



































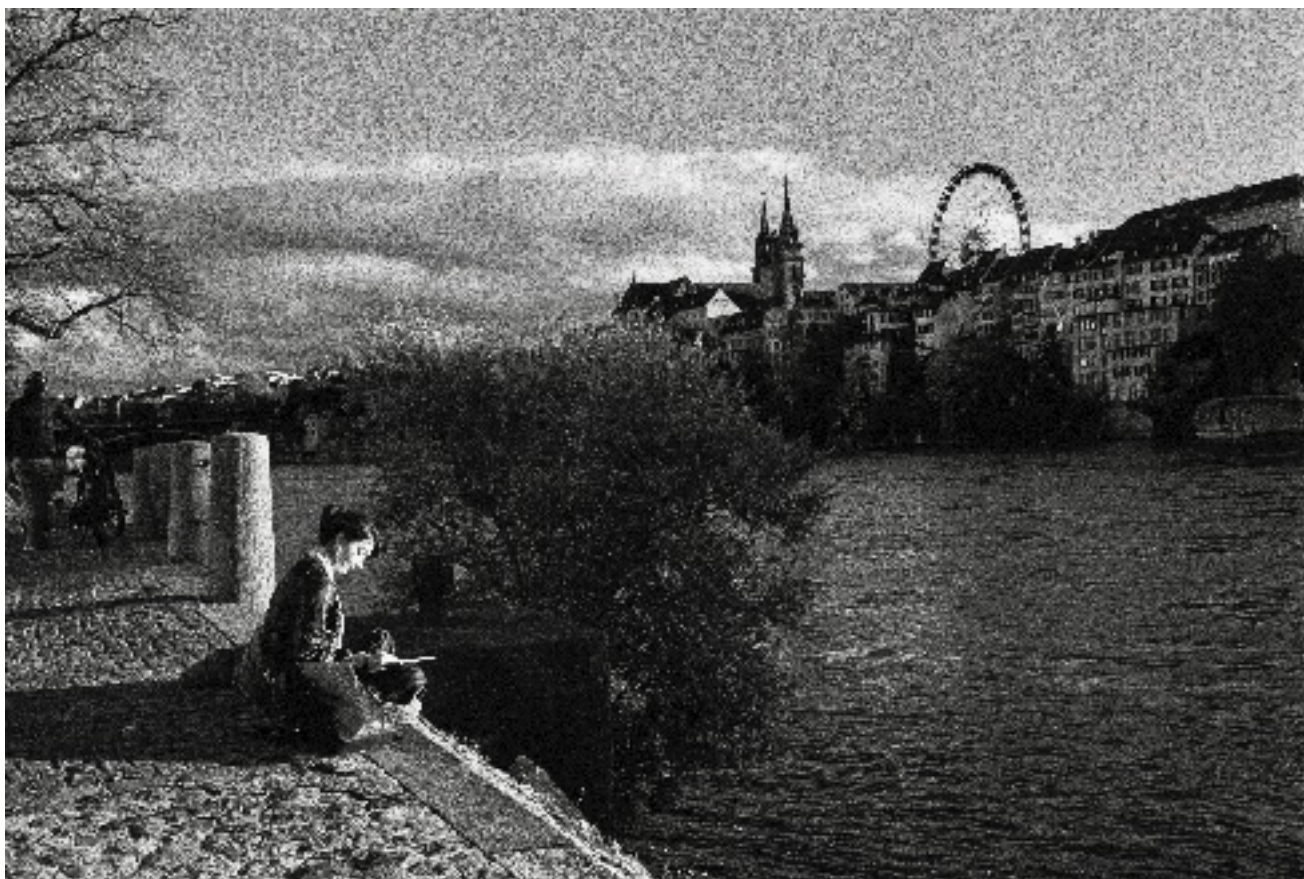


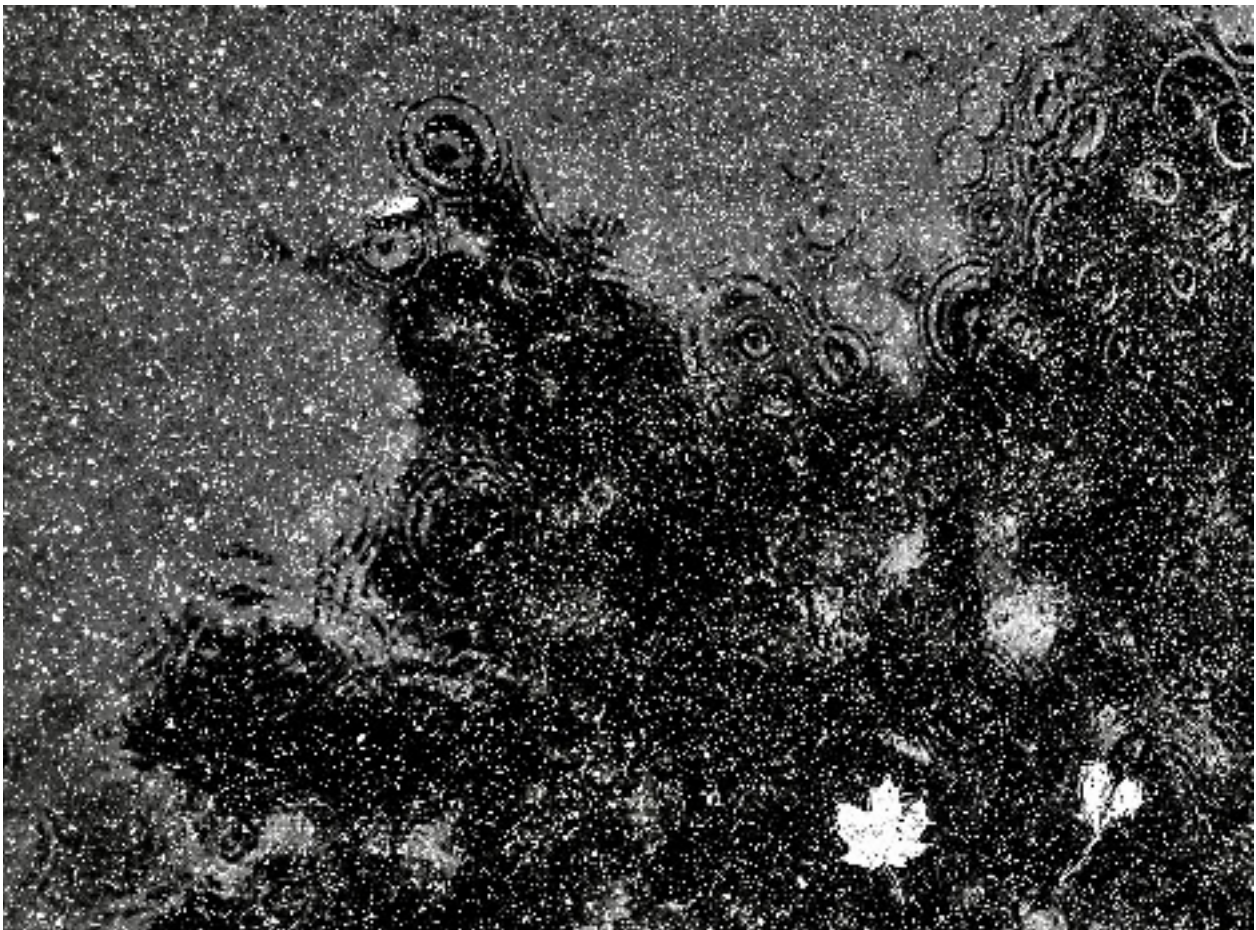
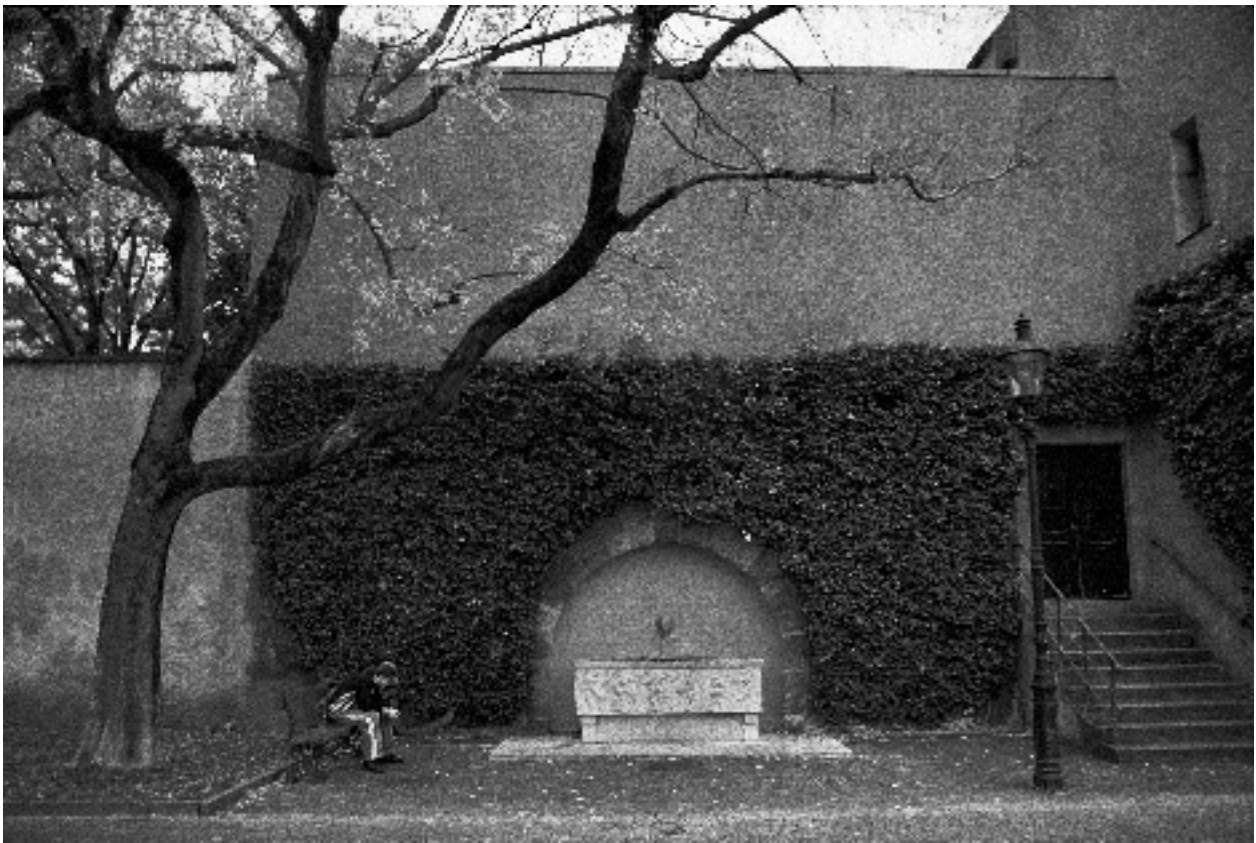








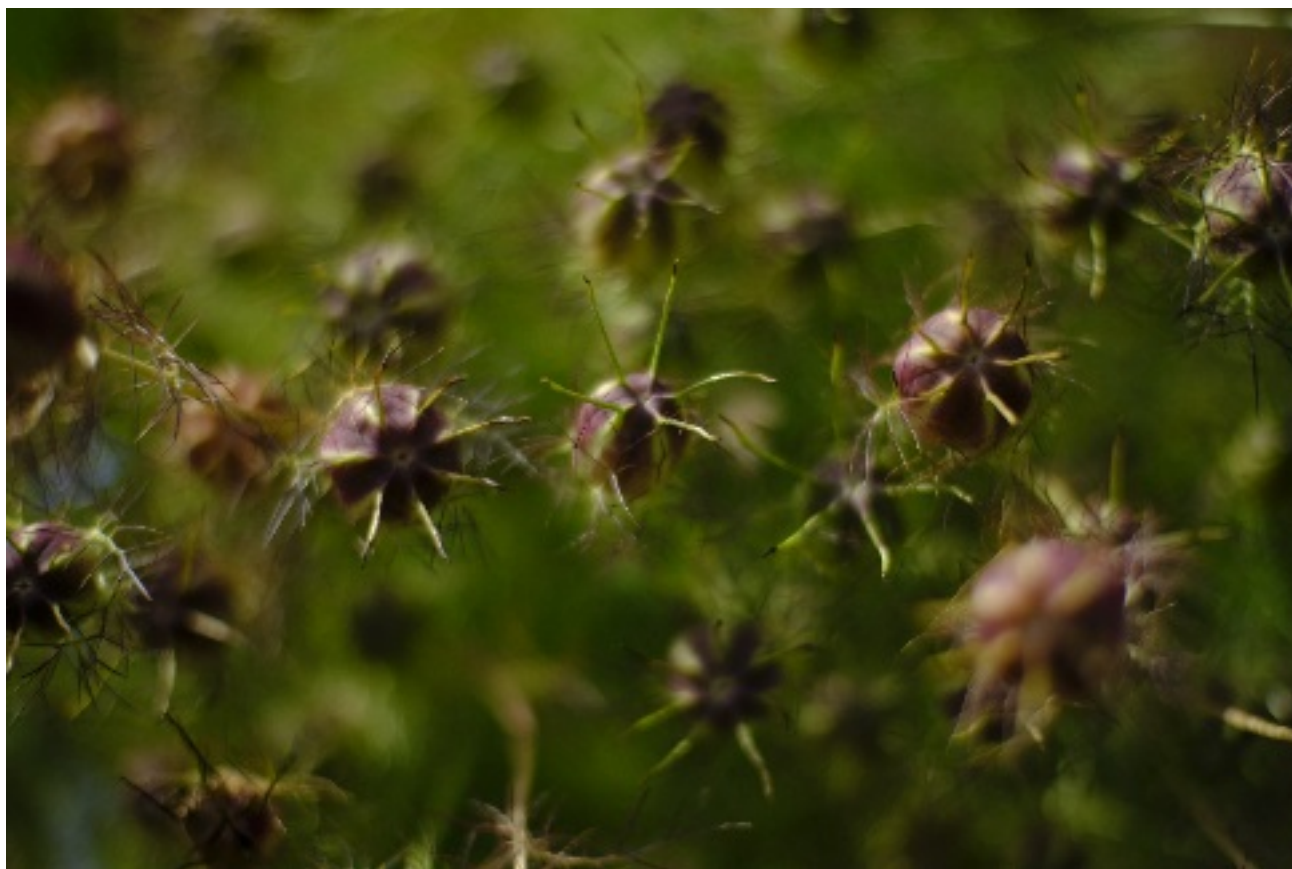




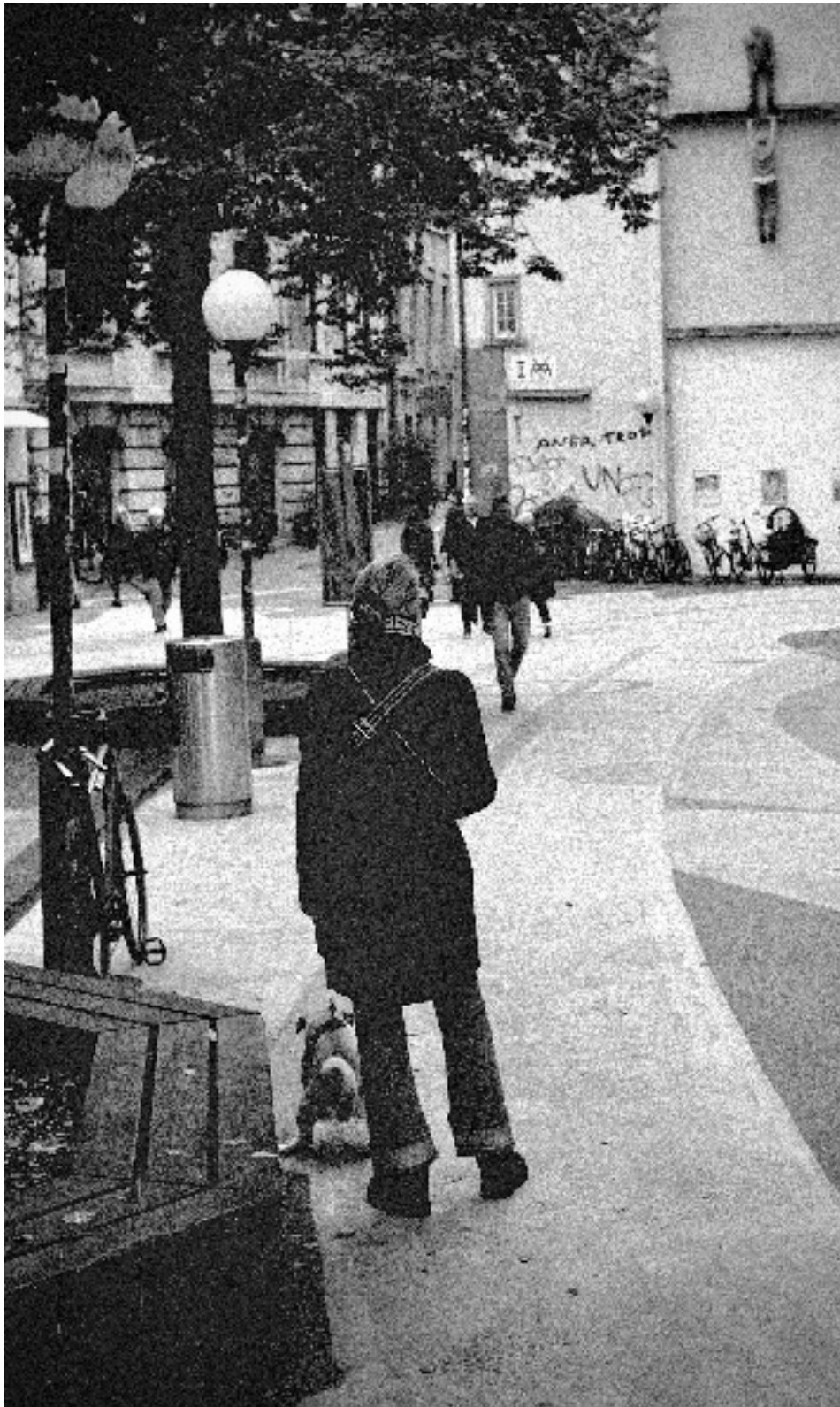










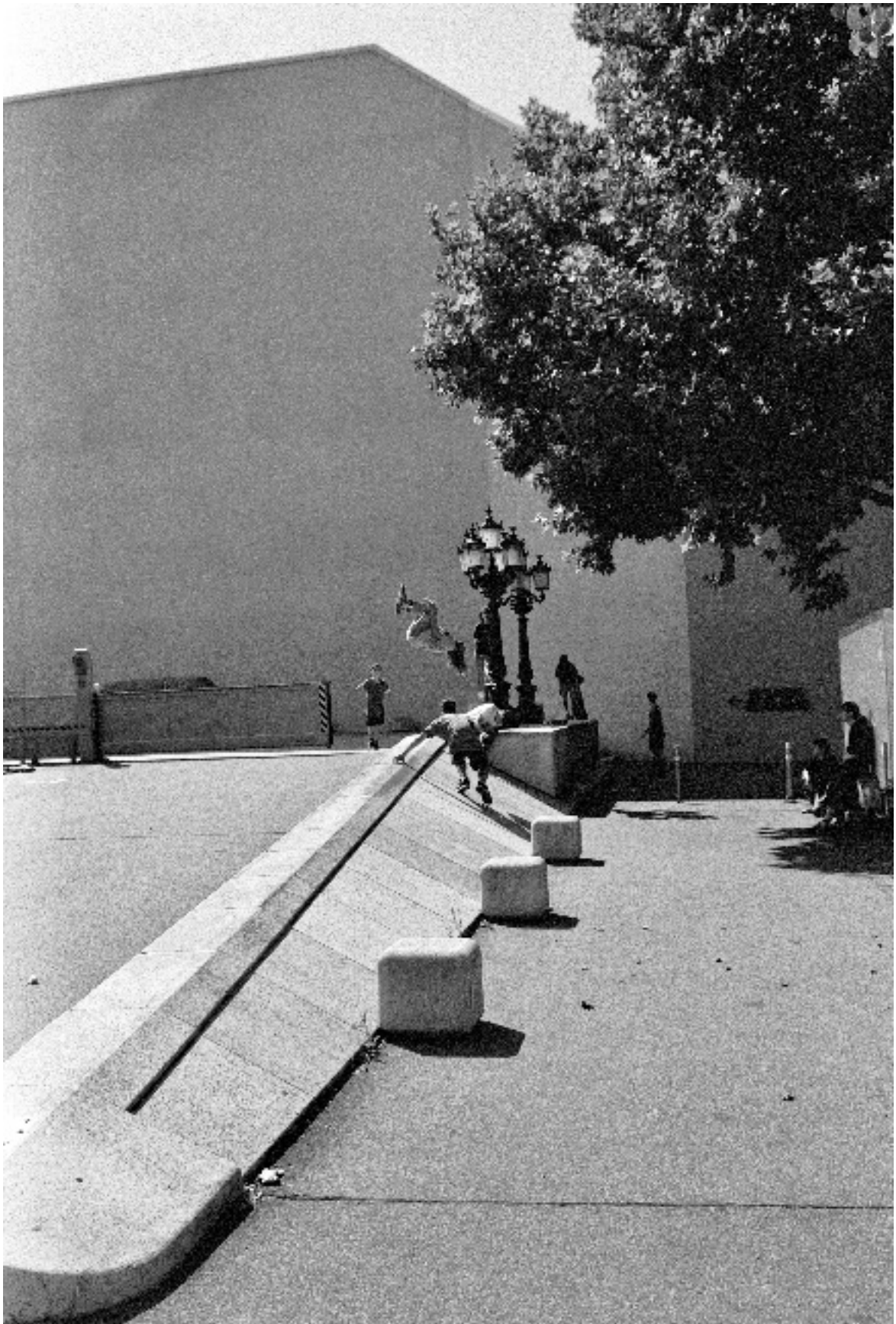








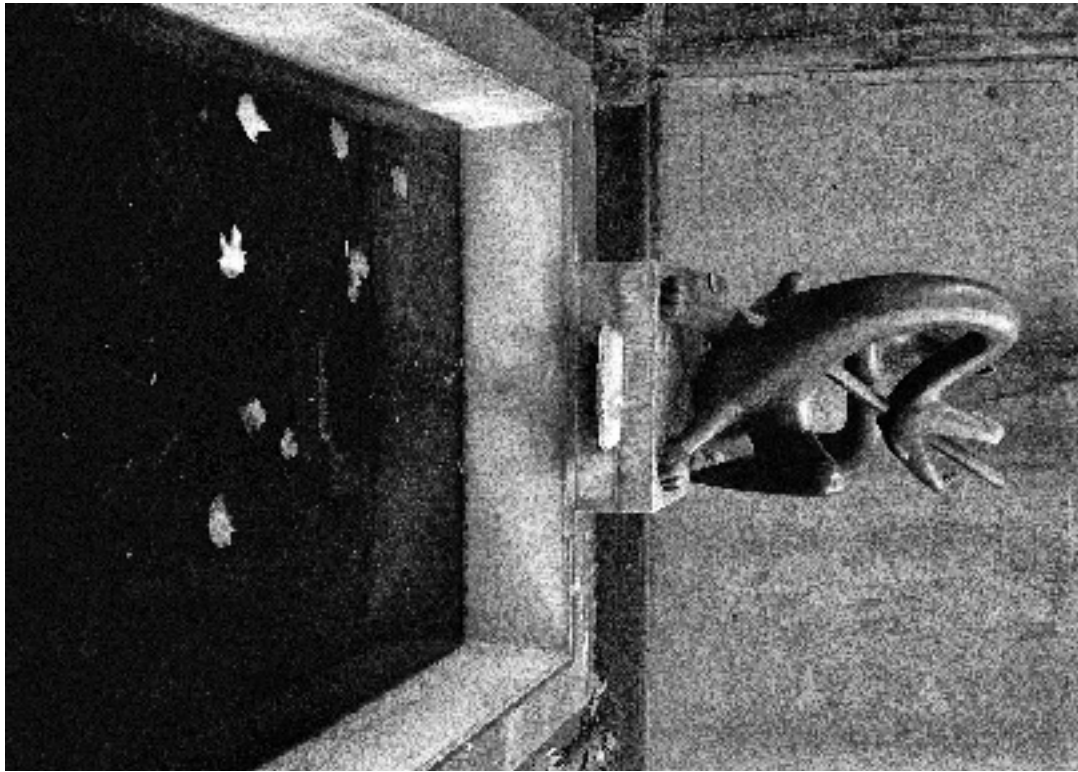




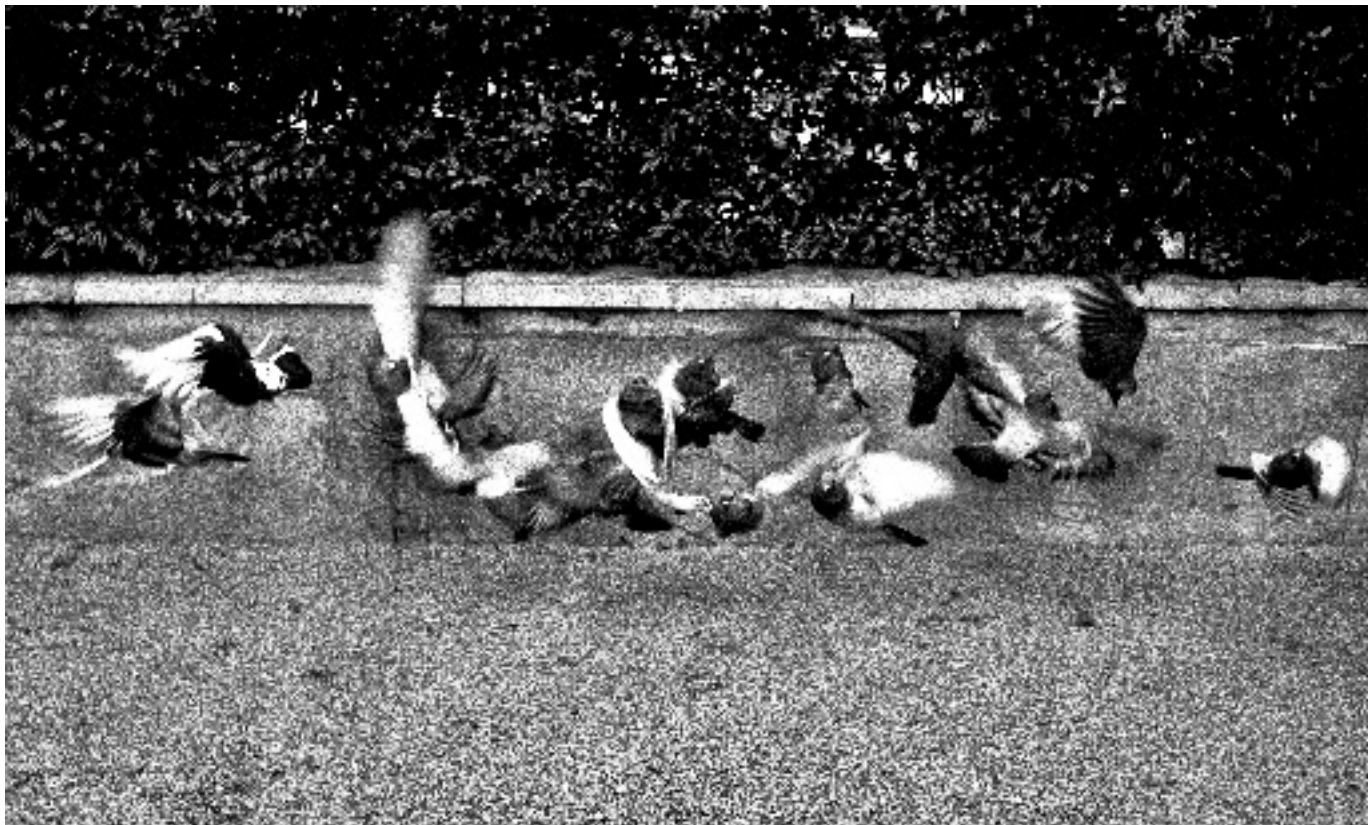








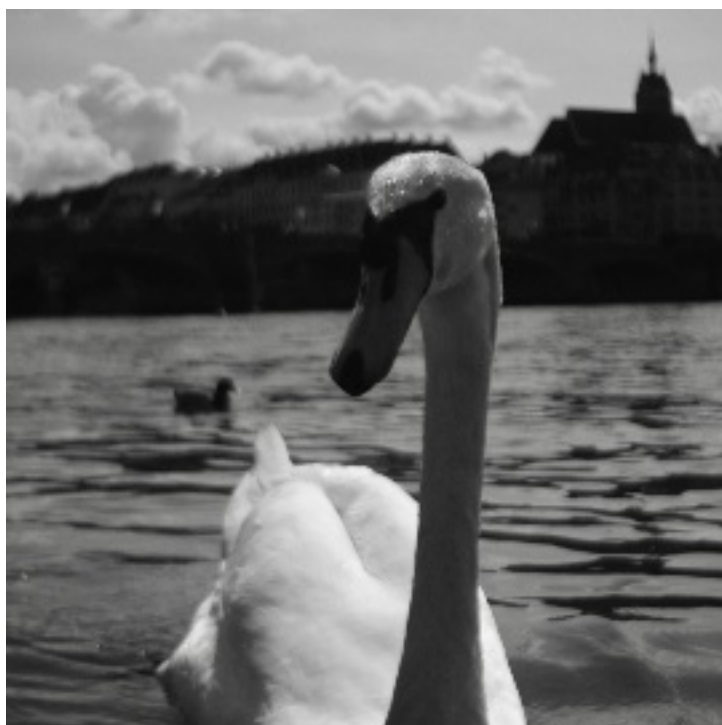




































"Achtsamkeit" is the German word for mindfulness. Shortly after beginning my photography walks as prescribed "achtsamkeit" practice for my Long COVID, I stumbled upon a 1950s Zeiss Ikon Contaflex II camera. It was beautiful, had a sharp Zeiss Tessar 45mm F2.8 lens, and cost 9 Swiss francs. So I bought it and began my new, related passion: fixing and using classic 35mm cameras and lenses. My