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Olympus OM-D E-M1 Mark ii

My default menu settings

(Firmware 3.1 revision August 2019)

Firmware 3.0 of June 2019 added some features from the OM-D E-M1X and moved menu settings about to conform more to that camera's layout. Some functions have moved and there are new sub-menu groups relative to the previous firmware. Firmware 3.1 in July 2019 officially claims to have improved stability but, in reality, it was a fix for a slow start-up glitch that arrived in FW 3.0.



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Thank you.

A note on Olympus camera menus.

If you press the MENU button on your E-M Mark ii you will see, arranged along the left side of the monitor, from the top down, at the extreme left column, a camera symbol with the number 1 and then another with the number 2, a video camera symbol, a playback symbol, a gear and a spanner.

This is a similar system used by other manufacturers like Canon, Nikon (although in different orders) and others and is very easy to work out.

If on a menu option page with a camera symbol, the settings you can access will usually affect things that you need to set before taking a photograph.

The Movie camera tab is, as you would expect, for changing settings that affect how you record movie footage.

Next is the playback symbol. This contains things you change after the image or movie clip has been captured – like how many images are displayed in lightbox view, what information on the shooting parameters are shown over the image and so forth. You can also edit images and videos in-camera using settings on this menu.

Then you will see a symbol of a gear.

This is where you tell the camera how to use all its various custom settings – just like setting up your Smartphone. You will not usually use these adjustments from shot to shot but they are parameters that affect how the camera responds to things like AF, release button presses, function buttons etc. Like the Canon Custom Function menu and the Nikon Set Up menus, these are often sub-divided into sub-sets of functions you can adjust.

For example, if you want the AEL lock button to activate AF, this is a *Function* you want to change on a *button*. Soooo, go to the “button” menu (B) and find *Button Function*. You then get shown all the options you have for changing Button Functions.

How hard is that – really?

Throughout this and my other menu guides I have added notes sharing my thoughts and reasons for the settings I use.

However, your needs and settings may differ. Hopefully, however, you can gain a better understanding of what each setting does and how you can make the camera work as you prefer.

Items in bold type show the menu description and setting on my camera.

USED TO THE ORIGINAL E-M1?

If you are coming to the E-M1 Mark ii from the original E-M1 you will find that the menu has been re-structured quite a bit.

The main change is that all movie settings are on their own page instead of being sprinkled throughout the menus of the original model and most custom settings menus are now a page at a time. Where previously you may have had up to two pages of choices, these are now split into sub-menu pages H1, H2 etc.).

Right, let's dive right in....

CAMERA MENU 1

Reset/Custom Modes

Reset (Basic/Full) You can reset the camera to factory defaults with this option. *Basic* resets basic shooting functions changes you may have made such as colour, file size, shooting mode and AF settings. *Full* resets everything except the date, language and a few other settings like time zone.

Assign to custom mode/ Custom Mode1/2/3 > Set/Reset Here, if you choose any of the dial positions (C1/2/3) and press Set, the camera will store the current camera state (whatever you have set on the Super Control Panel and the mode dial at the point you enter Set) into that memory register. I have a C setting for Sports (S mode, 1/1000, AF-C+TR, Cont High etc.), one for Weddings and one for Theatre work.

Recall from custom mode/Custom Mode C1/2/3>Yes/No As the name implies, if you go to one of these options and select Yes, the settings saved in that memory register will be applied to the camera immediately.

Picture mode I tend to use **Natural**. If you are shooting kids parties, an Eastern Tamil/Hindi or traditional African wedding then you could try Vivid but that tends to overdo sallow skin tones. Your mileage may vary but using natural allows you the most leeway to either saturate or diminish colours in post production in my view. Of course if you only shoot in RAW file format then this setting can be changed in post and where it is makes no difference if you like first adjusting the colour mode when viewing RAW files..

Image size settings (that triangulated pixel symbol) >

JPEG setting is **LF** (large fine in Card slot 1)

Your choices include JPEG (LSF, LF, LN, LB, MSF, MF, MN, MB, SSF, SF, SN and SB) and RAW modes. Choose a JPEG+RAW option to record both a JPEG and a RAW image with each shot. JPEG modes combine image size (L, M, and S) and compression ratio (SF, F, N, and B)

Image Aspect is normally **4:3**. This uses the entire image sensor area. I crop to other aspect ratios in post.

Digital Tele-Converter is usually **Off**. This captures an image which has been digitally enlarged by a factor of 2. Effectively, this gives you twice the focal length of any lens attached. Use with caution and only when you have no other option to grab that little Tiger cub on the hillside (or similar). Quality varies from totally acceptable to lousy depending on the light and subject. A great option to remember in the back of the mind when stuck without a longer lens and you must get the shot..

Release mode/self timer/Interval timer. This duplicates the function available on the upper left button of the camera body. This lets you adjust **Release mode/ProCapture/self timer/Interval timer**. But it adds the controls for self timer and interval timer shooting as well.

Number of frames>1 Set how many frames you need to take. I leave it at 1 and change as needed.

Start waiting time>The camera delays triggering the first frame in the sequence of frames you set by this amount.

Interval length>As needed.

