



## New Beginnings

Hello and welcome to the new monthly update from the Creative Photography Academy.

I'm sure that many of us are looking for new beginnings after the last year as well as a return to the 'old'. That's certainly true here and I've gone for a new look to what was the Graham Elliott Photography monthly newsletter.

I've now split the business: **Graham Elliott Photography** will focus on fine art prints and books, while the **Creative Photography Academy** will house the online training.

I've put more details about what's on offer inside and I have plans to develop both businesses, so watch this space.

Conservation and mental health remain central values in my work and I will share more about each as time goes on. For now, welcome and enjoy!



Best wishes

Graham Elliott

Please send all correspondence to [graham@gephotography.com.au](mailto:graham@gephotography.com.au)

## Member Contribution



This image was taken by **Reece Burns**.

*"We leave our mark on the world and when we're ready, we move on. We dissociate our developments, post-ideas and experiences with the world. They become lost in our complexity and we found ourselves in a somewhat superior existence above a place we call home. This the basis of anthropocentrism."*



I think this is quite a moody image; the angle Reece has used, the fact that the subject has turned his back to us and the use of Black and White all add to the composition.

# Photography for good health

It's spring in the Northern Hemisphere (spoken by someone who's lived 20 years in the Southern Hemisphere) and it seems appropriate to start anew.

I'm not going to mention the tribulations of last year and what a game-changer it has been. Unfortunately, many of us have started the new year with more uncertain times ahead.



One clear change has been the move to us becoming a more online society, with many of us feeling separated from those we love to spend time with. This has created many issues and I believe managing our mental health is an important one.

This is where photography can help. Having a creative outlet is an essential contributor to good mental health and photography can certainly meet this need.

One of the things many of us do when under stress is to put ourselves last and not see the signs that what we are doing is unhealthy. If you are feeling stressed, the most important thing to do is to step back and look at what you can do for yourself. Take a break, go for a walk and take some photographs.

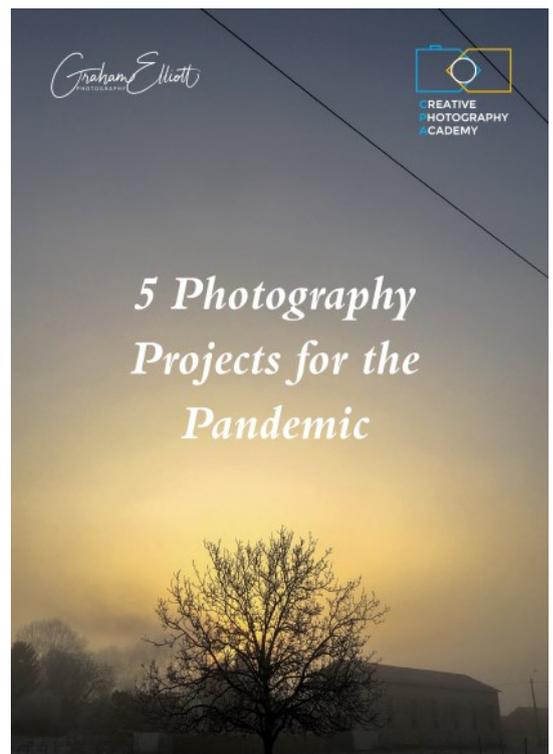
The emergency cards in aircraft tell you to put your oxygen mask on first before helping others and photography can act as that mask.

They won't make your problems go away but they can change how you show up to deal with them.

This isn't an article about how to handle stressful situations, it's making the point that you're responsible for looking after yourself and this is one way of doing it.

So, if you're looking for ideas or inspiration, you could try my '5 Photography Projects for the Pandemic'. It's free and you can download it [here](#).

I am also launching a membership programme this month and that is intended to help photographers (at every level!) to meet online and share their work, ideas and inspirations and support each other. So watch this space for more updates.



# What to shoot

Any weather is good weather from a photography standpoint. While dry, sunny weather is enjoyable, rain and cold weather can create a particular look and feel to an image. Having said that, I've chosen a few images that you should be able to easily shoot where ever you live. Alternatively, you might find urban scenes easier to find.

## Sunsets

These are a good standby and can produce some great results. This image was shot using an Olympus PEN Lite (Mirrorless) which I've had for a little while. The sun is relatively low down in the image and over to the left; both help to create a sense of space.

