



Vernon  
Photography  
Club

support - inspire - create

# Newsletter

MARCH 2026



**Ron Long, Club President**

*'Art is not what you see but  
what you make others see.'*

- Edgar Degas

## President's Message

I recently read a story about a famous abstract artist that I had never heard of before. That he is apparently quite well known, yet unknown to me, is nothing new... only last year I heard about Bad Bunny, who has 83.9 million monthly Spotify followers, his top 2 hits have been listened to more than a billion times each, and he was this year's Superbowl halftime show headliner. But I digress. Anyway, the abstract artist's life, unfortunately, had been punctuated by loss, and that torment lives in some of his works, which, (although I don't understand them), I find to be brilliant, nonetheless.

Embrace the Arts! Why? It just might save your life. Studies show that cultural pursuits can decrease anxiety and depression, give us a sense of control, agency and mastery, and give the brain a workout by strengthening connections in different parts of the brain, thereby giving us 'cognitive reserve'. That is, we have more to lose before we forget what year it is. Art can act as a lifeline through difficult times, and has shown to decrease inflammation and chronic pain. It's a legal performance enhancing drug and a self help superfood. So whether it's visual arts, performing arts, creating art, or appreciating and making photography, let's embrace art. Why? Because it's fun!

Happy shooting!  
Ron Long, President, VPC

# CLUB DATES TO REMEMBER THIS MONTH



The Club Calendar on our Website  
is your **One-Stop-Shop** for full details on all events!

## Mar 7th

Deadline to Submit Images for Club Evaluation

1. Canada My Country- See CAPA Themes
2. People
3. Rows and Rows
4. Open

Image(s) to be submitted to [vernoncamera@yahoo.com](mailto:vernoncamera@yahoo.com) using club naming & sizing guidelines.

## Mar 12th

Zoom Evaluation Meeting where evaluators will review images under the categories: Canada My Country, People, Rows & Rows, Open

## Mar 22nd

Deadline to Submit CAPA Images to Committee

Triptych- Three Images- CAPA Themes

Image(s) to be submitted to [vpccapa@gmail.com](mailto:vpccapa@gmail.com) using club naming & sizing guidelines.

## Mar 26th

Join us for this month's Hand on education meeting where members will tour stations with their cameras and learn techniques.

Note we will be in a different room called Parkview.

## Mar 28th

The outing will be a visit to the Stirling Acres farm in Lavington to capture herding dogs in action as well as lots of sheep, and lambs

[vernonphotographyclub.com/calendar](http://vernonphotographyclub.com/calendar)



# Club Evaluation Topics Coming up Next



**DEADLINE**  
to submit Mar 7

# March Topics

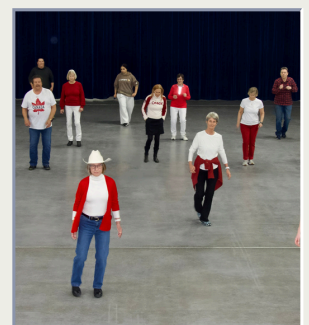
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As a reminder to everyone submitting pictures for evaluation nights, or for consideration to CAPA, that they be named like this 'titlespacedashspacenamespacedashspacetheme.jpg' (eg. Flowers - John Doe - Nature.jpg)

All Image submission deadlines and topics are listed in the Club Website Calendar!