mania for tinkering with and collecting these lovely mechanical marvels of glass, steel and brass must be acknowledged as having only the most tenuous connection for my love of photography itself. Luckily, my wife considers both passions therapeutic. The pictures in this book were taken with all sorts of gear, from cell phones to imposing professional German SLRs. Film, when used, was developed at home, scanned with a Plustek 8200i negative scanner, and processed through a combination of Apple Photo and Affinity. Here are the details of the gear used, with exposure information when captured:

1. Fujifilm X20 – f/8, 1/200 @ ISO 200
2. TOP – Sony Xperia VIII phone – f/17, 1/320 @ ISO 100; BOTTOM – Fujifilm X-T4 with Tokina AT-X 24-40mm lens – 1/240 @ ISO 160
3. Fujifilm X-T4 with TTArtisan 2/25mm lens – 1/90 @ ISO 500
4. TOP – Fujifilm X-T4 with TTArtisan 2/25mm lens – 1/320 @ ISO 200; BOTTOM – Fujifilm X20 – f/3, 1/70 @ ISO 3200
5. TOP – Fujifilm X-T4 with TTArtisan 2/10mm lens – 1/300 @ ISO 160; BOTTOM – Fujifilm X-T4 with Carl Zeiss 28-70mm lens – 1/1000 @ ISO 640
6. TOP – Fujifilm X-T4 with TTArtisan 2/25mm lens – 1/320 @ ISO 200; BOTTOM – Fujifilm X-T4 with Voigtlander 28/18mm lens – f/2.8, 1/3800 @ ISO 160
7. 1985 Contax 159MM with Carl Zeiss 28-70mm lens – f/14, 1/60 on Ilford HP5+ film
8. TOP – Sony Xperia VIII phone – f/17, 1/400 @ ISO 100; BOTTOM – Fujifilm X-T4 with TTArtisan 2/25mm lens – 1/480 @ ISO 160
9. Fujifilm X-T4 with Carl Zeiss 28/35mm lens – 1/750 @ ISO 160
10. Fujifilm X-T4 with TTArtisan 2/25mm lens – 1/750 @ ISO 160
11. TOP – Fujifilm X-T4 with TTArtisan 2/25mm lens – 1/90 @ ISO 500; BOTTOM – 1975 CONTAX RTS with Carl Zeiss 28-85mm lens on Rollei Superpan 200 film
