

# Monthly Newsletter

March  
2025



## President's Message



**Ron Long, President**

Constant  
change is  
here to stay  
- Rush

Heraclitus was a Greek philosopher of the 6th century BCE who lived in the city of Ephesus, now a magnificent city of ruin in the west of Turkey. As an aside, if you have a chance to see Turkey, consider it! Istanbul, formerly Constantinople, Turkey's largest city, was at one time the most important city in the world, and to this day remains a great city, rich in its varied historical sites and photographic opportunities, with a lovely blend of the familiar and foreign. Back to Heraclitus...not much is known about him. None of his original writings have stood the test of time, so information about him is spotty and second hand. He is sometimes referred to as the "Dark Philosopher" for his take on human nature. I don't know if that makes him a crank or a realist. Anyway, he is best known for the phrase "No man ever steps in the same river twice." As such, he was a believer in change being central to the universe and to life, for the river of tomorrow is not the river of today, and we are not the same people experiencing the river tomorrow, either.

As much of what we do in our everyday lives tends to be repetitive, and somewhat mundane, this should give us encouragement...both in photography, and in life itself. If we can see and appreciate those changes, we can take advantage of changing light, changing seasons, and changing personal perspectives in our photography, for example. What was bland yesterday may be magnificent today! Heraclitus also believed in the binary nature of opposites... day and night, life and death for example. Just so in photography as well, with the importance of contrast, the surprise of unusual juxtapositions, the reassurance of "balance" in an image.

Hoping that your journeys in rivers, and photography and life make for happy crossings in 2025!

## Mar 1st

Sit back and relax and watch the results of the North Shore Challenge by Zoom at 7pm. Don't forget to order a ticket to attend. For more info visit the LINKS page on our club website

**SAVE  
THE DATE**

## Mar 13

Zoom Evaluation Meeting  
Join us as our evaluators review this months submission of images highlighting the following topics:  
From the Fridge/ Pantry/ Workbench, Canada, Days of Old, Open

## Mar 9th

Deadline to Submit Images for the next Zoom Evaluation Meeting  
Members are invited to submit their images (max 3) for the next Zoom Evaluation Meeting. Topics are:  
A-From the Fridge/ Pantry / Workbench  
B-Canada  
C-Days of Old  
D-Open  
Submit to: vernoncamera@yahoo.com

## Mar 21st

The focus of this outing will be to capture "A Day in the Life of Vernon". Additional details and information are in the club calendar on our website.

## Mar 9th

Deadline to Submit Images for CAPA Evaluation. Members are invited to submit an image to the Club CAPA committee for evaluation. The committee then chooses 6 images to represent the club in the upcoming competition. Topic for this competition is:  
Curves & Lines  
The image must fall within one of these themes: Geometry in Nature, Landscape, Minimal Still Life, Motion & Flow, Kaleidoscope Curves  
Submit to: vpccapa@gmail.com

## Mar 27

This Education Night features Larry Adamanche speaking on two topics, The first will be the history of photographic art circa 1850-1950. The second will be a presentation of his own work and on his journey in photography.





# Outing News



**The March Outing** will be a little different than our normal outings. We would like to share with others the delights of living in Vernon. We will be putting together a slideshow and YouTube video that will capture life in Vernon on one specific day – March 21, 2025. The YouTube video will be shared with the community. It is hoped that all Club members will go out with their cameras (or phones) on that day and capture the essence of daily life in Vernon. We are looking for street photographs, sporting events, recreational activities, food markets, etc. Basically, anything that captures daily life in Vernon. The photos can be taken at any time of day or night on March 21. We would love to get a range of capture times. Feel free to create your stories in color or B&W. For those that are interested, we will meet as a group to capture some of the downtown activities on March 21. Here are the details:

**Date – Friday, March 21, 2025**

**Location** – Vernon Community Arts Centre (where we have our meetings) 2704A Hwy 6, Vernon

**Time** – 5 PM

**What to Bring** – Bring along your camera and lens. A tripod would be good if you may be taking long exposures.

**Other Information** – If there is sufficient interest, we can stay downtown for dinner after the photo shoot. We will canvas members before the date. We hope that everyone will participate in this project. It should be a lot of fun and very rewarding. Please feel free to contact Bob Johnson (vpcoutings@yahoo.com) if you have any questions.

**The June Outing** – If you are still interested in the Outing to Southern Alberta on June 2 – 6, please let Bob Johnson know at vpcoutings@yahoo.com as soon as possible. If you have previously expressed an interest in this trip and have now booked your hotels (or will be camping) also advise Bob Johnson. Please let Bob know if you have any questions.

**Images for the March Slideshow** – If you attended the Outing to Ellison Park on February 22, please send us some photos for inclusion in the slideshow to be presented on March 13. Please send up to 5 of your images to vpcoutings@yahoo.com by Sunday, March 9, 2025.

**Info on all club outings can be found on the Club Website Calendar & Outings tab, at future meetings and posted on the Club Facebook page.**





# CAPA NEWS

Entering CAPA competitions can be a great way to stay inspired by shooting specifically for the CAPA competitions and their themes.

The next CAPA competition is “Curves and Lines”. This competition has five themes: Geometry in Nature, Landscape, Minimal Still Life, Motion and Flow, and Kaleidoscope Curves.

Please send two images by March 9 to [vpccapa@gmail.com](mailto:vpccapa@gmail.com)

Our club's latest entry is to the competition “Colour”. Our VPC selection committee is also working on selecting images for the competition “Photojournalism”. The results will be posted on Facebook.

