

storyteller's lens

Hello, friends! Welcome to our next installment of **Storyteller's Lens!** BY LISA WILLIAMS VARSHINE

I began memory keeping in 2016 because I was looking for a way to slow down and be more cognizant of the many things in life that I had to be grateful for—both big and small. While I carry that motivation with me throughout the year as I document my family's life, I've noticed this time of year the sentiment of gratitude is even more pronounced. There are countless studies that suggest photography can have a positive impact on our well-being by helping us slow down, be more present, and enjoy the beautiful moments that make up our lives.



trick or treat

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PRO TIP: Utilize your camera settings. If you are using a DSLR, shoot in RAW, high ISO, wide aperture, and low shutter speed.

layout 1

TRICK OR TREAT

This time of year, there are so many fun traditions to document.

One of my personal favourites is Halloween. These are always my photo heavy spreads, and I like to keep journaling to only the essentials: a summary of the event, who was there, and most likely the costumes chosen.

TIPS FOR LOW LIGHT PHOTOGRAPHY:

- **Embrace imperfect photos.** Quite a lot can be fixed by editing a photo. Converting colour photos to black and white is one of the best hacks, but don't forget that photos don't have to be perfect to hold good memories.
- **Make the most out of your smart phone.** It's important to keep your hand steady. You might want to use a small tripod, prop your phone on something, or stabilize your hand by resting your elbow on a flat surface. Don't forget you can improve almost any photo with editing.

layout 2

PRO TIP: Consider what to wear. Neutral clothing in colours and silhouettes that don't compete is typically best. Some families like to match, and others don't—it's completely up to you. However, you might want to avoid wearing tech gadgets that can look out-of-date fast.



TOP TIPS FOR FAMILY PHOTOS:

- **Think about what you want most.** One good picture of each family member, partner, friend, or pet? A great portrait of each of your kids? Or just finally a good photo with you in it? Be sure to communicate exactly what you want with whomever is taking your photos. Whether you ask a friend, hire a photographer, or do them yourself, you will never regret having these photos.
- **Be intentional with time and place.** Golden hour is ideal, but if you have small children, keeping them up past bedtime might not be the best idea. You don't need a glamorous location, but you do want to find somewhere that offers some variety and good lighting.

SPOTLIGHT YOUR YEARLY FAMILY PHOTOS

This pocket page is a way to document what I love and appreciate about my family, and it's also a way to share current details and traits about each of them. I love to use lists for layouts like this because they make it easier to organize my thoughts.

PRO TIP: Manage expectations. If you have small children, know that there will be chaos, but chaos can make for gorgeous pictures. Set yourself up for success by choosing a workable time, packing snacks, and knowing that things will most likely go wrong.

remember this

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See more fantastic photography ideas, projects, and tips by Lisa on Instagram at [@frecklepickle](#)

Don't miss Lisa's online class!

In *Photography 101: Where Photography Meets Storytelling*, Lisa Varshine will walk you through the process of taking photos with more intention. Every time we pick up a camera, any camera, we have an opportunity to capture a moment. In this 10-month, self-paced class (which began January 13th, 2023) we're exploring photography as a tool for deeper storytelling! Learn more at scrapbookandcards.com/photography-101-class/