I also tipped the camera up a little as this can increase the contrast on these cameras (your smartphone should do the same). There's some lens flare that can be removed.



An alternative is to create a more interesting image by changing your angle. I noticed how these dandelions were being backlit by the setting sun and dropped down to make the most of the effect. It's easy to make images more compelling by changing your viewpoint.



## Urban wildlife

This owl liked to perch on top of a power pole which was almost opposite the bedroom window of the house where I was staying at the time. I used to sit reading by the window and got in the habit of having my DSLR with a 400mm lens powered on and ready to go on the floor next to where I sat.



On this particular morning, I got lucky.

Or you could think smaller. I'm pretty sure that wherever you live you have no shortage of insects around. I rarely take pictures of them, but when I do I'm always surprised at how beautiful they are.

I believe this is a mayfly and it was on the window of my office where there was a little shelter.



*What urban wildlife, big or small, can you photograph?*

*Email me with ideas and images and I'll put what I can in the next issue.*



# Urban Photography Challenge

Depending upon where you are, you may or may not be able to travel too far. For most of us, international travel is out of the question for a while, so if travel is your main inspiration for using your camera, you will be out of luck.

Taking photographs in our local area is a great idea, especially now, for two reasons:

- It keeps us fresh and using our cameras.
- It's an opportunity to look at our local area with new eyes. Perhaps approach it as if you were a visitor.

If you're like me, I drink in as much as I can with my eyes when I visit a new place. That same intensity tends to be missing in my local area as it's too familiar. But think about how a visitor to your area would see it.

Sometimes shooting the 'mundane' is great practice for when we visit places we may not have the chance to see again. It's a chance to refine our observation skills, to get into the habit of looking at what's around us; people, buildings, nature. And we have the opportunity to do something with them.

When I took them I considered these images of a runner in Sydney to be a failure. However, revisiting them sometime later I could see new potential, especially when creating vivid colour and black and white versions.

***So my challenge to you is to shoot the mundane around you and to make it interesting! I think you will find it to be a worthwhile activity and may even have sharpened your skills next time you travel!***

***And... If you would like to challenge yourself further, post your image to the Creative Photography Academy Facebook page (or Members page if you're a member).***

**I'll be featuring an image from a subscriber to the membership programme each month. It could be your image next month.**

# What's On

Graham Elliott  
PHOTOGRAPHY



[Wild Ocean](#)

[Wild Earth](#)

My **WILD Planet fine art collection** is on sale at:

<https://www.gephotography.online>

Download the Catalogue [HERE](#)

You can see short videos of some of the images by clicking the links in the panel above.

The prelaunch sale is over but you can still get a 20% discount on any image if you use this code: **INSPIRE20**

*This code is valid for purchases made before the end of April.*

10% of the proceeds from catalogue sales will be going to projects in Africa and Australia. Click on the logo to visit their website.



HalfCut



# What's On



The Creative Photography Academy came out of my desire to produce online photography courses and create an environment where photographers can 'meet'.

For many people, there are still restrictions in place which limit where they can go and who they can meet. I've already spoken about the potential mental health issues that this can create.

The initial courses are designed to be used by people with any level of experience and still find something of value in them. The primary aim of the courses is to have your creating photographs that inspire you and that you want to share with others.



When using any equipment you need to know enough about it to use it competently. Think about driving a car; you need to know what the controls do and how to use them effectively, you don't need to know how the fuel injection system works, or the suspension. The car allows you to travel freely.

My approach to photography is the same; get past the jargon and into what makes a great image for you.

## Training Courses:

**Ultimate Smartphone Photography** is **now available**. Click [HERE](#) to find out more.

**Discovering DSLR & Mirrorless Photography:** Coming in **April**

## Membership Programme

**The Creative Photography Academy Membership Programme** is now available. Click [HERE](#) to find out more..

## The Back Page

*Dancer Nat Foti from Sydney in a high flying pose during a photo workshop on Cockatoo Island.*



If you have any ideas, or if there is something specific you would like to see in a future issue, don't keep it to yourself!

Contact me at: [graham@CreativePhotographyAcademy.com](mailto:graham@CreativePhotographyAcademy.com)

*Inspiration will be with you on the second Tuesday of the Month. Kick back and be inspired!*

[www.CreativePhotographyAcademy.com](http://www.CreativePhotographyAcademy.com)