**Club CAPA  
deadlines  
to  
enter!**

## Club CAPA Due Dates & Theme

**March 9 - Curves and Lines**

**April 6 - Canada My Country**

To find out more about CAPA, the current competition details or read the CAPA newsletters, please visit the CAPA page or the LINKS tab on our Club Website:  
[vernnonphotographyclub.com](http://vernnonphotographyclub.com)

## Lumby Days Photography Show Help Wanted

Our club member, Nina Westaway, is helping to organize a photography show and competition sponsored by the Monashee Arts Council (MAC) at Lumby Days the weekend of June 13-15. They are looking to have a couple of short workshops on weekends in April and May that would help community members with the use of their digital cameras, and are looking for someone who might be able to mentor. They would advertise the workshops through social media, posters, and their newsletter.

If you are interested in helping please contact Nina at: [westawayn@yahoo.ca](mailto:westawayn@yahoo.ca) or 250-547-2488

## Performing Art Centre Gallery



Our annual print exhibit is coming up later this summer. Now is a good time to take advantage of the London Drugs discount on printing and have something new for this display of our art. The hanging date is June 2nd between 3:00PM and 4:00 PM. The show will remain in place until August 29th. Contact John Gallant for more info at [jcgallant@shaw.ca](mailto:jcgallant@shaw.ca)

# BACK OFF I'M A PHOTOGRAPHER

NO WAIT  
STAY RIGHT THERE  
NOW TURN A LITTLE LEFT  
TURN YOUR FACE TOWARD THE SUN  
TILT YOUR CHIN DOWN  
A LITTLE MORE  
A LITTLE MORE  
NOW UP  
OKAY,  
JUST HOLD THAT POSITION  
THE LIGHT SHOULD BE PERFECT  
IN JUST A COUPLE MINUTES

## North Shore Challenge

Competition entries are now being judged. We are counting down to the Zoom North Shore Challenge Gala Event on Saturday, March 1st. The Event starts at 6:30pm featuring a showcase of past North Shore Challenge winning images and a live interview with photography experts. The formal program follows at 7:00 pm sharp. The evening will focus on images in the final round of the competition. A total of 29 clubs competing, with 156 Individual competitors and a total of 330 images are being shown. The score for each image will be announced, and winners declared. Gold, Silver and Bronze medals will be awarded, the Best in Show image will be announced and the coveted North Shore Challenge trophy will be presented. Back by popular demand... the competition judges will make comments on selected and winning images.

Photographers entered in the Individual category already have their ticket for admission. Others wishing to attend may purchase a ticket (\$10 each) The link to purchase your Gala ticket can be found on our Club Website LINKS page under North Shore Challenge.

## Club Evaluation Topics Coming up next



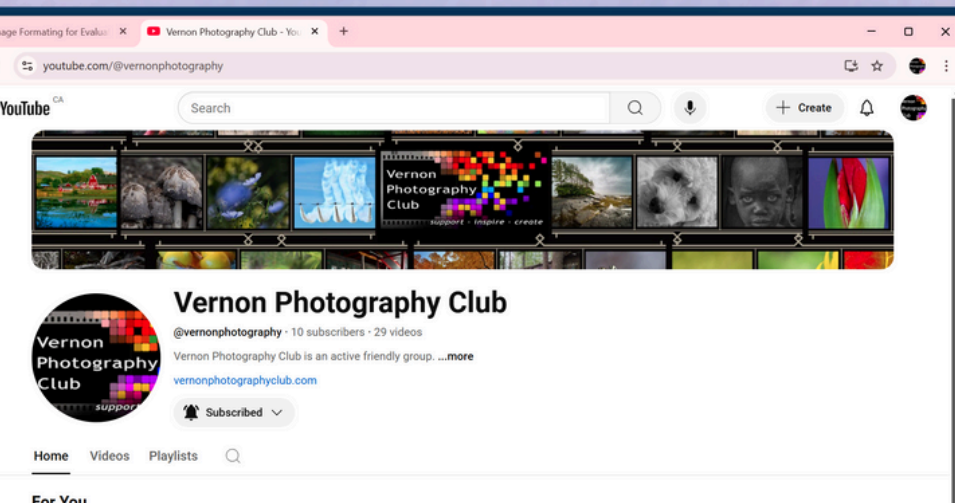
- A-FROM THE FRIDGE/PANTRY/WORKBENCH
- B-CANADA
- C-DAYS OF OLD
- D-OPEN

Enter your pictures for evaluation!  
What a great way to learn



SUBMIT TO:  
VERNONCAMERA@YAHOO.COM

**All Image submission deadlines  
and topics are listed in the Club  
website calendar!**



**Check out and subscribe to  
our Club YouTube Channel  
for great new videos on  
Image Naming & Sizing  
among other topics!**

**@vernonphotography**



# Meet Some Fellow Members



## Meet J.R. Muncaster

JR lives in Vernon. He started taking pictures in his mid teens and joined VPC in 2020. J.R.'s primary interests are action, landscape and macro. He is looking forward to learning different types of photography and editing. J.R. shoots with Canon equipment and his I-phone 15

## Meet Marisa Muncaster

Marissa lives in Vernon. She started taking pictures around 2015, since then has taken online lessons on various aspects of Photography. Her primary interests are Portrait and Bird Photography. Marissa is hoping to learn different types of Photography, especially creative and composite. She shoots Canon and Iphone 15 Promax.



## Meet Carla Hunt

Carla lives in Vernon and started taking pictures around 2012. She enjoys shooting Wildlife, sunsets, the moon, anything that catches her attention. She feels she has much to learn about photography. Carla hopes to find time to learn more about night photography, time lapse, long exposure and of course Photoshop. She always tries to ensure her photos are as true to how she saw them. Carla shoots with a Nikon D850

PHOTOGRAPHY IS THE ONLY LANGUAGE THAT CAN BE UNDERSTOOD ANYWHERE IN THE WORLD