



1 A newspaper advertisement for Kodak Instamatic cameras in 1968.
2 An onlooker photographs Princess Diana with a Pentax camera during a royal visit to meet with victims of the Ash Wednesday bushfires at Stirling Oval in March 1983.
3 Cricket legend Sir Donald Bradman, top, takes a closer look at Ross McLennan's bowling prize - a camera - at Adelaide Oval in 1958. Watching on at left is batting award-winner Don Phillips.
4 Julia Thomas, of Meadows, zooms in on a very un-camera shy pelican during a family visit to the Adelaide Zoo in 1989.
5 A pharmacist dispenses some photographic advice to a customer in 1955.

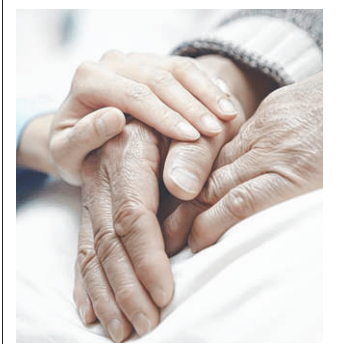
Fill every day with kindness



KINDNESS is one of the most important qualities for staff working in any service industry. For services that support older people, kindness is an essential ingredient for care.

This Friday, February 17, is Random Acts of Kindness Day. We should all try to imagine a world where we can succeed by being nice. Where we all pay it forward. Where people look out for each other.

It all starts with one act – one smile, one nice word, one favour for a friend.



There are many benefits of being kind. Kindness can improve mental wellbeing – showing compassion and connecting with people provides joy and happiness and positive emotions. Being kind is good for you and everyone else – those who give kindness and those who receive it.

You don't need to plan ahead to be kind. Let it be spontaneous – it could be as simple as smiling at a stranger, offering to help carry someone's groceries or giving someone an unexpected compliment or a small token of appreciation.

Random acts of kindness also extend to being kind to ourselves – forgive past mistakes, drink more water, laugh more, treat yourself, listen to your favourite music.

The best thing is that being kind does not need to cost anything – to ourselves or others. While February 17 may provide a prompt for a random act of kindness, we should all try to make it the norm, each and every day.

Being kind is infectious – let's help pass it around!
Mel Ottaway is Uniting Communities' executive manager, services for older people

Picture this: When life was filled with 'Kodak moments'

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The camera also had its own built-in flash for low light situations such as indoor family gatherings or taking photos at night.

Like me, for many baby boomers the Kodak Instamatic was their first camera.

The memories associated with it are some of the earliest and most vivid from childhood or teenage years and are often connected to specific and special events, including family holidays, birthday parties and important occasions.

Sometimes those memories are not just about the photo, but also the experience of taking the photo.

The act of capturing that event, whether it was with an Instamatic or another camera, recording that particular moment in time also played an important part of preserving

the memory. Mary Kerwin, on Adelaide Remember When, writes that she loved her first camera: "It was an Instamatic, and it was the only camera I used for years. I still have it. I don't think I could ever part with it."

For some, the simplified little camera was just an introduction to photography and led on to much bigger things. Allan Simpson tells of how, as a teenager, he was given a Kodak Instamatic as a gift while already nursing a newfound enthusiasm for photography: "The passion grew and eventually I became a professional and went to work with some of Europe's top fashion models. It's strange where life can take you."

Magid Harbison points out that back in the day every photo taken really meant something: "I have a friend

who recently went on an overseas trip and returned with over 5000 digital photos on her phone. When will she ever have time to go through them all? I still, to this day, always make sure every photo I take really matters."

Other readers expressed concern about what will happen in future with digital photos currently stored on mobile phones. Connie Jackson points out: "There was a time a photo was something you could keep for future generations. Now images are kept on a phone or digital camera and eventually stored in the cloud (wherever that might be).

"They are often deleted to make room for more pictures, or the phone or camera becomes outdated and is replaced, and goodbye family history. I wonder how many

people in the future will be able to say they have photographs of their grandparents and even great grandparents."

Some historians agree and have expressed a genuine concern that the current generation will not have the same access to their own childhood memories because most photography is now digital.

With traditional film photography, physical prints and negatives were preserved, allowing descendants to see images of their ancestors and other historical family memorabilia.

In contrast, digital photography relies on technology and devices that can become outdated, lost, or damaged, making it almost impossible to be easily retrieved in the future.

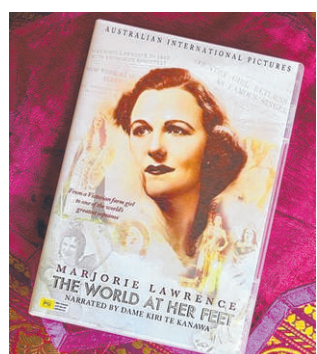
The fear is that today's

youth will not have a physical record of their childhood memories and wider family history and those memories will become lost over time.

And it's not just a problem for the current generation. Many older people who regularly took family snapshots are also now using their smartphones exclusively to record those "Kodak moments".

How long has it been since you last had a film processed or an image developed into a physical print to keep as a permanent record for future generations?

Bob's latest book, Adelaide Remember When: The Boomer Stories, is now available at all good book shops. He posts memories of Adelaide every day on Facebook.com/adelaiderememberwhen/



Documentary details Aussie singer's remarkable life

SHE was a Victorian farm girl who became one of the most-loved singers in the United States – and was able to continue her career after being struck down with polio.

She performed at the White House, entertained the Queen and princesses Elizabeth and

Margaret at Buckingham Palace, received the Legion of Honour from the French Government and an Academy Award-winning movie was made of her life.

Yet Marjorie Lawrence – who in 1955 was considered the most famous Australian

woman in the world – today remains virtually forgotten in her home country.

Adelaide filmmaker Wayne Groom, together with editor/cinematographer Carolyn Bilsborow, has produced and directed a feature-long documentary on the opera

singer, Marjorie Lawrence: The World at her Feet.

Narrated by Dame Kiri Te Kanawa, the 2021-produced documentary, left, details the story of the woman who grew up in Winchelsea in the 1920s and – seeking a career as a soprano – later studied in Paris

and sang at the Paris Opera.
Marjorie Lawrence: The World at her Feet will be broadcast on the ABC at 3pm on Saturday, February 18, and will then be available on ABC iview after. A DVD is expected to be available in May.