

ADAM MAZEK

Diaries

12.2019 - p. 1





50 PHOTO ICONS

In my first post, published in December 2019, I wrote about the book "50 Photo Icons. The Story Behind The Pictures" (Taschen). It is one of the most inspiring books I have had the opportunity to read. It tells the story of fifty photographers who have created unique and memorable pictures. The title work is one of the perfect examples of how a book can combine valuable content with high-quality photos. The album demonstrates how photographic stories can be told at the highest possible level. I discovered in it many stories that are shown not in a single photo but in a whole series. Reading, watching, analyzing, and contemplating the work of the Taschen publishing house, I see how the stories become completely encapsulated, though never exhausted. After reading, I always wanted to read and look at the photos more and more.

50 PHOTO ICONS

What examples could I give you, my Dear Friend? For example: "Meudon" by Andre Kertesz, "James Dean in Times Square" by Dennis Stock, "Germany" by Henri Cartier-Bresson, Bert Stern's "The Last Sitting" or Joel-Peter Witkin's "Un Santo Oscuro." Nonetheless, I learned the way of presenting photography and telling a story in a series of pictures during photography school classes. As one example, I could mention my work called "Farewell." This is a great moment to say "Thank you" to Bartek Mokrzycki and Tomek Grzyb, my favorite teachers. They have provided me with a lot of photographic knowledge and artistic inspiration. Returning to the main topic, I want to emphasize that the book "50 Photo Icons" inspired me to tell you, my Dear Friend, the story of my life. I have been doing this regularly since September 2017 at www.adammazek.com.

• Cover and p. 2-3: post „50 Photo Icons“





- *Post „Help“*

50 PHOTO ICONS

I want to do it at the highest level, just like Taschen does. I want to create as much photography and writing content as possible. One of my biggest dreams is to publish a book about my artistic activity. This blog and "Diaries" are the following steps to achieve my goal. Do I already have a photograph for the cover of my work? I don't yet. There are a few of my favorite photos I could point out, but I feel that the best outcomes are yet to come.

The subsequent works published beginning in December 2019 were the bilingual edition of "Diaries" from December 2017. The covers of these editions are at the very end of the current issue of "Diaries" (pages 20-21).

I wrote about how we should help other people in a post titled "Help." This is quite obvious. Nevertheless, I believe that we should help ourselves first. Why? If we support ourselves first, we will have the strength, willingness, energy, and other resources to aid others. This process should come involuntarily. Only people who are healthy and robust enough, full of vigor, have the resources to help others. Providing aid should come naturally, but only if we don't need help. Therefore, I believe that rest is a fundamental issue in our lives. Do what is best for yourself, my Dear Friend. Take care of yourself first; helping others will enter your blood naturally. We often hear that taking care of others will also benefit us. This is true.




HELP



HELP

However, please remember that the more you help yourself, the more resources you will have to care for others. How can we benefit ourselves? Is hard work the only way? Hard work, indeed, is crucial. However, I believe proper rest is as important as hard work. We will only have more energy to deal with the many things waiting for us daily when correctly rested. We will have more time and strength to think about how we can serve society. Volunteering is probably one of the best ways to benefit other people. Nevertheless, overwork can destroy the natural desire to help other people. Why? A single person cannot save the world and bring help to others indefinitely without exhausting his vital resources. That's why I want to emphasize today that by helping yourself, you benefit society as a whole in the long run.



**In conclusion, I
want to
emphasize that we
must not forget:**

1) rest;

**2) helping
ourselves first;**

**3) if points 1) and
2) are realized,
helping others
should be
natural for us.**



**HOT SUMMER
DAYS**

HOT SUMMER DAYS

I wrote about the fact that I'm getting older and that the hot summer days of June 2019 have taken their toll in a post titled "Hot Summer Days." I wrote the text on June 14, 2019. It was the first time in my life that I didn't go outside to take pictures because of the heat. The heat wave was so unbearable that even writing this post was a real challenge. To make matters worse, I stayed in the house (except for my commute to the office) on the sixth day in a row. I know that older people can't stand the heat.