Time Lapse Movie>Off (On when needed and then Time Lapse Movie Resolution is set to Full HD. I change the frame rate as needed – by default it is 10 fps).

Notes on time lapse that can prevent frustration. You cannot use CAF+TR or CAF nor bracketing or HDR, If you press Menus button, the lens release button, the playback button or connect a USB

cable the sequence will be ended and you will have to start again.

Movie settings Here you can set the quality for the time lapse movie sequence. This does not affect the normal movie mode settings later on.

You can also access the timer/interval and other release sequences via the Super Control Panel - **SCP**. Press OK and tap the release mode square – twirl the front dial to pick a setting and touch the shutter button to confirm your choice. Please note that **Pro Capture** will not be selectable if you are not using a native m43 lens.

CAMERA MENU 2

Bracketing – as needed. Also available on top left button and via **SCP**.

Bracketing choices include flash, exposure, ISO, ART, white balance and focus bracketing/focus stacking.

With *Focus Bracketing*>*On* (enabled) you get the following options:

Focus Stacking.On/Off When using focus bracketing or focus stacking you get additional options for fine control.

Set Number of Shots>**Varies**. Your choice. I usually do a test run and see if I had too many images for the depth of the object or too few and adjust the number of frames accordingly.

Set Focus Differential>**5** is a useful mean. It can vary depending on how many images you intend stacking and the depth of the area you want in focus.

Flash Charge Time>**3 sec**. This is good enough for my studio strobes and more than enough for an Olympus FL flash unit.

If the *Focus bracketing* option is greyed-out, you may not have a compatible lens fitted.

HDR – As needed. Also available via top left button or **SCP**.

Multiple Exposure – as needed.

Number of Frames> As needed.

Auto Gain. If **Auto Gain** is **On** it changes each frame to ½ brightness. If **Gain** is **Off** the images retain the exposure level you set for them as they are stacked.

Overlay. The overlay option will only be active if you are shooting in RAW and this will stack the number of images selected into a single RAW file.

Keystone Comp. My all time favourite for buildings and product shots. See my blog article “The death of the shift lens?” When set to **On** you can swing, tilt and shift the sensor using the front and rear control dials to correct perspective lines using the input dials and move the composition left/right or up/down with the arrow pad keys when a green arrow appears on any side. No need for a shift lens! View cameras? What are those...?

Anti-Shock/Silent/Noise Reduction (for Silent Mode)– as needed. The Anti-Shock setting lets you programme a delay between the shutter being pressed and the exposure taking place at speeds below 1/320 sec. This is used when even the smallest movement may affect image sharpness as when shooting attached to a high magnification microscope or a telescope. The *Anti-Shock* mode affects the *mechanical shutter* and the *Silent* settings are used if using the *Silent shutter mode*. Kind of logical...however, if you set noise reduction for Silent mode, the shutter will operate after the exposure as part of the noise cancellation processing phase.

Silent mode settings>**Varies**. Usually **Not Allow** to cancel the beep, the AF illuminator and the flash trigger. **Allow** obviously lets the camera make beeps, send red lights out and trigger any flash fitted to the camera.

High Res Shot> **As needed** Use this and a tripod to get cracking 80MP images from your E-M1 Mark ii

Flash charge time>**3 sec** Sets a delay between pixel shift steps to let studio and other flash units in use recycle. Note: Only fires an Olympus FL Series flash from the Hot Shoe.

RC Mode – As needed (Off/On). Activated when I am using off-camera Olympus R flash units and I then use the dinky little FLM bounce flash unit – which you most likely tossed back into the box as a useless artefact - to act as the commander. It's even great as a pocketable main light.

See? All these **Camera 1** and **Camera 2** menu options you will need to set before you actually take a photograph.

VIDEO MENU

Movie mode>A if I need to control depth of field. If I am shooting in “run and gun style” then P.

Movie specification settings>

Image size> *Here be dragons!* The first quality setting option has, when you look closely, a different symbol to all the others. It is a solid white cctv-like camera symbol followed by FHD and you can go to the right and it will show you a selection with quality settings, compression and frame rate. Then comes the warning that you may not wish to use this – it is the same cctv symbol with a *seconds* option beneath it. This is the MOVIE CLIP quality and clip length setting and not the regular FHD movie setting.

This first quality option sets the camera to only record for as long as the time period you enter in the right-hand most box. No amount of fiddling afterwards via the SCP or other options will prevent the camera from only recording for a few seconds then stopping. This is very frustrating if you do not know about this quirk.

Ideally this first option and its options should, in my view, have been under its own menu called “Movie Clip function settings” or at least properly labelled in words and without an obscure little symbol – or at the very least clearly marked in the sub-menu as limiting the length of video recording to only a few seconds but, alas, it is at the very top of this menu. This bit of menu planning has led many correspondents who have written to me for advice thinking this is the usual setting for FHD video quality.

So, if your camera only records short clips and you want it to behave like a video camera and not a mobile phone, go here and change the setting (if you want FHD) to the setting on the 4th level down. Any other setting using the line drawing of a movie camera (and not the silly little white cctv symbol) will provide full length clips up to 29 minutes or the capacity of the card in use whichever occurs soonest.

