

The Lens and Eye



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Calendar

NOVEMBER EVENTS

- Nov 4** - Competition Night, 7:30pm. Theme: Decisive Moment. Judge: Mary Ann Setton
- Nov 11** - Program Night, 7:30pm. Theme: The Art of Self-Critique and Evaluation. Speaker: Alan Sislen
- Nov 13-15** - Nature Visions Photo Expo
- Nov 16** - Field Trip, Franciscan Monastery
- Nov 18** - Board Meeting, 7:30pm
- Nov 25** - NO MEETING (Thanksgiving)

DECEMBER PREVIEW

- Dec 2** - Competition Night
- Dec 9** - Program Night
- Dec 16** - Board Meeting
- Dec 23** - NO MEETING

In this issue...

Welcome to November. Here it comes — we're about to launch headlong into holidays, and it will be 2016 before you know it. Are you ready?

NBCC will be keeping you busy, too. In this issue, we've got info on this month's competition and an intriguing program night; a recap of our recent exhibit and news of winners in a recent national competition; notes from the PSA annual convention; a call for photo essays and some tips for creating them; a technical article on high-speed sync; and another terrific member profile. The Club's committees are busy assembling even more programs and field trips to keep us all busy straight through the winter.

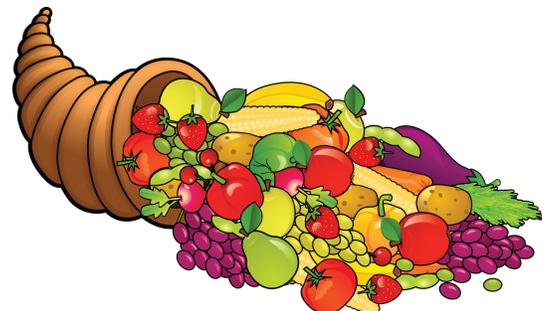
Most important this month: mark your calendars for **Nature Visions**, coming up Nov 13-15 in Manassas. Tickets for many of the small hands-on workshops are gone or going fast, but there are many fantastic lectures throughout the weekend. Buy your tickets online in advance (there are no on-site ticket sales). See you there!

— Lori Ducharme, Editor

November Competition Topic: Decisive Moment

An image that captures a meaningful moment, ideally reflecting peak action or activity. Taken on or after June 1, 2014.

Electronic submissions are due by 7:30pm on Sunday, November 1.



November 4 Judge: Mary Ann Setton

Mary Ann Setton is an experienced photographer, presenter, and competition judge. She has been affiliated with the Northern VA Photographic Society (NVPS) as Competition Chair and President and been in the position of competitor many times. As a result, being a competition judge is one of her opportunities to help photographers in their efforts to improve and to recognize quality efforts.



Her own images have won numerous ribbons and awards including first place in the AAA World Photography Contest, Best in Show in the Vienna Annual Photography Competition, two Photographer of the Year recognitions and four Print of the Year ribbons in NVPS, an Equal Award from the Art League of Alexandria at the Torpedo Factory, a Merit Award from the 5th Annual Joseph Miller Abstract Exhibit, and two prints in his permanent collection.

Mary Ann is a graduate of the Washington School of Photography and has worked as a professional photographer and videographer. Her schooling has continued with many courses such as the Joseph Miller Seminar on Judging and the Freeman Patterson Photography and Visual Design Workshop, and various seminars on the art of photography and using Adobe Photoshop. She currently lives in the Shenandoah Valley where she has organized and continues to lead a Photography Club in her active adult community.

November 11 Program: Alan Sislen on the Art of Self-Critique and Evaluation

As photographers, we are continually placed in the role of self-critiquer and evaluator. As we become better and more experienced photographers, one of the most important things that we learn is how to better critique and evaluate our images. It is clearly a case of learning by doing, but there are many short-cuts and techniques that can help us become better self-critiquers and evaluators of our own images.

Think about how often you must choose "the best" among your many images:

- You return from a photo trip with many hundreds, or even thousands, of photographs and have to "edit them down" to a reasonable number. Which do you share with friends, and which stay on your backup drive?
- There's a camera club competition coming up and you want to select your favorite 4 images for an open competition.
- While editing a set of images from a photo shoot, you find yourself comparing 3 images which appear to be identical, but you know there are minor differences and you want to pick the best one.
- You're about to start working on what you want to be an award-worthy photo essay, and you have to select the 35 images that will make you famous.

Over the course of a few months, you likely find yourself in all of these situations. Image evaluation and self-critiquing are intertwined and difficult but we can become better with awareness and practice!

