

This Ability Journal

By Chris Tanner

March 15, 2005:

Over the last two weeks Lorna and I have certainly been busy. The first media workshop got underway just days after we received the film equipment from the National Film Board of Canada (NFB). And a huge **Thank You** to the National Film Board for the unlimited use of their camera and supplies. Also on hand at the media workshop were the much needed edible goodies... thank you NFB.

During the first workshop we spent a good portion of the time learning about the camera and the equipment. Lorna taught us about the different lighting that is needed for the filming to be a success. What a lot of things to remember!! The group did so well learning the techniques we were able to do some filming that day. Everyone took their turn behind and in front of the camera. What a great experience!

This week in the workshop we were able to view the edited video from the previous week. Everyone looked great on film and no one looked 10 pounds heavier! As a group we all discussed how the video could be improved through better lighting and better sound. Lorna explained the need to mount a mike on a boom pole which will help with the volume of the individuals speaking.

Taking advantage of the great spring weather, we were able to get outside and take some action shots. This involved the person behind the camera learning to follow the individual while they were walking in the friendship garden at Still Creek. Thank you to all the individuals who participated in this learning experience!!

We welcome everyone to join us at the media workshops. They are held on Monday afternoons at Still Creek from 12:30 pm to 2:00 pm. Come have some fun, eat, act, and learn about filming.