I usually use **MOV** (with the line-drawing movie camera symbol used on the mode dial for video)**FHD F 24p**. Not only do we have issues with internet bandwidth where I live but so very few folk have any 4K capable display devices. FHD is perfectly fine for usual use.

You can set the frame rate up to 60 fps in the secondary menu that appears here.

Noise Filter>**Normal** Sets the amount of noise processing made to footage. High softens details too much for my liking. Also, one usually shoots video with enough light so as to avoid needing to rack up the ISO...

Picture Mode>**On** If set to on you can use either custom profile 1 (Flat) or 2 (OMLog400) so you can fully grade/adjust footage in post. Probably the finest upgrade given by FW 3.0

Movie AF/IS settings>

Movie AF mode>**SAF** Usually I plan and set up a scene so use the tap to focus function. If you shoot kids or other moving subjects CAF or CAF+TR can be an option for you.

Movie Image Stabiliser> **M-IS1** With this setting the camera uses the sensor shift and electronic processing when stabilising movie footage. It clips the scene by a few pixels but eliminates the slight wobble seen when changing direction without this setting activated.

Movie Button/Dial/Lever>

Movie Button Function>I will most likely only customise one button initially and that would be to set the L-FN (lens function) button to stop AF.

Movie Dial Function>Head phone and Recording volume levels are assigned to the control dials.

Movie Fn Lever Function>**Off** You can change the allocation of the front/rear dial or play with focus settings with the options allocated to the function lever in movie mode.

Movie Shutter Function>**Shutter Function** – Great to set initial AF.

Movie Elec. Zoom Speed>Low

Movie Display settings>

Control Settings>Live SCP and Live Control

Info Settings>I have these standard (Custom1/Custom2 which will show you highlights and shadows beyond your histogramme range with each INFO button press.

Time Code Settings>

Count up>**Rec Run** Counts only when camera is recording. Free run will have a time code whizzing away on the monitor even if you are not recording.

Starting time>

Reset

Manual Input

Current time

Lets you set an arbitrary time for the time code, carry on from the previous clip or use a zeroed one.

Battery Display Pattern>**min** This tells you how many minutes you have left for recording on the particular battery that is active. Remember that if using a power grip then the grip battery has PBH under it. If this is missing then you are on the internal battery and it is a good idea to replace the battery in the grip. This will not interrupt recording.

View Assist>**Off** This lets you set the display in movie mode to show either the colour setting you have chosen or the colours as they are in the BT709 colourspace. If you choose the BT709 option the display during recording will be different from the actual footage captured.

Movie Mic>**On**. If off, you get silent movies – even if you plug in an external mic.

When on you get these options:

Recording volume>

Built-in>Adjusted as needed

External>Adjusted as needed

Volume Limiter>**On** There is a very effective distortion limiter on this system and you have a live levels monitor on the screen. A good combination.

Wind noise reduction>**Off** I use an external mic with windsock most of the time hence this choice. If using the internal mic then put this on.

Plug in power>**Off** I use a powered mic with its own DC supply, However if using a mic that needs to be fed power like a Rode VideoMic Go or any other mic without an internal battery, then switch this “On”

PCM Recorder/Link>

Camera Rec Volume>Operative Controls the levels on the PCM recorder using the camera level inputs/volume control.

Slate Tone>On

Synchronised Rec>On If you use an Olympus PCM100 or similar then the recorder will start recording when you press the camera record button if this is “on”. One less thing to “start” or “stop”.

Headphone Volume>Varies Usually around 6. Range is 0 to 16.

Movie HDMI Output>

Output Mode>Monitor Mode (Default)

Lets you change the type of output via the HDMI link in video mode. If using an external recorder (not recording on to camera cards) then Record mode makes more sense as it will be devoid of all the display guff you see on the camera monitor.

REC Bit>This lets the camera control record start/stop on the external device. This is only supported by some external recorders so check before you buy an external recorder...

Time Code> Choose if you want to send the camera time code info to your external monitor.

PLAYBACK MENU

Slideshow – As needed. This sets up a slide show of the images on your card and you can adjust the interval between slides as well as pick from built-in BGM (**B**ack**G**round **M**usic). In the options you can select to include only stills or videos or all the files on the card and also how long it takes before looping the show. Your mileage and use of this feature may vary...

Rotate Image on playback – **On**. I shoot a great number of vertically orientated images and hate seeing it scrunched on the screen with huge wads of black either side. With this **On** the image is shown in the orientation it was shot in – and is full screen. OK, you do have to turn the camera to see it but that is a small price to pay in my view for not having to zoom the image all the time.

Edit Lets you apply some common edits to images already on the card. Press **OK** then you will be asked to **Sel Image**. Press **OK** and then **RAW Data Edit** or **JPEG edit** or the **Voice note recorder**.

You can also grab images from video footage (frame capture). There are options in this to change images to monochrome, set filter effects and more. You can also start a slide show from here as well as print directly via USB to a Pictbridge compatible printer.

Changes are applied to a copy of the image which is stored in the next available space on the card. So if you edit image 3 of 567, the edited image file will become number 568. The option I use a lot on this menu page is the voice note function.