12. 1961 Voigtlander Vitomatic IIa with 50mm f/2.8 Color Skopar lens on Ilford FP4 Plus film
13. TOP – Leica Q2R with 17/28mm Summilux lens – f/17, 1/1250 @ ISO 100; BOTTOM – Leica Q2R with 17/28mm Summilux lens – f/17, 1/2000
14. 1966 Rollei 35 with 3.5/40mm Tessar lens – Ilford HP5+ film
15. Apple iPhone 4 – f/2.8, 1/257 @ ISO 100
16. TOP – Fujifilm X-T4 with Takumar 4/100 MACRO lens – 1/60 @ ISO 1000; BOTTOM – 1951 Contax IIa with 1954 Carl Zeiss 15/50mm Sonnar lens on Ilford Delta 400 film
17. TOP – Fujifilm X-T4 with Tokina AT-X 28-85mm lens – 1/400 @ ISO 800; BOTTOM – Fujifilm X-T4 with Viltrox AF 14/23mm lens – f/8, 1/200 @ ISO 800
18. Fujifilm X-T4 with Tokina AT-X 28-85mm lens – 1/320 @ ISO 800
19. Leica Q2R with 17/28mm Summilux lens – f/17, 1/10,000 @ ISO 100
20. TOP – Leica Q2R with 17/28mm Summilux lens – f/17, 1/10,000 @ ISO 100; BOTTOM – Fujifilm X-T4 with TTArtisan 2/25mm lens – 1/280 @ ISO 640