Once you've narrowed down the selection to a reasonable number, you want to begin editing the images in Lightroom or Photoshop to optimize the photographs. How do you objectively evaluate each image for processing so that you are not just randomly trying different edits, hoping you will end up with the ideal image? How do you look at the "raw" material and decide if the image has the potential, with thoughtful processing, to be the image you imagined? For image processing, the skill of evaluation and self-critiquing become even more important.

These are the topics we will be exploring in the November 11th Program Night. While we could have a philosophical discussion about this topic, the presentation will be filled with dozens and dozens of real images, evaluations, and decisions. Alan will lead you through the process and techniques that he uses to try to make this critically important, but rarely discussed, part of the photographic workflow come alive.

2015 NATURE VISIONS PHOTO EXPO

Last reminder! **Nature Visions is Nov 13-15.** If you have not yet purchased your passes, please do so ASAP. Tickets are selling ahead of last year's pace. Many of the hands-on workshops are near capacity and a few have already sold out. All attendees must pre-register online (even to attend the free lectures or to view the exhibits/vendors). There will be no onsite registration. Also, depending on your class schedule, you may wish to pre-purchase a boxed lunch. To view the weekend schedule, buy tickets, see the lunch purchasing options, and for the latest updates, visit the Nature Visions website at www.naturevisions.org.

This is NBCC's first year competing in the Nature Visions Photo Expo, and we had 23 members submit 120 images. This placed NBCC fourth out of the eight clubs in both the number of competitors and the number of images submitted. In all, more than 1200 images were submitted.

If you had images juried into the Nature Visions Photo Expo, your matted prints must be delivered to Steven Silverman **no later than Wednesday, November 4.** Prints must adhere to the Nature Visions guidelines, which have been distributed via a recent GordieGram and are available on the NV website. For questions or concerns, contact Steven at ssilverman8384@comcast.net.

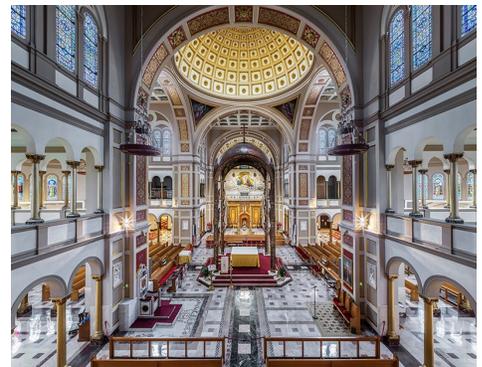
November Field Trip: Franciscan Monastery

We have an opportunity to take a tour and photograph the Franciscan Monastery of the Holy Land in America on **Monday, November 16.** As described on their web site, it "stands as an Oasis of Peace in the middle of bustling Washington. It is at once a house of worship, an architectural marvel and a sprawling expanse of gardens."

The field trip is limited to 15 people. We will meet at 10:30, with a tour at 11. We can use our tripods inside the sanctuary from noon to 1:00 and then continue taking photographs outside after that, weather permitting. Please email Gail Bingham (gbingham@resolv.org) to sign up.

The monastery, constructed over a hundred years ago, is located in the Brookland neighborhood of Washington DC. It was designed by Aristide Leonori, who later designed the Cathedral Basilica in St. Louis.

For more information on the Monastery, including additional photos and driving directions, visit their website at: www.myfranciscan.org.



NBCC Exhibit Opening Reception

On October 2, NBCC members enjoyed the opening reception for the club's exhibit, "The Spirit of the Place," at the Washington Art Works / Washington School of Photography in Rockville. The exhibit included 41 images and ran from Oct 2 through Oct 22. Thanks to all who exhibited their photos, and to those who attended the opening reception.

– Sarah Salomon



Member Profile: Greg Holden

I noticed this "Class of 2014" NBCC Member at the recent "Steel Wheels" field trip in Cumberland, MD. While the train our group had boarded was stopped for several minutes due to a servicing problem, Greg offered to entertain the passengers in the dining car with a funny joke. The passengers, part NBCC field trippers but mostly locals and tourists on board for the annual scenic trip, were getting a bit tense from the travel delay and Greg's joke, beautifully told, broke the ice and got everyone talking and laughing again.

"Wow! that took nerve," I thought. "I wonder if he would like to be interviewed for the Member Profile?" His answer was "yes."

Greg is a "local boy." He was born and raised in Severna Park and attended college at the University of Maryland. His father was an artist and a high school art teacher and Greg, middle of three sons, thinks he inherited his father's "artist." Ultimately, Greg decided to pursue a career in Aerospace Engineering which he felt might offer better career opportunities. He continued to foster his love of art, however, by taking several drawing classes as electives in college. When he asked his Drawing 101 college professor why his art projects never received better than an A- grade, her reply was "Your lines are too straight. Put away that ruler!"