However, you do not need to dive into the menu to do this. Press playback then OK and the editing options will be made available to you.

From these you can use the Mic symbol to record a voice note (names of subjects in image, location etc.) to aid you when cataloguing the image in post. You get 30 seconds. Be aware, however, that the voice note plays as soon as you view the image so you may wish to first adjust the volume of the camera speaker. If you forget and a voice note starts blaring from the camera, simply rotate the front dial to switch to another image and then change the volume settings. Your use of these functions and mileage may vary...

Print Order. The industry standard DPOF option available on all cameras and supported by most printers post 1998 which I have seldom seen used. Lets you indicate how many prints you want from each image and if you insert the card into a photo kiosk the selected number of prints will automatically be generated. Ho-hum... If you use this at any stage remember to reset the entire Print Order data set otherwise you will get the same number of prints generated the next time you visit a kiosk with your camera card – if you insist on inserting your card into a public slot... Also works on any *PictBridge* compatible printer.

Reset Protect If you have used the protect image option (the key symbol option seen when pressing OK after playback) to stop accidental erasing of vital images in the camera, you can reset all of the protection instructions using this option.

Copy All>As needed Lets you copy images from one card to another in the camera.

Connection to Smartphone Choosing this option by highlighting and pressing OK starts the Wi-Fi system of the camera. This deep menu option should only be needed the first time you pair the camera and your mobile. Afterwards it is faster to tap the **WI-FI** wording on the top left of the camera screen adjacent to the battery level display.

CUSTOM (GEAR) MENU

Option set A for AF/MF (Auto Focus)

Sub Menu A1

AF Mode > S-AF (Single Auto Focus). For subjects moving around in the frame with neutral backgrounds CAF+TR works well for me. You can rapidly change this in the SCP or by using the pedestal button on the top left of the camera.

AF+MF>Off This lets you use the manual focus ring in all modes. I prefer using the AF/MF clutch to change this.

AEL/AFL>

AEL/AFL>SAF>Mode 1. Starts AF on light press and locks exposure, takes photo on full depression of shutter button.

AEL/AFL>CAF>Mode 2. Starts AF when lightly pressed but only grabs exposure and shoots when fully pressed. I find this leaves the back buttons free for other important stuff when shooting sports.

AEL/AFL>MF>Mode 1. Locks metering on a light press of shutter and takes shot when fully depressed.

AF Scanner>

Varies between **Mode 2** (Mostly static subjects like wildlife, buildings, birds nesting, cricket etc.) and **Mode 3** (Any sort of action like soccer, touch, motor racing etc.) depending on subject. On Mode 2 it will scan the range of the lens once when button is pressed and then stop until you press it again. On Mode 3 it will carry on hunting to try and find focus.

C-AF Sensitivity>

If you set this to a lower value, the camera will not change AF rapidly. Best for things like soccer and rugby/American Football when I use **-1**. At cricket when concentrating on batsmen and the odd fielder may walk between the camera and my subject I use **-2**. If you want it to keep on changing quickly use a + value...+1 make it re-focus rapidly on anything entering the frame.

CAF Center Start AF will commence in the middle of the target groups you tick in this option.

C-AF Center Priority The ticked target groups will re-start AF in the middle of the group if focus is lost in C-AF.

Sub Menu A2

Focus Mode (Target group) settings>All ticked. Firmware 3.0 added a 25 target group. You need to tick it if you want it to be selectable.

AF Area Pointer>On mode 2 Shows the AF target area being used when you press the shutter halfway. Mode 1 keeps blinks it once when AF is confirmed then goes away. Daft in my view. Off is obvious – NO AF target display at all.

AF targeting Pad>On (mostly) Initially after getting my first E-M1 Mark ii I left this off. This was solely due to my experience with the original E-M1 – there I used the dials to position the AF target after pressing Fn1, Now, I am so used to tapping the screen twice to disable it after using it (Tap once to activate when camera is at eye-level) it no longer reacts to my nose or hands at odd times. Persistence was the key...this is a very useful feature but it needs practice and discipline in use.

[AF Target Group-] Set Home>All groups set to middle of array With this set, no matter where your AF target is, a short press of the OK button will get it right back to where you set it to go and with the target point size and mode you use as a default with this setting. If you see a square showing HP after pressing the OK button after activating this menu option, it is waiting for you to choose a home position and you have not yet set any.

[AF Target Group-]Custom Settings>Set 2 This gives you a fast and handy second set of options for changing target groups simply by pressing the INFO button after pressing F1 (If you have assigned the Fn1 button to AF target settings of course.)

Sub Menu A3

AF limiter>Varies **Off/On** depending on the subject. At cricket I use it and when On you can then set **Priority Release** On or Off. I usually use **On** as I tend to use this at sports and can sometimes see depth of field will compensate for any small out of focus aspect and I can then shoot while the camera makes fine adjustments to get its transistors happy.

AF Illuminator>*Varies* (Options are On/Off) This can shine a red light (or not) from the camera body to assist AF in low light. Useful in some cases, irritating in others. Use as required.

Face Priority>*Varies* Normally for weddings and social occasions it is on with (I) to focus on eyes as well. For general scenes in news and sports it is off. Quicker and easier to change this via the SCP which is where I do so.