21. Fujifilm X-T4 with Tokina AT-X 28-85mm lens – 1/1250 @ ISO 160
22. TOP – Leica Q2R with 17/28mm Summilux – f/17, 1/125 @ ISO 100; BOTTOM – Fujifilm X-T4 with Super-Takumar 3.5/35mm lens – 1/2,900 @ ISO 160
23. TOP – Fujifilm X-T4 with TTArtisan 2/10mm lens – 1/2900 @ ISO 160; BOTTOM – 1985 Contax 159MM with Carl Zeiss 28-70mm lens on Ilford HP5+ film
24. TOP – 1985 Contax 159MM with Carl Zeiss 28-70mm lens on Ilford HP5+ film; Sony Xperia VIII phone – f/17, 1/60 @ ISO 100
25. Leica Q2R with 17/28mm Summilux lens – f/17, 1/500 @ ISO 100
26. TOP – Fujifilm X-T4 with TTArtisan 2/25mm lens – 1/400 @ ISO 160; BOTTOM – Fujifilm X-T4 with Tokina AT-X 28-85mm lens – 1/400 @ ISO 200
27. Fujifilm X-T4 with Carl Zeiss 28-70mm lens – 1/3800 @ ISO 160
28. TOP – Fujifilm X-T4 with Super-Takumar 3.5/35mm lens – 1/7500 @ ISO 160; BOTTOM – Fujifilm X20 – f/9, 1/450, @ ISO 100