Nevertheless, I didn't know I was already so old (thirty-four years old) that I couldn't walk during hot days. These days, I realized that I prefer to walk on the streets of Warsaw when there is a Siberian frost outside than when there is an African heat wave. During hot summer days, waking up after a sultry night, I already feel exhausted (living in a block of flats from the 1970s, unfortunately, I can't have air conditioning - forbidden by the building administration). Even the shade of a tree can't give me enough relief from the scorching sun. Also, a hat doesn't bring me much comfort and ease. Fortunately, the weather forecast for June 15 and 16 is good (the heat will be much less), so I planned to go out on the weekend to take pictures. I took the photos presented in this post on June 16. I know I wrote earlier in my post that the weather should not be an excuse to take pictures.

Nevertheless, we are all just aging people. Each of us has our weaknesses. Sometimes, we just can't overcome them. That's why I don't cry when I don't take pictures for six days in a row. As a consolation, let me add that I read books by Taschen publishing house on those hot days. What about you, my Dear Friend? Do you enjoy taking photos on the streets during the hot weather? Or, like me, do you prefer freezing temperatures?

A REAL POWER

About the fact that I do not know what real power is and who represents it, I wrote in a post titled "A real power." Nevertheless, it seems to me that we should look for answers. Without a doubt, we should look up. It is the incredible Universe that can give us some clues. Sometimes, when I think about how huge the cosmos is, I find that human imagination is too weak to imagine its size. In short, someone (or something) who created the Universe is undoubtedly a real power and has absolute power. How big is the cosmos? One light year (a helpful measure of astronomical distance) means the distance that light travels in one year in a vacuum. The speed of light is about ~300,000.- kilometers per second (186,000.- miles per second). So, one light year equals 9.46 trillion kilometers (6 trillion miles). Is this difficult to imagine, keeping in mind that the circumference of the Earth is just over 40,000 km? The answer is obvious.





A REAL POWER

As we all know, our planet Earth is in a galaxy called the Milky Way. Its size is 100,000,- lightyears. Going further, the star clusters in the spiral galaxy called M81 are 11.6 million light years away from us. Or, the so-called Sombrero galaxy is 28 million lightyears from Earth. In 2014, the Hubble telescope discovered the oldest star formation found by man. This tiny galaxy is located more than 13 billion light years away. As we can all see, imagining such distances requires intellectual gymnastics beyond the mental capacity of any human being. When we try to imagine the size of the Universe and the spaces between Earth and other cosmic forms, we will practically always find that we are too intellectually weak to visualize and comprehend the vastness of this world.

A REAL POWER

We are simply too tiny to understand many of the processes surrounding us. Someone or something that created our Universe undoubtedly has absolute power. Who did it? God? I believe in this theory. However, I am convinced that it is still just a belief. We will never find any proof of how life appeared on our planet. We will never know who or what created the Universe. Does this mean we should stop looking for answers? Absolutely not. We should never give up on being able to answer the question of who or what has absolute power and what this (dark?) energy actually is.

• p. 10-12: post „A Real Power“





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INJURY

In the following post, I explained why I want to become the world's most prolific artist. The clue lies in the word "injury." I want to be the most prolific photographer to make productivity my competitive advantage. Thanks to the works of Pablo Picasso and Salvador Dali, I know that we need tremendous productivity to become world-famous artists. However, as I mentioned in the first sentence of this text, there is another reason I want to be a prolific artist. It is not the fame. In my life, I have already had two injuries related to damage to the Achilles tendon. These were in 2011 and 2016. The two injuries forced me to spend a lot of time at home. I had to work remotely as an accountant, with minimal walking ability (I could only do it on crutches). As a result, I know there can be periods when we can't pursue our passion. I did many things when I was grounded at home, including reading books and listening to music.