AF Focus Adjust>**No setting (yet)**. This lets you make fine adjustments to Phase Detect AF accuracy (if you feel it is not as sharp as it might be) in a range of -20 to +20 steps. You would need to set the camera on a very sturdy tripod and play with the settings to see if they have any benefit for you. M43 lenses and 43 lenses on MMF3 have not needed this on my kit yet.

Sub Menu A4

Preset MF Distance>Varies You can pre-set a focus point and I find this useful for dog shows and show jumping when covering one particular jump. Select **PreMF** in the menu then press **INFO**. Now aim at the pre-set focus object you want and press shutter halfway. Once focus is attained press **OK**. Now, the camera will always focus at approximately this distance in the first instance after the shutter button is pressed. The distance can also be set manually and the **PreMF** function allocated to a button via the custom function button menu options. I use this often when shooting cricket or show jumping.

MF Assist> Magnify>On When focusing manually the central portion of the image is automatically enlarged 5x when the focus ring is rotated.

MF Assist> Peaking>On Uses highlights around in-focus items to make it easy for you to nail the focus point you want.

MF Clutch>Operative If you have an OM-D line lens with a manual focus clutch this ensures it does what it is designed to do. If you often bump the clutch into MF and get irritated by this, switch the function to **Inoperative** (off) here. I personally love using it to pull focus in video.

Focus ring>Anti Clockwise (Default). Same direction as the OM series lenses from infinity to close up. Four decades of focusing muscle memory is hard to break.

Bulb/Time focusing>On. Lets you manually adjust focus during bulb and live time shooting on the lens ring.

Reset Lens>Off. This re-sets the focus of the attached lens on the camera body when the power is switched off. If shooting videos and you need to power down to save battery, this will take your focus off the speaker's podium or the nesting site of a bird as but two examples. If this is off then the focus will stay set where it was. Also cuts power consumption overall. Your choice may vary here.

Option set B (For Button/Dial/Lever)

Button Function>

Fn1>AF Area Select Quickly calls up option to move AF point

Fn2>Multi Function Lets you quickly select curves or colour creator and other functions.

Rec Function>Record Why disguise your video record start/stop button?

AEL/AFL Function>AEL/AFL Seems daft to set this when I have AEL on the shutter button but, if you use this with the metering AEL zone option set elsewhere you can get an instant spot meter (or Centre Weighted or SpotHi or SpotLow) on the AEL button. That's why I have it set this way here...

Top body button>One Touch White Balance Aim camera at a white surface and press then press shutter – instant white balance correction for mixed Kelvin lighting conditions.

Lower body button>Depth of field preview Stops down lens to pre-set aperture for depth of focus preview in the viewfinder.

Display Button function> Switch Display (On/Off)

<^> Four way controller> [---] Allows you to move focus points with arrow pad keys. Several options available here but when using the HLD9 the four way controller there is easy to reach in portrait orientation and having them different is confusing for me so they are the same on both the camera and HLD grip. You need to set this option on the PBH 4-way controller option later on in this menu sub-section too though.

Right arrow pad Function>Off

Down Arrow pad Function> Off

You can allocate options to these 4-way controller buttons to mirror those on Nikon or Canon camera 4-way controllers. As I am so used to using the SCP I do not use these options

Bfn1>[---] Sets HLD9 battery grip buttons to mirror the setting on the camera with the camera turned vertically.

Bfn2>AEL/AFL Sets HLD9 battery grip buttons to mirror the setting on the camera with the camera turned vertically.

PBH<+> AF Area Select

PBH Right and Down arrow buttons> Inactive.

Lfn>AF Stop Lets me lock AF when covering fast action if needed by pressing the lens function button on a Zuiko PRO lens.

PBH 4-way controller Lock> Off If set to *Lock* you cannot use the four way controller pad and OK button on the HLD9 grip. If shooting vertically at a wedding or other occasions with people in the shots I like the additional 4 way pad they have added to the HLD9. I miss it when using the older E-M1/HLD 7 combination. Your setting might be different.

Dial Function>P>Front Dial +/-, Rear dial Ps

- >**A>Front Dial +/-, Rear Dial Aperture value**
- >**S>Front Dial +/-, Rear Dial Shutter speed value**
- >**M> Front Dial Aperture Value, Rear Dial Shutter speed value**
- >**Menu> Front Dial horizontal movement, Rear Dial vertical movement**
- >**Playback(>) Front Dial Prev/Next image, Rear Dial Zoom/Thumbnail view**

Dial Direction>Dial 1>Exposure>Dial1 Increases the value as dial is turned to the right.

- >**Ps>Dial1** Increases shutter value/opens aperture as you turn it to the right.

Fn Lever Function>

Switch Function>On Setting to this leaves the functions on the control dials as I set them for normal use. Switch the lever to position 2 and the front dial instantly changes ISO (and so many moan that OM-D cameras do not have an ISO button...!) and the rear dial changes White Balance.

There are several modes with which to play. Find the one that works for you.

Fn Lever/Power Lever>Fn If you wish, you can use the Power 1 or Power 2 options to turn the function lever into the camera power switch. Due to inconsistencies with using the older E-M1 and decades of OM cameras where the power switch was on the top left plate, I leave this as it is on the older model.