29. Fujifilm X-T4 with Viltrox AF 14/23mm lens – f/6, 1/280 @ ISO 800
30. 1961 Voigtlander Vitomatic IIa with 50mm f/2.8 Color Skopar lens on Ilford FP4 Plus film
31. Fujifilm X-T4 with Super-Takumar 3.5/35mm lens – 1/400 @ ISO 160
32. LEFT – 1957 Zeiss Contaflex Beta with 28/45mm Rodenstock Pantar lens and Zeiss Ikon macro adapter on Rollei Superpan 200; RIGHT – 1979 Contax 139Q with Carl Zeiss 28/25mm lens on Rollei Superpan 200 film
33. TOP – Fujifilm X-T4 with Voigtlander 28/18mm lens – f/2.8, 1/4000 @ ISO 160; BOTTOM – 1953 Contaflex II with 28/45mm Tessar lens on Ilford HP5+
34. 1970 Olympus 35 RC rangefinder with E. Zuiko 28/42mm lens on Ilford HP5+ film
35. 1979 Contax 139Q with Carl Zeiss 28-70mm lens on Rollei Superpan 200 film
36. 1985 Contax 159MM with Carl Zeiss 14/50mm Planar lens (extended) on Kentmere 200 film
37. 1985 Contax 159MM with Carl Zeiss 28-85mm lens on Kentmere 200 film
38. 1970 Olympus 35 RC rangefinder with E. Zuiko 28/42mm lens on Ilford HP5+ film
39. TOP – 1951 Contax IIa with Zeiss 28/35mm Biogon on Ilford Delta 400; BOTTOM – 1979 Contax 139Q with Carl Zeiss 28-70mm lens on Ilford HP5+
40. Fujifilm X-T4 with Super-Takumar 35mm f/3.5 lens – 1/400 @ ISO 800
41. TOP – Fujifilm X-T4 with Carl Zeiss 80-200mm lens – 1/1400 @ ISO 160; BOTTOM – 1961 Voigtlander Vitomatic IIa with 28/50mm lens on Ilford FP4+ film
42. Fujifilm X-T4 with XF 16-55mm Fujinon lens – f/11, 1/38 @ ISO 2500
43. 1979 Contax 139Q with Carl Zeiss 28-70mm lens on Rollei Superpan 200 film
44. 1985 Contax 159MM with Carl Zeiss 14/50mm Planar lens (extended) on Kentmere 200 film
45. TOP & BOTTOM – Fujifilm X-T4 with Meyer Optik 35/30mm Lydith lens – 1/600 @ ISO 160
46. Leica Q2R with 17/28mm Summilux – f/17, 1/125 @ ISO 500
