

# MULTIPLE EXPOSURES

Newsletter of the **Urban Ecology Center Photo Club** • Vol XVIII No VII



*Marcus Center WP* by **Scott Norris** was our first place winner!  
July Photo Challenge : Low Angle Photos

See inside for many more Photo Challenge entries!

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*Room for More!*

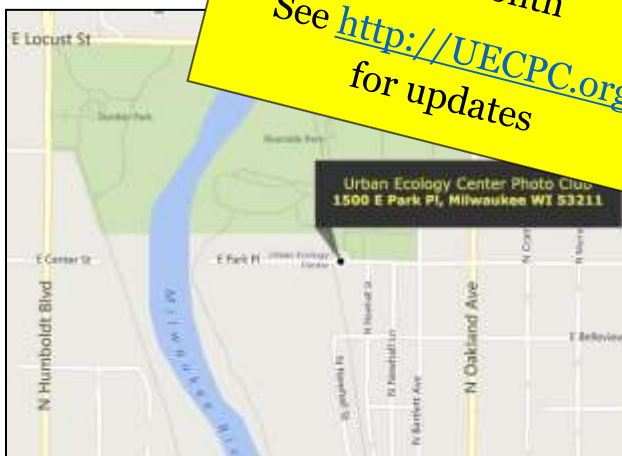
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**Please Join Us!**

Our next meeting is **Thursday August 3rd**, 6:30PM to 9:00PM, in the Community Room of the Urban Ecology Center, 1500 E Park Pl.

**In-Person Meeting Cancelled This Month**  
 See <http://UECPC.org> for updates



Multiple Exposures, the official newsletter of the Urban Ecology Center Photo Club, is published twelve times a year, and is included in the club membership dues.

The Urban Ecology Center Photo Club is a member club of the Wisconsin Association of Camera Clubs ([WACCO](#)) and the Photographic Society of America ([PSA](#)).



UECPC Marketing and Use Policy: For marketing and advertising (exhibit brochures, media copy, etc.), the UECPC Club Policy is that permission must be obtained from the photographer and credit given to the photographer prior to use of image(s). In addition, taking images from the website without the photographer’s permission is not allowed. All images are copyright protected.

## Photo Challenge



*Bird's Eye View* by  
**Ted Tousman**  
was our second  
place winner.

*Skyward Poppy* by  
**Phyllis Bankier**  
was one of our third  
place winners.



## Photo Challenge



*Black Lives Matter* by **John Harvie** was one of our third place winners.



*Mushroom* by **Dave Woodard** was one of our third place winners.

## Photo Challenge



*All Aboard* by  
**Anita Holloway.**



*Gummy*  
by **Ian  
Dickmann.**

## Photo Challenge



*Anchor from Toledo (Sank 1856)*  
by **Joe Eichers.**



*Tall Man*  
by **Phil Waitkus.**

## Photo Challenge



*Dancers*  
by **Marci  
Konopa.**



*The Lighthouse*  
by **Diane  
Rychlinski.**

## Photo Challenge



*Downward Dogs* by **Jim Berzowski.**

*Snapper Meets Bump on a Log* by **Charlie Trimberger.**





## Photo Challenge



*High Noon* by  
**Ann Matousek.**



*Not a Weed* by  
**Terri Hart-Ellis.**

## Photo Challenge



*Lazy Cat* by  
**Ryan Kane.**

by **Steven  
Bauer.**



## Photo Challenge



*Stairway to...*  
by **Jack Kleinman.**



*Strings* by  
**John Gray.**

## Photo Challenge



*Old Tree* by  
**David Tripp.**

*Reaching for  
the Sky* by  
**Diana Duffey.**



## Photo Challenge



*When You Smell  
Smoke, There's Fire*  
by **Kristine  
Hinrichs.**



*Waiting to Fall*  
by **Audrey  
Waitkus.**

# 7 Reasons Why Photographs Can Boost Your Happiness

by Gretchen Rubin

Full article at <https://gretchenrubin.com/2013/01/7-reasons-why-photographs-can-boost-your-happiness/>

Photographs are such a joy, and I don't know about you, but I'm much more focused on taking photographs now that cameras and phones have evolved to make taking photos so much easier. I used to begrudge the time that I spent on photos, but now I realize the role they can play in happiness.