Greg received his BS in 1997. Shortly after that, he married Kathryn, his college sweetheart, and they moved to Texas where, for the next seven years, Greg worked on the Space Shuttle program at NASA. He moved back to the Washington, D.C. area about ten years ago and is currently employed working on satellites as a Mission Assurance engineer for the Scitor Corporation in Chantilly, VA. Greg and Kathryn now live in Aspen Hill and have one son, Ryan, who is in the second grade.

Greg received his first serious camera, a Nikon D50, in 2006 as a Christmas present from his wife. Since then, he has acquired a Nikon D4, a D300 and has had his D50 converted to Infrared. In his own words, he has "way too many lenses." He also shoots with his iPhone 5 which he finds to be fun and a creative outlet without the fuss of the DSLR arsenal. He post processes with a Macbook Pro laptop, using Lightroom and Nik software suites. (He does not own Photoshop.) His favorite photo types are close-ups and abstracts and his best subjects are textures, rusted cars and old buildings. His favorite shooting location so far was the Lonaconing Silk Mill, which he now visits annually. His photo website is www.imagesunderfoot.com. He also displays his work on Flickr at www.flickr.com/photos/holdengs.

Prior to becoming an NBCC member, Greg was active in the Silver Spring (2007-2014) and NIH (2010-2015) camera clubs. He first participated in Nature Visions in 2014, where he had several photos selected for the gallery and won two awards, Best of Abstract and Best of Flora. His image of a butterfly on a sunflower has since been used on the cover of the Nature Visions brochure for the past two years. He once had a solo exhibit at Penn Camera and recently, two of his photos were selected by Red Hat/Linux users to be included in the wallpaper for the Fedora 23 version of the operating system. He has begun speaking and judging at local camera clubs such as the Washington School of Photography club, the Arundel Camera Club and the Creative Photographic Society. He has sold a few of his images and has several others, mounted and framed, on display in his home.

Since joining NBCC, Greg has had his image, a close-up of a car entitled "Art Deco," picked as one of the top ten photos of the year in 2014. He also had two entries selected for the NBCC exhibit "Spirit of Place," currently on display at the Washington School of Photography. This year, he hopes to do a photo essay for the Club's program in March.

Greg's two most favorite figures from the annals of photographic history are Andre Kertesz (for his black and white images and for his street shots) and *Baltimore Sun* newspaper senior photographer A. Aubrey Bodine, who died in the 1970s. Greg says he learns a lot about composition and working with available light from these masters of black and white photography. Greg is pleased to have discovered photography as outlet for his creative spirit. He hopes never to be faced with a stern professor and an A- grade again.



– Jean Hanson



The 2015 PSA Annual Conference was held in West Yellowstone from September 27-October 3. It was arranged differently than most prior conferences as it allowed for more time to go into the National Park either via the tours offered or on one's own. There were fewer presentations than usual, but they gave us an opportunity to hear featured speakers such as Art Wolfe, Bryan Peterson, Mike Moats, Roman Kurywczak, Michael Carroll and Tim Gray. It was also a treat to have presentations from Gunther Riehle, GMPSA from Germany. He started and still runs the annual German Mega Circuit. One presentation was on 3 places where he leads tours—Midway Atoll, Wrangle Island and Madeleine Island; the other was a collection of fabulous nature images from the German Mega Circuit from 2009-2014. I found it quite impressive to see the wide range of winning nature images submitted from around the world during that time period.

During the conference, each Division had a day set aside for its programs and meetings. One nature program was *Wildlife in the Mid-Atlantic States* which I found worthwhile as it showed places I didn't know about. The Travel Division had presentations by 2 International members. One was by David Stout of the UK on improving travel photos. He is in my study group so I especially enjoyed seeing his presentation. It was full of good photos, humor and advice. David travels widely and uses only a monopod, but has more patience than many of us. He explained how he plans his trips and will wait for the perfect light and conditions before taking his pictures. Norbert Heil of Germany is a biologist who described his 8-week trip to New Zealand, which was part work and part vacation. My personal highlight of the conference was being able to present the Best of Show award for the Travel Essay competition to Nancy Wolejsza.

Several Divisions are now having Book Competitions and it was interesting to see some of the winning photo books and hear about the process involved. The Photo Travel Division is considering adding a Travel Story Competition which would enable members to enter a set of images with a script, but no music. This would mean Royalty Free Music would not be an issue as it is in the Essay Competition.