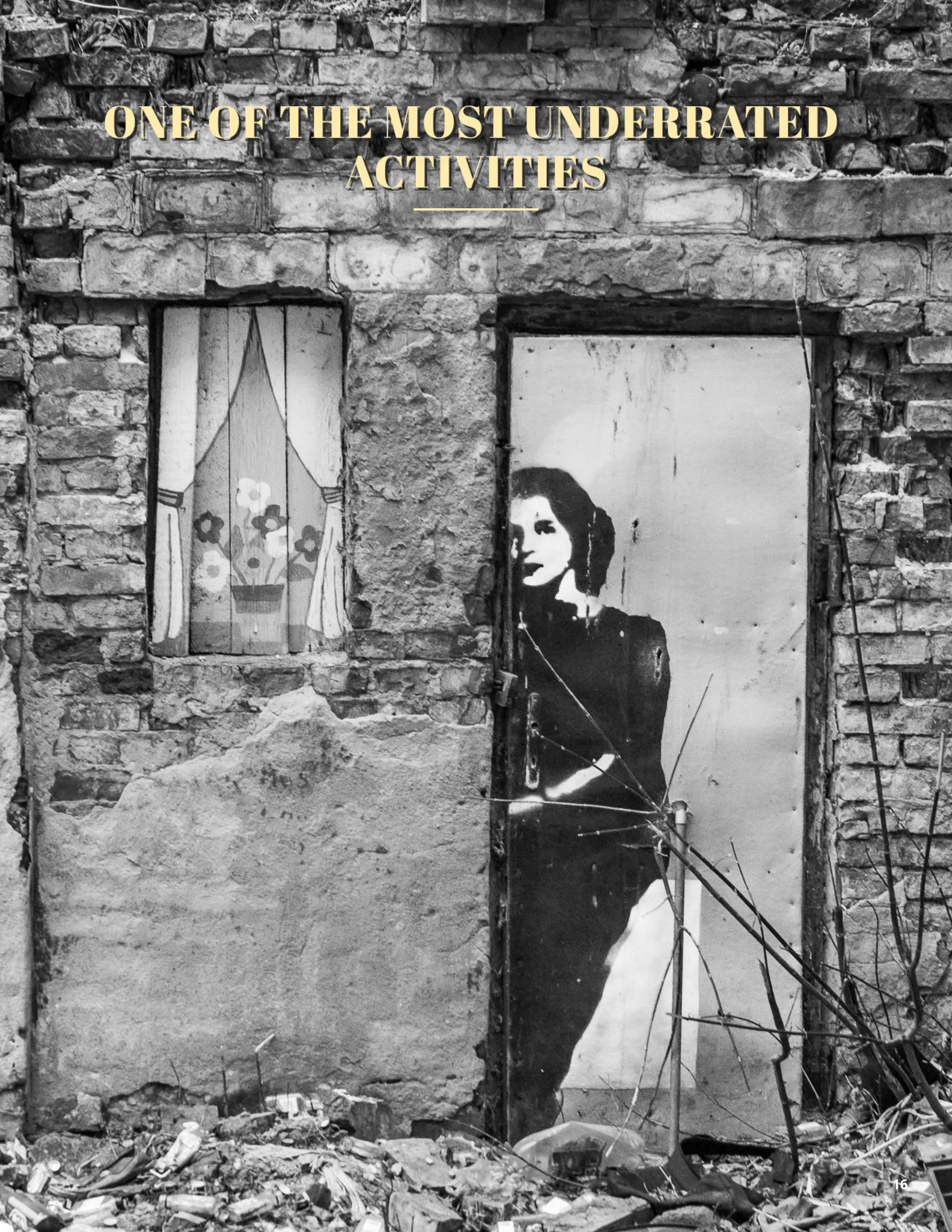
Nevertheless, I remember that I was, in general, upset. I was sad because I literally couldn't walk. Today, I know that if something similar had happened to me, I would be working on my blog. One of my favorite activities is writing texts, designing "Diaries," or editing photos in Lightroom. I took these photographs earlier, being fully healthy. That's why I want to take as many photos as possible. Knowing I might be grounded again due to an injury, I would have material to work with. Am I afraid that I might get a new injury? Yes, of course. Misfortune can happen to any of us.

