

Taking a better selfie

I continue to receive photographs for membership cards, for which many thanks. I have acknowledged most of these on receipt but there was such a rush recently that I have got a little behind (no pun intended).

Some of the selfies sent to the system administrator have lacked a certain je ne sais quoi and I have been asked for some more hints. So here are my suggestions:

- Ideally you will need a smartphone with front facing camera which can take selfies (5 megapixels or better is ideal but you can get great results with less) or a digital camera preferably with a self-timer. If you have neither of these you could get a friend to take the pic. If using a smartphone there are (at least) two options for activating selfie mode.
 1. Your phone has a selfie app which automatically sets up the front facing camera or
 2. You toggle between front and rear facing cameras in the camera app - click on a pic of camera with an arrow circling round or similar graphic (see right).
- If your phone is in selfie mode when you look at the screen your face will appear it
- Get into good light, preferably outside or near a window, with a plain background if available or a dappled background such as a hedge. Poor lighting leads to dull and fuzzy images. Bad backgrounds lead to lampposts coming out of heads.
- Look at or above the lens and into the distance – your eyes will open up. If you focus on the phone held too close, your eyes may go crossed!
- If wearing glasses try to avoid reflections from bright objects such as light or the sun
- Don't hold the phone too close to your face – the camera probably has a wide angle lens for selfies and your nose will “grow” bigger as the camera is brought closer. Hold phone at arms length.
- Smile – you'll feel better and your whole face will brighten up
- Try taking two or three pics with different backgrounds - pick the best or send them all



Poor. Looking at camera button – eyes down, squinting. Looking confused and grim.



Good. Looking up at and/or beyond the camera lens. Eyes wide open and smiling. Well lit.

Sharing your selfie

You send your photos to others from a phone or tablet by sharing them. In your photos folder select the photo you want to share, generally by pressing and holding its image. In most cases you will be presented with options in pictures or text - the main options are shown right. Android's share is a V on its side with three dots, Apple's share is a box with an arrow rising out of it. Clicking one of these you will be presented with further options e.g.:



Android



Apple iPhone

Bluetooth (for sharing with a nearby device e.g. a friend's phone), WhatsApp (an app for messaging groups and sharing photographs) and email.

Clicking on the email option opens up your email app with photo already attached to a blank email. Write your message, add addressee's email address (in my case johntrimble@outlook.com) and send. Job done.

You don't need a smartphone to take selfies – a digital camera can be used either at arm's length or using a self-timer. Or you can get a friend to take your picture.