We had to miss some of the conference programs because we wanted to spend time in the park. Nancy and Chet Wolejsza and Louise Roy had never been to Yellowstone, so we played tour guide some of the time. Nancy's spreadsheet showing where various tours were going helped us plan to go where the tours were *not* going. Road construction and bison traffic jams made for some changes in our plans. It certainly was nice having some NBCC members at the conference. Here are some of their impressions:

Nancy Wolejsza: "The venue for this year's PSA Conference, Yellowstone National Park, offered excellent opportunities to combine nature and wildlife photography along with many interesting presentations. Highlights of the PSA Conference for me were the feature presentations by several photographers who, as was true at last year's conference, have found ways to use their photography to connect with and enhance the lives of other people. Especially notable was Mike Carroll's presentation, *A Photographer's 25-Year Romanian Odyssey*, in which he described his quest as a photojournalist to expose and document Romania's AIDS epidemic among its orphans. Several of his photographs have become icons in the photojournalism world. Bryan Petersen's *The Art of Seeing* presented a very entertaining approach to applying a creative vision in photography. Roman Kurywczak's *Nature Inspired* presentation was very appropriate for the Yellowstone setting. It was a great week of photographic opportunities and inspiration."

Louise Roy: "As noted above, the venue for this year's PSA conference was exceptional in that it offered the best of what photography enthusiasts would hope for. The weather was warm and sunny and Yellowstone presented itself in all its glory in an array of colors that mimicked an artist's palette. To complement all this marvel, there were daily presentations that addressed the interest and learning needs of most photographers. I especially enjoyed a presentation on the big cats of Africa, as well as Bryan Petersen's entertaining talk on *The Art of Seeing*. The latter was made real when I attended Bryan's field workshop the following morning. Getting up at 5:00 a.m. for it did not give me an adrenaline rush; however, listening to Bryan's photography tips and having him show us how to execute them, did. He was patient, repeated himself as needed, and when all else failed, gave a hands on demonstration. His enthusiasm was infectious. The fact that three NBCC members were able to share the week's adventures and enjoy numerous meals together, including the final banquet, clinched the week. Personally, I was most grateful that Nancy Wolejsza and her husband, Chet, provided me with transportation to the various Yellowstone sites!"

Mid-Atlantic Chapter Wins 2015 PSA Chapters' Showcase

The Mid-Atlantic Chapter of PSA – the region that includes NBCC and other area member clubs – had the highest cumulative score and thus received the Best of Showcase Award in the 2015 PSA Chapters' Showcase. The Chapters' Showcase is a competition among PSA Chapters, each of which submits a juried selection of 12 images entered by PSA members from Chapter member clubs (no more than 1 image per member). Three NBCC members had images selected for inclusion in the 12-image MAC entry: **Art Hyder, Jim Turner, and Judy Burr**. The Mid-Atlantic Chapter is a perennially strong competitor, placing first this year, 2nd in 2014, and 1st in 2013.

In addition to recognizing the best overall Chapter entry, the Showcase also presents awards to individual images for Best of Showcase, 1st, 2nd, and 3rd place, and for Best of Chapter (the highest scoring image from each chapter). Art Hyder's image, *Fighting Foxes*, won the Showcase's 3rd Place award. (Another MAC entry won 1st Place.)



Fighting Foxes, © Art Hyder

Each Chapter received a DVD with all of the entered images from chapters across the U.S., and it is an impressive collection. You can view the individual winners of the 2015 Chapters' Showcase at this link: <http://psa-photo.org/index.php?2015-chapters-showcase>.

The Mid-Atlantic Chapter's 12 entries and the winning images are at: <http://psa-photo.org/index.php?midatlantic-chapter-gallery>.

Splinters from the Board

At the October Board of Directors meeting, a **rule change** was adopted that affects the number of winners in our photographic competitions. Our longstanding rule has been that one-third of entries will be winners, up to a total of ten awards per category. This means that if there are more than 30 entries in a category, no more than 10 (or fewer than 1/3) will be winners. It was deemed by the Board that competitions would be more fair if we permitted one-third of the images in every category to receive awards, regardless of the number of entries. Let me use the October 2015 electronic competition as a simple example. In October, there were 54 entries in the Advanced category. Using the existing rule, we had ten winners, meaning that 44 entries (or slightly over 81% of the total number of entries in the category) had to be eliminated. With the new rule, one-third of the entries, or 18 images, would be winners. The board feels this rule change will make all competitions more fair, since the number of entries that win will always be one-third of the total number of entries in each category.

