



photography

Monte
Nagler

Long lens, long exposure require steady camera

Be rigid in your camera's support, not in your photographic thinking. Be flexible enough to become camera steady. By so doing, your pictures will be greatly improved.

Keeping your camera steady is critical to produce pictures that are sharp and clear. And the longer the exposure and the greater the focal length of the lens, the more important rigidity becomes.

THE BEST method of keeping your camera steady is by using a sturdy tripod.

With a tripod, shutter speed is not a critical factor, enabling you to concentrate on the aperture to obtain the depth of field you want.

If you don't have a tripod handy and there is nothing else to support the camera but yourself, some knowledge about how to correctly hold the camera and steady yourself will come in handy.

First, cup your camera in the palm of your left hand, using your thumb and forefinger to operate the focusing ring. Your right hand steadies the camera, and your forefinger trips the shutter.

Dig your elbows firmly into your ribs cage to steady your upper body. Place

your feet slightly wider than shoulder width. Take a deep breath, hold it and squeeze the shutter release.

UNDER NORMAL circumstances, it is unwise to hand-hold your camera at any shutter speed slower than the reciprocal of the focal length of the lens.

For example, you can hand hold your 50 mm. lens at 1/60 second or faster. But with a 200 mm. telephoto, you had better use a shutter speed of at least 1/250 second if you're going to hand-hold your camera.

But if low light dictates hand holding at slower shutter speeds, try leaning against a tree or wall to gain added rigidity. This way, you'll make yourself into a human tripod.

Another method of steadying your camera is a miniature table top tripod, which is easily stowed in a camera bag and conveniently used on a car hood, table or even on the ground.

A monopod is a tripod with one leg. It's inexpensive, easily transported, lightweight, and can furnish adequate support at shutter speeds over 1/8 second.

PISTOL GRIPS and "L" brackets, both available at your photo dealer, screw into the tripod socket of your camera and will give you a firm, comfortable grip, which in turn, will steady your shot.

"L" brackets can also be used in conjunction with your flash unit for a more secure grip.

Using a sandbag or piece of foam under your camera will provide a solid base when using a ledge such as a car window or fence rail.

Remember, all forms of camera support, except hand holding, should be used with a cable release. If you're caught without one, your camera's self-timer will do the trick.

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Short shots

Columnist Monte Nagler will teach his beginning photography class series at the Farmington Community Center starting Wednesday, March 30. Phone the center at 477-8404 for registration information.



Correct: Elbows braced against his sides, Monte Nagler cradles the camera solidly in his left hand and squeeze-o-o-izes the shutter release.



Wrong: You'll get blurred pictures if you jerk the shutter release, flap your elbows in the breeze and fail to brace the camera solidly.

ART EMANUELE/staff photographer

A Report on our Care & Share Program

THANK YOU, GM PEOPLE

You have a right to be proud. General Motors employees and retirees and their families have shown how much they care by how much they have shared. Despite hard times in our industry, you have dipped deep into your own resources to help others.

Our Care & Share food-donation program is over now. But it was such a huge success that the food will go on being distributed for weeks to come. The figures are impressive. You donated 4 million cans of food and contributed another \$1.3 million in cash. General Motors has contributed \$3.3 million to match your cash contribution, dollar for dollar, and 50 cents for each can you gave. This adds up to some \$4.6 million to purchase additional food. In all, your generosity will be sending the equivalent of 13 million cans of food to the hungry across America. You have provided, literally, 10 million meals to those in need.

A few days ago, I received a letter from President Reagan praising all of you "for your excellent example of concern and responsibility." The United Way of America has called Care & Share "the largest and most comprehensive food-donation program ever conducted by private enterprise," noting that it reflects well on the compassion of General Motors and its employees.

I can only add my thanks and express my pride in GM people, past and present. As I wrote to all of you earlier, you are the best in the world.

Roger B. Smith
Chairman



General Motors Corporation



Water lily and ferns, even in the soft light of the University of Michigan botanical gardens, appear crisp and sharp because Monte Nagler used a sturdy tripod for support.

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