47. 1985 Contax 159MM with Carl Zeiss 28-85mm lens on Kentmere 200 film
48. 1978 Rollei 35 LED with 3.5/40mm Triotar lens on Ilford Delta 400 film
49. 1979 Contax 139Q with Carl Zeiss 28-70mm lens on Ilford HP5+ film
50. 1970 Olympus 35 RC rangefinder with E. Zuiko 28/42mm lens on Ilford HP5+ film
51. Leica Q2R with 17/28mm Summilux – f/8, 1/500 @ ISO 250
52. Fujifilm X-T4 with Super-Takumar 35mm f/3.5 lens – 1/400 @ ISO 800
53. TOP – Leica Q2R with 17/28mm Summilux – f/2.8, 1/2000 @ ISO 100; BOTTOM – 1961 Voigtlander Vitomatic IIa with 28/50mm lens on Ilford FP4+ film
54. TOP – Leica Q2R with 17/28mm Summilux – f/2.8, 1/5000 @ ISO 100; BOTTOM – Fujifilm X-T4 with XF 16-55mm Fujinon lens – f/2.8, 1/200 @ ISO 200
55. Leica Q2R with 17/28mm Summilux – f/5.6, 1/125 @ ISO 1600
56. LGV30 phone
57. 1975 Contax RTS with Carl Zeiss 28-85mm lens on Rollei Superpan 200 film