# SAVE THE DATE

Spring Outing May 25-27<sup>th</sup>



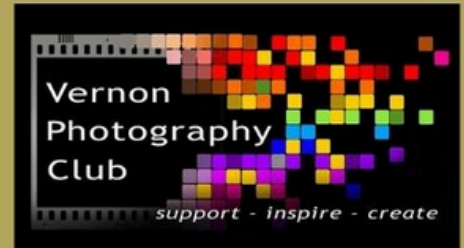
Our spring outing will be 3-day, 2-night trip to the South Okanagan. Our first stop will be a visit to the Kettle Valley Steam Railway in Summerland where we will capture images of the 1912 steam locomotive and the passenger cars. The 1 ½ hour journey will take us down to the Trout Creek Trestle with some great vistas along the way. Other stops on this outing include visits to the Area 27 Motorsport Park, the Nk'Mip Desert Cultural Centre, the Grist Mill Gardens, the SS Sicamous Paddle Wheeler and a tour of a Fish Hatchery. If the weather is cooperative, we will also be doing some night sky photography. There will be plenty of photographic opportunities on this outing and it is a great way of getting to know your fellow Club members.

## Here are some details for the May outing:

**Dates** – Monday, May 25 to Wednesday May 27, 2026

**Accommodation** – We have arranged for a block of rooms at a discounted rate at the Watermark Beach Resort in Osoyoos. These are condo style one- and two-bedroom suites. The rates for the suites are:

- 1 BR City View \$199 + taxes
- 1 BR Lake Side \$249 + taxes
- 2 BR City View \$259 + taxes
- 2 BR Lake Side \$289 + taxes



To get the group rate, reservations must be made by April 27, 2026, although to get the type of room that you prefer, we recommend that you book as soon as possible. When booking you must identify yourself as being with the Vernon Photography Club. Please contact Bob Johnson (vpcoutings@yahoo.com) for the reservation procedures. For those planning to camp, there are several public and private campgrounds in the Osoyoos area. We would recommend that you also book these as soon as possible since Osoyoos is a popular vacation spot.

- Notifications – If you are interested in this outing and/or are planning to attend, please let Bob Johnson (vpcoutings@yahoo.com) know so that you can be added to the distribution list for additional communication. Also, please let Bob know if you have booked one of the suites at the Watermark Beach Resort so that we can track the room commitments.

Please contact Bob Johnson if you have any questions about this outing. We hope that you can come along!



[www.vernonphotographyclub.com/events](http://www.vernonphotographyclub.com/events)

**Who do you follow on Social Media, Websites or Apps that other members might enjoy?**

Send in your favorites to share with other members:

[vernonphoto.news@gmail.com](mailto:vernonphoto.news@gmail.com)

**This month's member suggestions:**



**@modelstrangers**

Human Connections and Street Portraits



**@maciejsphotos**

Taking reflection pics and slow shutter!

Google Play

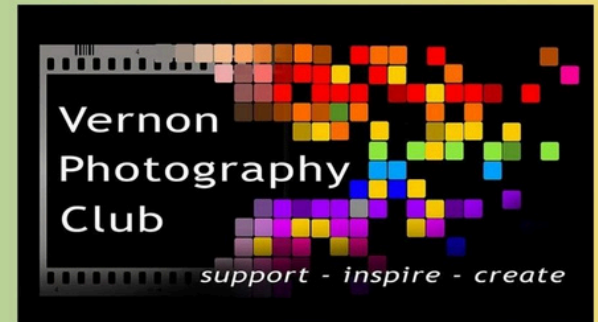
App Store

## Allan Brooks Nature Center Exhibit

John Gallant has secured an exhibit space for the club this summer. The exhibit dates are not final yet but will be mid April to the end of September. More details will be coming soon.

# SAVE THE DATE

March 28th Outing



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

The March Outing will take us to Lavington to capture Border Collies at work herding sheep. It will be fun capturing these action shots and there will also be lots of opportunity to photograph the new lambs, the dogs and a few other farm animals.

Here are some of the details for the March outing:

- Date – Saturday, March 28, 2026
- Location – Stirling Acres Farm, 6845 Learmouth Road in Lavington. To reduce the number of vehicles arriving at the farm, we will meet at the Rail Trail Parking lot, along Kalamalka Lake Road (beside Sun Country Cycle)
- Time – We will meet at the Rail Trail Parking lot at 9:30 am for a 10 am arrival at the farm.
- Cost – There will not be a cost for this outing.
- What to bring – Ground conditions may be muddy at this time of year – rubber boots would be a good choice for footwear.