Elec Zoom Speed> Fast Only affects still image use. For video use you set the zoom speed in the Video menus.

Option set C (Release/Continuous/Image stabiliser)

Sub menu C1

Release Priority S>Off This ensures that the shutter will not fire unless something is in focus. As you usually use the S AF mode for portraits, weddings, products and other stuff that must be tack sharp, this is a good idea to me.

Release Priority C>On/Off I change this if I am doing specific action where I need sharp shots all the time – like sponsored race cars, athletes or football players for their agents. If On when shooting those, the camera will track focus and only release if it deems the subject is sharp. With it off, you can pick the moment to fire and it obeys. Your mileage may vary depending on your needs. For Birds in flight or other action set this to On and you will not get many (if any) out of focus shots as it tracks the bird.

Low frame rate Settings>

L fps>5fps No logical reason for this setting other than it is what my Nikon F5 and E-3/5 could give and where I set the original E-M1. It is plenty fast enough for most use when doing human based sports (except Touch). Set what you like.

Frame Count Limiter>Off Other than having to scrimp on card space I cannot see why I would set this to stop me in the middle of a sequence when it hits the preset limit. However, if you only need a set number of images in a burst, you can set that limit here.

Silent Shutter Low fps>5 fps I keep this at the same as the mechanical shutter rate. Why add things to remember?

Frame Count limiter>Off See comment about this limiter above.

Pro Capture Low>

Max FPS>18

Pre Shutter Frames>35

Frame Count limiter>Off

High Frame Rate Settings>

H/Anti Shock fps>15 fps The fastest you can get on the mechanical shutter of this camera. So if you want H rates, then, as the saying goes, *go huge or go home*.

Frame Count Limiter>Off

Silent Shutter H fps>60 fps If you have the speed, use it.

Frame Count Limiter>Off

PoCapture H Rate fps>60 fps See comment about the 15fps setting above.

Pre Shutter Frames>14

Frame Count Limiter>Off

Flicker Reduction

Anti Flicker LV(Auto/50hz/60hz/Off) >Auto

Anti Flicker Shooting>On Reduces shutter speed if needed to ensure even exposure in areas where lighting is flickering (TV screens/Fluorescent tubes illuminating room etc)

Sub Menu C2

Image stabiliser>

>**IS AUTO** At this setting the camera automatically compensates for panning and tilting and de-activates either if needed. If set to IS1 or IS 2 you need to remember which is which and set the appropriate option if you suddenly decide to pan. I let the electronic genies sort those decisions. After all, I did pay for their abilities...

Image Stabilisation>

Fps Priority/IS Priority Varies with assignment. In high speed daylight sport shooting with a monopod or tripod (cricket), then it is Fps priority. Otherwise, mostly, IS priority.

Halfway Release with IS>On This activates the stabiliser when you half-press the shutter. Lets you see the subject without it jiggling about. You can save a miniscule amount of power by setting it to Off. Don't bother.

Lens IS priority> Off If you have a non Olympus lens with an optical stabiliser built-in, set to on. If not, set it off.

Option set D (Display/Sound/PC)

Sub Menu D1

Control Settings>

iAUTO>Live Guide – Live SCP

P/A/S/M>Live SCP

ART>Art Menu -Live SCP

Each press of the INFO button while using each mode above will display the settings selected. OK. OK! Yes, I do love the live Super Control Panel (SCP). You may not.

Info Settings

Playback Info>Image Only-Overall-Histogramme-Highlight/Shadow-Light Box

Each time you press INFO after displaying an image you have taken the display will cycle through the settings you choose here.

Live View>Image only-Custom 1 – Custom2

If you set Custom1 you get a red overlay on blown highlights and a blue overlay on blocked-out shadows in real time while previewing an image on the screen or in the viewfinder if you cycle the INFO button

Custom2 displays the level gauge on the next press of the INFO button.

Thumbnail settings> 4 – 25 – Calendar

After displaying an image for review, turning the rear dial to the left will display a 4 thumbnails and then 25 before showing a calendar display. Choose the options you like.

Picture Mode Settings> All Why switch off an option you paid for? However, if you only use one or two and never the others, you can limit which ones are available on the SCP and Picture Mode menu option here. Will save you seeing picture modes you do not wish to see or use.

Drive mode/Release settings> All on If you wish, and you really, really, *reelly* find the menus confusing and too full of options, you can select some of the drive modes you do not use so that they do not display as an option when pressing the drive mode selection button or tapping the option in the SCP. I do not suggest this as, when you do one day want to use a mode you seldom use, you may think the camera has lost it somewhere and spend ages trying to work out how to get it to display your required choice as a selectable option.

Multi Function Settings>All This lets you decide which modes will be available when you use the multi-function settings. See comment above about perhaps hiding some choices here.

Sub Menu D2

Live View Boost>

Manual Shooting>Off

Bulb Time>On 2

Live Composite>Off

Others>Off

Art LV Mode>Mode1 On mode1 you see the exact effect in the EVF of the ART filter you are using but sometimes the refresh rate drops to show it. If you use Mode2 it is the fastest EVF refresh rate but the effects are not as pronounced and not always what you eventually get.