There are a few additional ramifications of this rule change. First, it is likely to make judging somewhat easier as fewer good images will have to be eliminated. Secondly, it will increase the pace at which club members accumulate points towards star awards. Looking at October 2015 again, there were ten winners in the Advanced category – first, second and third place and seven honorable mentions. Had the new rule been in place, there would have been 18 winners – first, second and third place and fifteen honorable mentions. On the other hand, this will take up a bit more time during the competition as there will be a larger number of winning images to be announced.

It is planned to implement this new competition rule immediately. Hopefully everyone will appreciate the beneficial effect it has on our competitions. In open competitions, and in months where we have a very popular competition theme with a large number of entries, it means your probability of having a winning image in the competition goes up. That's got to be a good thing...right???

– David Davidson, NBCC President

It's Photo Essay Time!

A primer by Stu Mathison

For the past 30 years, NBCC has presented an annual photo essay show in March for members and guests. The photo essays consist of still images (and possibly some video clips) accompanied by music (and narration, sound effects and captions, as appropriate).

The show typically consists of 20 photo essays by NBCC members. Guests include family members and friends, as well as members of other camera clubs. When the audience outgrew the church facilities several years ago we moved the show to comfortable 250-seat auditoriums at Leisure World in Silver Spring and Asbury Village in Gaithersburg.

As a prelude to the annual essay show, the upcoming October 28th Program Night – “The Art of the Essay” – will focus on the creation of engaging photo essays. Several members will show essays from recent years and will explain how they created their essays, and the special techniques they used to convey their stories.

Photo Essay 2016 will be held on Sunday, March 13, 2016 at Asbury Village from 3-5 pm. *Please note this on your calendars. Potential essayists should start thinking about their essay topics now.* All members are eligible to participate in the essay show. Members can work together on one essay. As soon as you have a tentative topic, please tell the essay committee (so we can avoid duplicate essays). Members submit bodies of work (along with proposed music files), or draft essays, not later than December 31st, which are reviewed by a panel. Early submissions are encouraged and draft essays are preferred. (You can even submit two essays if you want, although only one can be accepted.) The panel provides feedback and selects essays based on factors such as quality and appeal of images, coherence and interest of theme, music and overall variety in the essays. Final essays are submitted in February. Members who have never made a photo essay, and wish to learn how, or wish to improve their skills, can get one-on-one training from the essay committee.



© Stan Collyer

Members can use their choice of software (PC or Mac) to prepare their essays. Photodex ProShow Gold 7 (or Producer 7) software is recommended for PCs; while iPhoto, iMovie or Aperture are recommended for the Mac. ProShow Gold software costs \$70 and KelbyOne members receive a 20% discount. iPhoto and iMovie are free on the Mac. Aperture will no longer be upgraded by Apple, but is still in use.

Detailed information regarding the procedures for preparing and submitting essays is included in several articles on the club website at: <http://nbccmd.org/photoessay.htm>. It is highly recommended that members read these articles. The articles provide comprehensive information on creating engaging essays, and formatting and submitting essays for Photo Essay 2016, as well as sources of additional information. Reference and training information is available on the Photodex website, and in several books, such as “The Official Photodex Guide to ProShow” and “The Secrets of ProShow Experts.” Even if you are



© Roy Sewall

not participating in Photo Essay 2016, you will learn a lot about essay making from these sources. And you will learn how to share your essays on DVDs for TV playback (in high definition and Blu-Ray format) and as executable files for PCs. You can also easily “publish” your essays on YouTube, Vimeo, Smugmug, and other photo sharing websites, and on your own website.

Photo Essay Topics and Themes

Photo essays can cover a wide range of subjects and styles. Virtually any body of work can be presented as a photo essay with accompanying music. Engaging essays typically tell a story, convey a mood, entertain, inform (recall Ken Burns many documentary photo essays) and in some cases persuade their audiences. Past NBCC essays have included:

- **destinations** such as Cuba, Venice, Cambodia, Iceland, Tibet, Antarctica and Scandinavia;
- **unique places** like East Broadtop Railroad, the Neon Boneyard, Ellis Island Immigrant Hospital, a horse ranch, Eastern State Penitentiary;
- **events** such as the Maryland Renaissance Festival, a dog-jumping competition, Rolling Thunder, Oktoberfest in Munich, or participants preparing for a parade;
- **places seen from unusual perspectives**, such as Truk Lagoon underwater, White Sands in winter, fall color in Alaska, or Cappadocia from a hot air balloon;
- **themes not tied to specific places**, such as abandoned pianos, windows worldwide, rust, wildflowers, hummingbirds, baseball, or leaves;
- and many more. The possibilities are limited only by your imagination.