You may want to bring your long lens, if you have one, to capture the herding action!



We are looking for someone to fill the Membership Coordinator position for our Club. As an integral part of the Vernon Photography Club Executive, the Membership Coordinator will:

- Be positioned at the door for in-person meetings to greet new members and guests, collect appropriate fees and answer questions. Distribute and collect the name tags.
- Maintain the membership list and name tags. There is usually at least one new member per month, and new tags must be created. Update the communications coordinators (those in charge of the newsletters and the members only website) when people have been added or removed from the mailing list or require website access. Updating the membership list with London Drugs.
- Work with the treasurer to keep track of who has or has not paid their dues.
- Maintain copies of all membership forms as they contain the signed waivers and code of conduct. Revise the membership form when necessary.
- Attend executive meetings
- Respond to emails

If you are interested in this position or have any questions about it, please speak with any of the current Club Executive or send an email to Ron Long, President, at [vccexec@gmail.com](mailto:vccexec@gmail.com)

When using your cell phone camera consider Enabling the Gridlines on your screen: Turn on the "Grid" in your camera settings to use the "Rule of Thirds" (placing subjects along the lines or intersections for better balance).



# Club CAPA NEWS

CAPA says, "develop a visual story through the power of three interconnected images that both stand independently and weave together into something greater than their parts. The triptych format challenges photographers to transcend the single frame, creating sophisticated narratives that invite viewers to linger, discover, and reflect." Submit images for one of the following themes: Differences in Building Structures, Human Connection, Nature Scene, Abstract Transformation. Reminder that images submitted in the February Club Evaluation that meet the CAPA themes and data requirements will be considered for submission.



For all CAPA competition photographers MUST:

- Retain your original captured images
- Perform all editing on copies, never the originals
- Keep originals accessible for quick retrieval, if verification is needed

TIP: To address the large sized image in Photoshop, first resize image (maximum horizontal size: 1400 pixels and maximum vertical size: 1050 pixels):

**Step #1 - Select Export As > Save for web**

**Step #2 - Set Quality to 70 or 65**

**Step #3 - Select All for the Metadata**

**Step #4 - Select Save button**

CAPA is promoting content credentials and will be optionally adopting content credentials in 2027 and may be making it mandatory for Adobe products by 2028. Using content credentials addresses the challenges posed by AI generative tools. CAPA describes how content Credentials Work:

"Content Credentials embed a signed metadata manifest written into the metadata file during the export process, and records the following provenance details:

- Original creator and capture details;
- Camera or creation/editing software used;
- Complete editing history with timestamps;
- Any AI tools used during post-processing;
- Full chain of custody from creation to submission.



CAPA Competition	Themes	Club Submission Dates
Triptych - Three Images	Community Stories Human Connections Nature Scene Abstract Transformation	March 22, 2026
Canada My Country	Atlantic Zone (New Brunswick, Nova Scotia, Newfoundland & Labrador & Prince Edward Island) Pacific Zone (British Columbia & Yukon) Prairie Zone (Alberta, Manitoba, Saskatchewan & Northwest Territory) Ontario Zone (includes Nunavut Territory) Quebec Zone	April 5, 2026

AI is making CAPA competitions stricter with its MetaData requirements as generative AI is not allowed in CAPA competitions. CAPA's Sheldon Boles gave a fantastic presentation on AI in December on youtube at the following link: <https://www.youtube.com/live/PK9tZpXm1Bw>



CAPA is hosting the 2026 Celebrating Canadian Photography Conference in Calgary July 13-16. This conference can be attended in person giving the opportunity to sign up for outings at additional cost, such as, Alberta Wild Horses, Roaming the Prairies and Badlands, Downtown Architecture Photo. Also you can join virtually with live-stream access and 12 months of on-demand recordings.