Nevertheless, I want to be prepared for such a circumstance as much as possible. I hope never to have a leg injury again, but I don't know what the future may bring. That's why I think it's much better to focus on making new pictures. I need to take advantage of my health while I have it. In this way, I believe I will become the world's most prolific artist/photographer.



INJURY

ONE OF THE MOST UNDERRATED ACTIVITIES



ONE OF THE MOST UNDERRATED ACTIVITIES

Recently, I reflected on one of the most underrated activities. For me, such an activity is walking. In an earlier text, I mentioned my two injuries in 2011 and 2016. Being injured, I could not walk. During the days when I was grounded, I imagined how disabled people who cannot walk function daily. I also contemplated that most healthy people who use their legs daily do not appreciate this primary activity. The fact is that people who can walk don't give it much thought. They think that walking is as natural and normal as the fact that we have day and night. Unfortunately, such people are wrong. None of us was promised that we would be able to walk for the rest of our lives. Sadly, most of us only begin to appreciate something when we lose it. I am no exception here. The above statement can be linked not only to one of the most undervalued activities - walking - but to many other things. Undoubtedly, being able to walk is one of the most underrated activities.

Many physical exercises can improve our health. For example, swimming, running, bodybuilding, stretching, practicing yoga, dancing, playing soccer, and many others. When we talk to fitness trainers, they give us many ideas for exercise. However, they don't mention a simple (I don't want to say primitive) activity - walking. I began to appreciate walking not only when I was injured but also since I started regularly taking pictures on the streets of Warsaw. For today, walking and taking photographs are among the most exciting things I've ever done. What about you, my Dear Friend? What activity do you find most unusual and underrated?

PS

The theme of walking was phenomenally portrayed by John Schlesinger in one of the best films I have ever seen, "Midnight Cowboy." Today, I will not give more details. I recommend watching the film.