© John Norvell

Viewing essays made by club members in recent years may provide you with good ideas for your own essays. For example:

- Tom Field has several essays on his website: <http://www.photocentric.net/gallery.htm>
- David Davidson has posted a variety of essays: <http://vimeo.com/40784346>
- Lori Ducharme's recent essays are on her website: www.charmstreetimages.com/Essays
- And here's John Willis's essay on [Cape May in a Day](#).

Tips and Tricks for Photo Essays

The most engaging photo essays combine excellent photography with appropriate music to tell a story or convey a message. The most powerful essays are ones that engage the audience and evoke an emotional response. All images should support the theme. If you are doubtful about any image, then it does not belong in the essay.

Music

Music can make or break a photo essay. Music sets the mood for your show, creates atmosphere, evokes emotions, and sets the pace. In some cases, music with lyrics can be the starting point and images can be selected to align with the lyrics. But in most cases, instrumental music is often the easiest to use. Try a variety of musical genres with your essay (classical, modern, jazz, folk, choral, opera, international, movie themes, solo instruments such as piano or guitar, etc.) and you may be surprised. You can always submit a draft essay with several different musical pieces and solicit comments from the review committee.



© Steve Lapidus

NBCC photo essays are usually between 3 and 4 minutes in length. You do not have to select a single musical piece which is the exact length of your essay. It is straightforward to trim music to suit your timing, and you can also combine more than one piece of music. And you can sync your music to your images to strengthen the energy of the show. You can also add sound effects (e.g., birds chirping) or narration.

ProShow makes it fairly straightforward to add and synchronize music to your essay. In this year's software update, ProShow has included a library of 250+ royalty-free songs for use in personal and commercial essays. iTunes and other online music sites provide a virtually infinite selection of essay soundtracks.

Workflow

To facilitate essay preparation, collect all your image and music files in one folder, and use your image organizer/editor to edit and sequence your images. If you use Lightroom, you can install a ProShow plug-in to format and transfer your images directly into ProShow.

Defects, spots, wires, etc. should be removed as they are very visible on the large screen. You may edit your image resolution according to the recommendations of the Essay Committee in the instructions on the club website, or you may simply use your best quality image files. But please follow the instructions very carefully when submitting your draft essays. Essays submitted incorrectly or with missing files greatly increase the amount of work for the essay production team.

Titles, Credits, Captions and Narrations

If you think of your essay as a story, then it should have an opening, a body, and a closing. The title and introduction are the opening of the essay, and deserve careful thought. We encourage authors to provide enough background in the introduction so the audience will understand the essay and its message. The introduction can be accomplished with captions and/or, preferably, narration. Don't be intimidated by narration, which is as simple as speaking into your computer's microphone or even an iPhone.

In closing the essay, the music should finish, and/or fade. Credits are part of the ending of your story, and should include full credit for the music and the images.

Motion Effects and Transitions

Motion effects include the use of panning across images, zooming into or out from images and rotating images. Motion effects were popularized by Ken Burns in his splendid documentary photo essays (e.g., *The Civil War*), and are often referred to as "Ken Burns" effects. Motion effects can contribute to an essay by enabling a panorama to be shown in full detail, zooming in to focus audience attention, or zooming out to reveal the whole scene. But motion effects should generally be very slow and limited in number.

Transitions are techniques used to move from one image to another. Most essays use the "dissolve" transition between images.

Essay software provides hundreds of options for motion effects and transitions. In general, these "special effects" should only be used where they enhance the essay. Special effects should be used judiciously and not distract from the show. Gimmicks often overused include fancy transitions, unnecessary font changes or caption motion, or excessively fast zooming/panning.

More detailed information about essay creation, preparation and submission is included in the above-referenced articles on the club website. And the members of the Photo Essay committee welcome your questions any time. We look forward to this year's submissions!



© Sarah Salomon



© Lori Ducharme



© Morris Liss

What is High Speed Sync?

In a previous piece in *The Lens and Eye*, the use of the neutral density filter was described to reduce the exposure to the frame when the flash was used. The flash was used to add directionality to the light in an open shade situation, and to pop the foreground.

There is another option available on certain cameras that allows the flash to be used at higher shutter speeds. The option is called High Speed Sync. Higher end Nikon and Canon cameras provide this ability, and other manufacturers may as well. The Nikon 1 V3 I used in the previous discussion did not provide for High Speed Sync, in fact, only that tiny pop-up flash is directly supported by the camera.

To understand high speed sync, it is first necessary to understand sync speed, and to understand sync speed, it is first necessary to understand how focal plane shutters work.