1. Photos remind us of the people, places, and activities we love. Many people keep photos in their homes, in their office, or in their wallet, and happy families tend to display large numbers of photos at home. In *Happier at Home*, I write about my "shrine to my family" made of photographs.

2. Photos help us remember the past. One of the best ways to make yourself happy in the present is to recall happy times from the past. Photos are a great memory-prompt, and because we tend to take photos of happy occasions, they weight our memories to the good.

3. Photos can save space while preserving memories. I mailed in a giant, awkward pile of my younger daughter's artwork and schoolwork from her early days to a printing service (Plum Print), and they transformed it into a lovely hardback book. My daughter's work looks great, she's thrilled with her "book," and I have a slim, tidy record of everything she made for several years. I saved a few of the actual pieces, then threw away the rest

4. A photo of something can sometimes replace the thing itself. After my friend's beloved father died, she wanted to keep his enormous desk, as a memento--but she really didn't have space for it. She took a photo of it, and then was able to let go of the desk. Strangely, too, a photograph of something can be more beautiful than the thing itself. Consider Edward Weston's photographs of peppers.

5. Photographs allow you to curate things you love. Taking a picture is a way to "claim" something. On Pinterest, I love to add things to my From the Ministry of Happiness board. It's a way to make a collection without having to buy or cope with anything.

6. Taking photos fosters creativity. My delightful friend Maria Giacchino, who does my videos, takes and posts one photograph each day. The images are beautiful, and the need to find the day's photo keeps her engaged with the world in a creative way.

7. Taking photographs can act as a diary. I'm always trying to figure out ways to keep hold of memories. My one-sentence journal, for instance. I try to use photographs to record the little moments that are so precious but also so easily forgotten. One thing I wish I could tell my younger self: take photos of everyday life, not special occasions; later, that's what will be interesting to you.

# Why Photography Makes You Happy

by Joanne Withers

Full article at <https://joannewithersphotography.co.uk/photography-makes-happy/>

The theory is that this generation is the most photographed one, so I thought I'd explore why photography makes you happy. I know it is not just photographers that enjoy photography, as there are endless images out there, so there must be reasons why everybody loves a bit of photography in some form or another. Here are my thoughts on why photography makes you happy.

It brings back the memory of somebody you have lost: Sounds sad, but often when somebody dies, the common thing people do is hunt out their photographs of them to celebrate the memories and remember why they loved them.

It brings the party back to life: Be it a wedding, 21st, or simply a housewarming party, photography taken at these events shows you any bits you missed and brings the whole event back to life for you. It reminds you just how much fun you were having.

It takes you back to a place: Photography of your holidays and travels is the most evocative for me personally. It is like having a magic carpet that whisks you straight back to that place. You can remember the heat, cold, smells, sounds and even those goosebumps moments.

It shares the moments: Photography taken of everyday life means that others can share in the moments even if they can't be with you. Grandma can see baby's first bath time smile, aunties and uncles can see graduation days and friends can see what it is like to be at a muddy festival without having to go through it themselves, because it is not their thing, but they still want to know what it is like via you.

It helps you learn: Many people can take things in visually more than other forms, so images can help you understand something, which instantly makes you feel better. Photography as art can show you creativity to enjoy, documentary photography can show you the real world, travel photography can inspire you to visit a new place, or food photography can show you what the dish should look like when you try to recreate it.

For me, photography makes me happy because I'm a visual person. I can feel more looking at an image than I can a set of words. Even if I'm reading, I am creating the visual of that text in my head to appreciate it. Photography either takes me to a memory or makes me question something. Either way, it is creating an emotional response in me and that's probably why photography makes me happy.