Frame rate>Normal/High Will change...you can only use this adjustment if you do not have the boost and SOVF modes activated elsewhere. Normal is usually great but when shooting sports/fast action I put boost and SOVF off so I can get the fastest EVF refresh rate.

LV Close Up Settings

LV Close Up Mode>Mode2 When you enlarge an area in Live View this Mode2 setting will leave the view enlarged and perform AF when you press the shutter button without changing the enlarged view. In Mode1 it flips back to the reduced size view when you press the shutter button.

Live View Boost>Off ON if in the studio. If on the display will brighten when focusing.

Playback/Magnification default setting>Recently

Here you can tell the camera what magnification to use as the default value when you press the playback button. You can use Recently (used) which will use the last display option you had, including the magnification you had on the screen when you stopped playback. Equally value is a 100% 1:1 display and the rest are options from 2 to 14x magnification.

Depth of field preview settings>

Preview Lock>Off Pretty obvious this one. I like to press the preview, check what the depth of field effect is and have the aperture go back to wide-open when I let go. Less to remember. Your choice may be different.

Live View Boost>On This brightens the EVF or rear screen display to compensate for the usual dimming of the image when the aperture stops down in depth of field preview. Only works while depth of field preview button is in use.

Sub Menu D3

Grid Settings>Off

Options if on are:

Display Colour>Your choice of colours and transparency. Save two options for later...

Displayed Grid>Many options available (including a wide-screen grid).

Apply Settings to EVF>Will also use your settings in the EVF.

Peaking Settings

Peaking Color>Yellow You can choose from Red, Black, White and Yellow. I find yellow to be the most consistently visible colour with most subjects.

Highlight Intensity>Normal Different intensities of peaking marking. Normal works for me.

Image Brightness Adjust>Off If **On** the image intensity varies as peaking is displayed.

Histogram Settings>

Highlight 250

Shadow 5

Aha! Why this? Well, if you couple this setting to a change of the Live View INFO setting to Custom 1 as described elsewhere, you will get the option to show the blown out areas of your shot in the viewfinder (or rear screen) in red as you preview the image. With the highlight warning set to display at 250 (and not 255) you will have a bit of “headroom” built in to your exposure if you avoid having any highlights in red in the preview. Blacked out shadows will show as blue but with a similar amount of leeway for working in post production. Also affects the histogramme (the English spelling) display on review. Works for JPEG and RAW shooting. Has been a feature of the display of Olympus mirrorless cameras for many years - with due respect to some Olympus *Visionaries* who claim their friend “discovered” this.

Mode Guide>Off

If set to *On* each time you select a new menu option or turn the mode dial a little box detailing the purpose of the menu option or setting will appear. Once you know the camera well it may be annoying.

Selfie Assist>On

This decides if the monitor will show a corrected mirror-image of the view through the lens on the monitor when it is flipped around to face the front.

Sub Menu D4

Sound/Beep>Off

Turns off that little beep-beep noise when the camera confirms focus. You may like to sound “professional”...most of us who actually are, do not.

HDMI>

Output Size>1080i If connecting to a conventional large screen via an HDMI cable. If the monitor or projector is a 4K one then C4k or 4K. Why not give the best signal possible?

HDMI Control>On With this on you can power the camera on and off and flip through images with the screen/HDMI device remote control.

Output Frame Rate> PAL My country uses PAL TV signals. Set according to your locality.

USB Mode>Auto When you plug the camera into a USB device this setting calls up a menu on the rear display for you to decide which USB mode to use. No need to make a single, permanent choice here in my opinion. On FW 3.0 one choice added here permits you to process RAW files via the camera's TruePic VIII CPU when using Olympus Workspace software on the computer/laptop instead of using the computer/laptop CPU. It's incredibly fast doing it this way...you just need to make sure your batteries are charged up or use the AC power adaptor system via the power grip HLD-9..

Option set E (For Exposure/Metering/ISO)

Sub Menu E1

EV Step>1/3 Sets how it increments values with each click of a control dial. On this setting count the clicks for each full stop of compensation.

ISO Step>1/3 Same as EV step on my camera.

ISO Auto Set

High Limit>5000

Default>200 ISO The camera uses this setting (which is the native ISO of the sensor and thus no interpolation of the signal is performed) as far as possible if AUTO ISO is set. Otherwise this is the place to set ISO (and via the SCP of the front dial when the lever is at position 2)

Lowest Shutter Speed setting>Based on reciprocal focal length

This setting instructs the camera to not let the shutter speed to fall below the speed equivalent to the focal length of the lens in use. i.e. if using a 300mm the shutter speed will drop to 1/300 second before the ISO is boosted. Auto will decide on an algorithm to use for you.

ISO Auto>P/A/S

The auto ISO setting is a great tool if you cannot be bothered to set ISO for each particular subject and condition you encounter. You can decide which modes use auto ISO and you can define the parameters of the Auto algorithm's range of options to use. The Default ISO you set should be 200. The camera will always use that and only increase the ISO if the lower shutter speed limit set in flash sync settings is reached. And it will only increase as far as it needs to to maintain the lower limit you set.