The Focal Plane Shutter. The most common shutter found in single lens reflex cameras today is the focal plane shutter. This shutter uses two curtains to control exposure. The front curtain opens when the shutter release is pressed, and exposes the sensor or film to light from the lens. The rear curtain then closes to complete the exposure. Both curtains travel across the sensor, either horizontally or vertically depending on the camera.

Sync Speed. The shutter is a high speed precision piece of mechanical gear inside the camera, and the number of shutter firings, or accusations, determine the life, and often the cost of the camera. A limitation of this mechanism is the shutter speed at which the shutter can be completely open. In the days of the Nikon F, the shutter was completely open only for shutter speeds of 1/60 second or slower. Most modern camera shutters are completely open up to 1/250 second, a nice advancement. The fastest shutter speed at which the shutter is completely open is called Sync Speed. It is at this shutter sync speed, or slower, that a flash can be fired, with the entire frame illuminated.

In the past, if a speed were selected that was faster than the sync speed, a dark band was left on the frame where the shutter was partially closed when the flash fired. Computerized cameras of today won't let the flash fire if the shutter speed is higher than sync speed. They may also reset the shutter speed to that sync speed setting to guarantee that the entire frame is illuminated.

In manual setting mode, this causes the overexposure we talked about in the previous piece. The solution to this is to cut the light to the sensor using the neutral density filter, polarizer, etc.

High Speed Sync. High speed sync alters the way an enabled flash is used by the camera. The camera and the flash must be high speed sync-enabled to allow this change. The flash, rather than popping out all its light in one burst, is instructed to pulse its light in a series of sub-pulses. This is done, because at speeds above sync speed, the two curtains are traveling across the frame at the same time, creating a traveling slit whose width is less than the full frame. To make sure the entire frame gets illuminated, the flash is repeatedly pulsed, and the frame is almost continuously illuminated as the slit traverses the frame.

The consequence of this approach is that the shutter curtain itself is illuminated as well as the frame segment, wasting light. As the shutter speed increases, the width of the traveling slit is made smaller. More light is wasted. The flash can waste as much as two stops of light depending on shutter speed.

This light waste may seem excessive, but when the light damping employed by the neutral density filter is considered, the effect is about the same.

This capability is known as High Speed Sync. Its purpose is to allow shutter speeds to be used with flash units above the normal sync speed. It operates seamlessly and easily. I can activate it on my Nikon D700 with a menu selection.

I am not a Canon shooter, but am told that Canon operates similarly.

– Steve Robinson

October Competition Results (Open)

Judges: Don Johnson (EIC), John Connell (Prints)

PRINTS

Intermediate (19 entries)

1st	Steve Lapidus	Lilac Breasted Roller
2nd	Louise Roy	Trentepohlia, New Zealand
3rd	Lorraine Chickering	Carnival Costume II
HM	Kay Norvell	Iceland Lava Field
HM	Louise Roy	Jefferson Memorial
HM	Ray Whitman	Medieval Street, Cote d'Azur

Advanced (36 entries)

1st	Morris Liss	The Look of Wisdom
2nd	Jim Turner	Sepia Eggs
3rd	Bill Seelig	The Box
HM	Gail Bingham	Sweet Yoke
HM	Stan Collyer	Dawn Over Wonder Lake
HM	Bruce Cyr	Floating Rudbeckia
HM	David Davidson	3 Bridges Over the Hudson
HM	David Davidson	Window Light at Woolen Mill
HM	Dick Pelroy	Eastern State Penitentiary
HM	Carol Walsh	Dancing in the Rainbow



© Louise Roy

ELECTRONIC IMAGES

Novice (20 entries)

1st	Louise Roy	Library of Congress Ceiling
2nd	Philippe Pradel	Leaves Saraband
3rd	Philippe Pradel	Narcistic Yatch
HM	Bill Bulmer	Willow Flats Overlook...
HM	Steven Lapidus	Dead Horse Point
HM	Deborah Menditch	Smile for the Camera
HM	Jill Randell	Calanques

Intermediate (20 entries)

1st	Steven Silverman	Dahlia
2nd	Bob White	Hunting Heron
3rd	Kay Norvell	Carriage in the Siq
HM	Jean Hanson	Terra del Fuego
HM	Neil Hermansdorfer	Focus Scotty!
HM	Kay Norvell	Waiting Camels
HM	Toni Robinson	Maybe Tomorrow

Advanced (54 entries)

1st	Bruce Cyr	Spin Spin Spin to my Loom
2nd	Chet Stein	Beit Guvrin, Snail on Flower
3rd	Jim Turner	Granddaughter w Pearl Earring
HM	Gail Bingham	Lone Trees in Waves of Grain
HM	Miranda Chin	Swirl
HM	Miranda Chin	White Pocket
HM	Melissa Clark	Tuscan Vineyard at Sunrise
HM	Dick Pelroy	Brookside Gardens
HM	Sarah Salomon	Ryan
HM	Jim Turner	Star of Siam Water Lilly