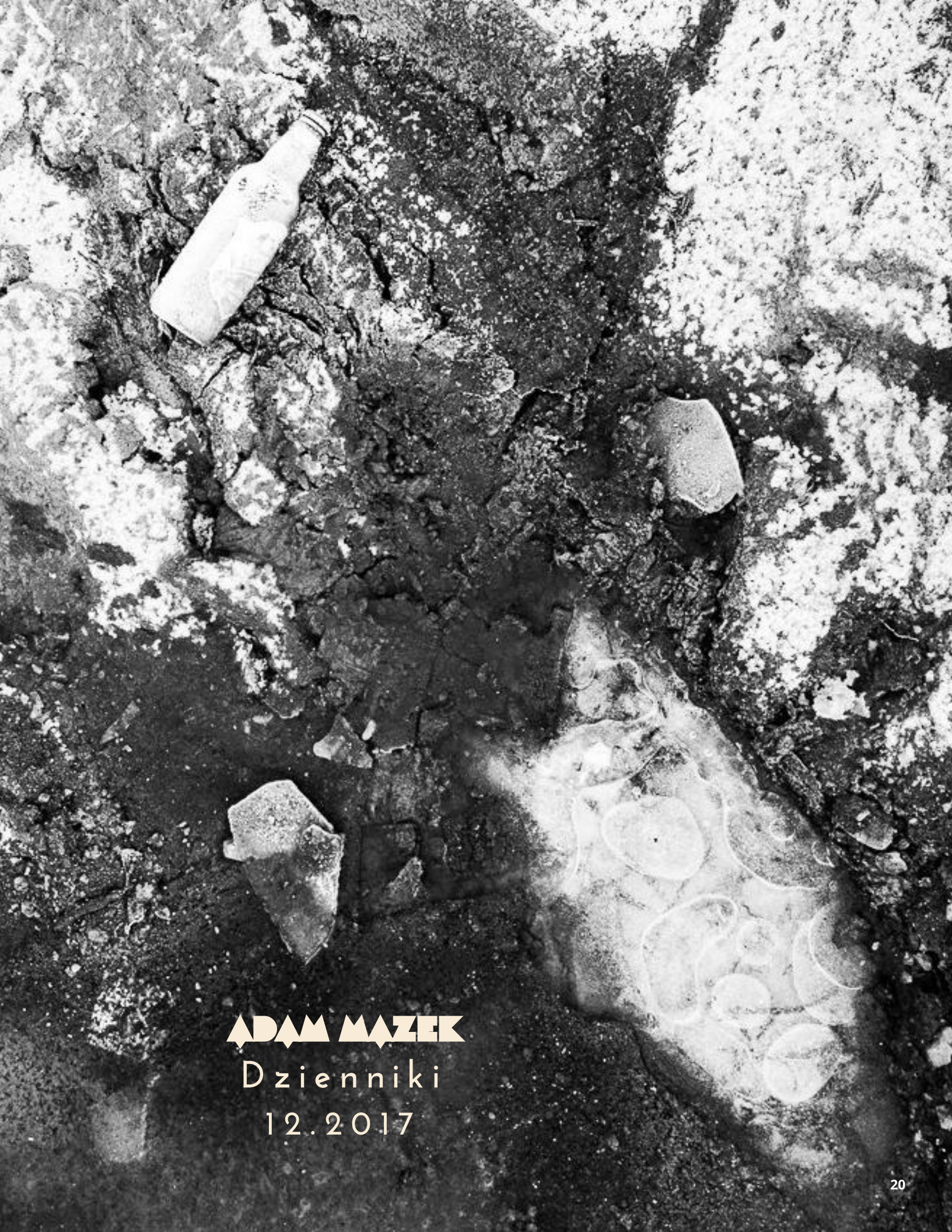


**KATE BUSH VS.
MAGGIE REILLY**

KATE BUSH VS. MAGGIE REILLY

For a long time, I thought Kate Bush was the most significant British singer. Nevertheless, in my eyes, Maggie Reilly has recently become her rival (post: "Kate Bush vs. Maggie Reilly"). There is a magic in the voice of both British singers that one would like to listen to endlessly. I have written more about Maggie Reilly's songs in a previous "Diaries" (11.2019 part II). Today, I will focus a little more on Kate Bush. Probably the first Kate's song I've heard in my life is "Wuthering Heights." The fantastic music video with the dancing British singer in a red dress is one of the most unique and enigmatic videos I have ever seen. Kate Bush has specific, artistic music videos. For example, in another video clip titled "Babooshka," Kate Bush performs with a double bass. The voluptuous Kate stimulates the imagination. Another magical, almost fairytale-like video is called "Cloudbusting." In it, we can see the unforgettable duet of Kate and Donald Sutherland. The "Running up the Hill" video is another video in which we can hear, see, and reaffirm Bush's artistic mastery. Will I ever determine which singer, Kate Bush or Maggie Reilly, is "better"? Of course, I never will. Does this type of comparison make any sense? The title of this post was provocative. I will not comment on whether Maggie or Kate is the better singer. Both have their unique voices and unique artistic shtick. I am convinced both will have their listeners for years after their deaths. That's it for today. I'll listen to Maggie Reilly's song "Every Time We Touch." Then I'll listen to the aforementioned "Cloudbusting". Let these songs transport me to their great female creators' fairytale, artistic worlds. Undoubtedly, Kate Bush and Maggie Reilly will remain among the best female artists the world has ever heard.

THE END



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