to create a timeless portrait that honors their journey.

1. Use Soft, Flattering Light

Harsh light can unflatteringly accentuate wrinkles and skin texture. Always seek out soft, diffused light. Position your subject in the open shade on a sunny day, near a large window (out of direct sun), or shoot during the "golden hour" just after sunrise or before sunset. A simple white reflector held opposite the light source can bounce gentle light back into the shadows, softening features and adding a beautiful sparkle to the eyes.

2. Prioritize Comfort and Connection

A great portrait starts with making your subject feel comfortable and respected. Provide a sturdy chair with arms instead of an unstable stool, and plan for frequent breaks. Put the camera down and engage in genuine conversation; ask about their life and listen to their stories to build trust and help them relax. Treat them not as an "old person," but as a vibrant individual that they are - an 88-year-old often feels 35 inside.

3. Guide Poses Gently

Posing should feel natural, not forced. Guide your subject into flattering positions by having them angle their body slightly to the camera, which is more dynamic than a straight-on shot. Encourage a slight bend in the elbows and knees to avoid stiffness, and remind them to sit or stand tall to convey confidence. Giving their hands something to do - such as resting them in their lap or on the arm of the chair - is key to a relaxed portrait.

4. Tell Their Story with Environment

Photographing someone in a meaningful environment, like their home or garden, adds layers of personality and context to the portrait. Incorporate props that are personally significant, such as a musical instrument, a favorite book, or a family heirloom. Interacting with these items often elicits the most genuine smiles and authentic expressions, allowing the environment to help tell their unique story.

5. Capture Authentic Moments

The most powerful portraits capture genuine emotion. Instead of asking for a smile, create an atmosphere where natural expressions can emerge through conversation and laughter. Stay alert for the candid moments *between* the poses - a quiet glance, a shared laugh, or a tender interaction often reveals more character than any formal pose. Don't forget to capture details, like their hands, which can tell a profound story of a life fully lived.

[Visit FlagpolePhotographers.com](http://FlagpolePhotographers.com) | [Visit Flagpole Photographers Facebook](#)



Info@FlagpolePhotographers.com | [Unsubscribe](#) | [Manage your subscription](#)