© Bruce Cyr

Cumulative Competition Results through October 2015

PRINTS

ELECTRONIC

Intermediate

- 19 Eric Schweitzer
- 15 Louise Roy
- 10 Steve Lapidus
- 8 Beth Altman
- 8 Lorraine Chickering
- 6 Kay Norvell
- 6 Ellie Trybuch
- 6 Ray Whitman

Advanced

- 20 Carol Walsh
- 16 Morris Liss
- 16 John Norvell
- 14 Bill Seelig
- 12 David Davidson
- 9 Joanne Mars
- 9 Jim Turner
- 6 Willem Bier
- 6 Gail Bingham
- 6 Bruce Cyr
- 6 Stan Collyer
- 6 Lester LaForce*
- 6 Dick Pelroy

Novice

- 19 Louise Roy
- 17 Philippe Pradel
- 14 Jill Randell
- 12 Bill Bulmer
- 10 Ellen McGovern
- 6 Robert Barkin
- 6 Steven Lapidus
- 6 Deborah Menditch

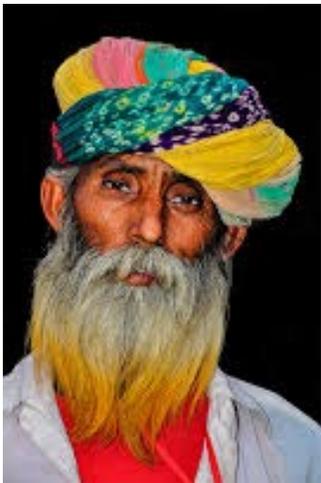
Intermediate

- 23 Toni Robinson
- 16 Steven Silverman
- 14 Kay Norvell
- 10 Claudia Seelig
- 9 Bob White
- 6 Jean Hanson
- 6 Neil Hermansdorfer
- 6 Lauren Ludi

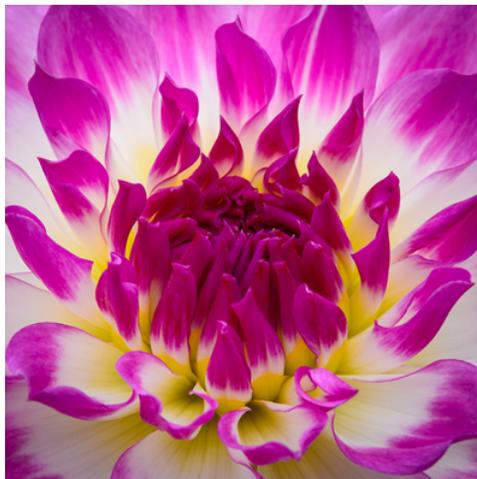
Advanced

- 21 Dick Pelroy
- 18 Miranda Chin
- 15 Chet Stein
- 14 Jim Turner
- 12 Bruce Davis
- 10 Bruce Cyr
- 10 Chuck Lee
- 8 Cheryl Naulty
- 6 Gail Bingham
- 6 Melissa Clark
- 6 John Norvell
- 6 Sarah Salomon
- 6 Carol Walsh

**Please note that Lester LaForce's HM winning print (Short Sand Beach, Smuggler's Cove, Oregon) and its associated points were accidentally omitted from the competition results and cumulative scores in the October issue of The Lens & Eye. We regret the error.*



© Morris Liss



© Steven Silverman



© Steve Lapidus

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<u>Education</u> <i>Chris Hanessian</i> Evelyn Jacob Kent Mason	Roy Sewall Alan Sislen Nikhil Bahl	<u>Community Outreach</u> <i>Joel Hoffman</i> Ron Dietrich Chris Hanessian Gordie Corbin	Bob Peavy José Cartas Judy Switt Kent Mason	<u>Photo Essay</u> <i>Stu Mathison</i> Willem Bier David Davidson	Tom Field John Pan John Willis
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PSA Representative
Judy Burr

Awards Event Coordinator
John Villforth

Database Administrator
Ken Goldman

Voting members in bold

NBCC, founded in 1965, meets most Wednesday evenings from September to May. Competition and program meetings are held in the fellowship hall of the Faith United Methodist Church, 6810 Montrose Ave., Rockville, MD. Membership meetings are open and guests are always welcome.

Membership in NBCC is capped at 165 members and we currently have a waiting list. For more information about the club and for an application, visit the Membership section of the club website at www.nbccmd.org