While I use this on P/A/S settings, you could turn manual into an automatic mode. If, for example you want to use 1/1000 sec at F=1:8.0, you can set that on manual mode. Now, if you set the ISO settings shown here the camera will change the ISO to ensure that you get good exposures with your settings but it will not exceed the maximum ISO you have set. I use ISO 5000 as I have consistently found that to deliver good, sharp images with good colour and not too much break-up on well-exposed images on the original E-M1.

Noise Filter>Standard Sets the amount of filtering undertaken at high ISO values. If you often shoot black cats in coal mines at night then you may wish to see if the Auto perhaps blurs detail too much for your taste and try low. However, the trade-off in using low at high ISO settings is increased noise. Your mileage is up to you here and this only affects JPEG files.

Low ISO Processing>Detail Priority You can choose drive priority which will not apply fine noise reduction at low ISO equivalent settings when you are shooting at high frame rates. If you want to use the low ISO equivalent you normally are happy to be using a lower shutter speed and things are not usually moving about much so setting to detail priority will give you the finest possible results but you need to chill when taking the shots.

Noise Reduction>Auto Choices are Off, On or Auto. If you shoot mainly JPEG then Auto is good. It kicks in when you use slow shutter speeds or the camera and sensor temperature rises. If it activates on a slow shutter speed exposure the camera will process the image for the same period as the exposure time.

Sub Menu E2

BULB/TIME Timer>Variable This sets the maximum time available for Bulb photography. Mostly mine is set to 8 minutes as default if I remember to re-set it.

BULB/TIME Monitor>-7 Sets how bright the monitor will be when you are shooting with BULB or Live Time settings. It is usually dark so I turn it down by default. If you need it brighter you can do this on location as required.

Live BULB>Off (usually) If off the camera builds up the image and you see it only after completion. This saves battery power. If **On**, you can monitor the image as it builds-up.

Live TIME>Varies

Composite settings>Varies

The time you set is the time interval at which updates will be made to the display. Total exposure time is the time between your first shutter press and the next one which ends the composite image exposure.

Flicker Scan>Off

Sub Menu E3

Metering>ESP Available on the SCP. Set to taste. .

AEL Metering>Spot Sometimes this will change to Spot-Hi or Spot-Sh. What this does is it instantly changes the metering area to a spot, Spot-Hi or Spot-Shadow mode when you press the AEL button. See the options for AEL earlier. The spot meter follows the position set for the AF target frame. Cool.

Focus Target Spot Metering> Activated

If you have selected spot metering the camera will only meter the in-focus target. (This de-activates Face Priority settings while spot meter is in use.)

Exposure Shift>

ESP>0

Centre Weighted>0

Spot>0

If you find that all your exposures are off (too much or too little exposure) you can make an adjustment to each of the light meters built in to the camera (ESP, Centre weighted or spot sensor here. I have found mine to be fine so I have left these three options at 0 so far.

Option set F (Flash Custom settings)

Flash X-Sync>1/250 Its the fastest you can use with electronic flash units unless they are Olympus FP mode compatible.

Flash Slow Limit>1/15 I change sometimes but this is a good floor limit in my experience.

Flash/Exposure compensation>Off If this is on, any adjustments you make to the flash exposure compensation are added to the EV value you may have adjusted for exposure. This often gives you over-exposed images as it racks up the ambient and the flash exposure at the same time but you will only get a preview of the ambient exposure in the EVF.

As you can quickly set flash compensation with the multi-function lever to position 2 and top left buttons or using the SCP, I leave this off.

Flash WB>Sunlight This determines what white balance the camera applies to JPEG files when photographs are exposed with a dedicated flash unit.

Option set G (Picture quality/Colour/White Balance)

Image size settings (That pixel graphic)

1>LF

2>LN

3>MN

4>SN

Pixel Count

M/Middle>3200x2400

S/Small>640x480

These give me great fast JPEG output options for use when shooting things only for web or Facebook use. Seldom used but save a lot of fiddling when they are needed.

Shading Compensation>On Keeps older lenses and non 43 glass images from showing vignetting.

WB>As needed. Change via SCP or multi-mode lever position 2 and a dial. It's faster.

ALL WB Compensation>

All set

All reset

This applies the same WB shift adjustment to all WB modes or resets them to factory default.

WB Auto Keep Warm Colours>On

In Africa we like warmer tones when shooting in artificial lighting. Your mileage may vary. Use if a JPEG shooter, immaterial if you only shoot RAW.

Colour Space>Adobe RGB

If you only shoot JPEG and view image son a phone or PC screen out the camera, then sRGB is a good setting to use. If you shoot RAW or work commercially, use Adobe RGB as it has a wider colour gamut than sRGB. However, images tend to look “flat” compared to sRGB on the same system until post processed.

Option Set H (Record and Erase settings)

Sub Menu H1

Card Slot Settings>>

Save settings> Dual Same with Up arrow (For still photography) Saves duplicate files with identical parameters (As set in your image quality selection via the SCP or the menu) on both cards. If one card fills up, the other will be still be available to save images as opposed to using the same option with the Down arrow which stops writing if one card fills up. This gives me total redundancy and a vital backup on assignments where I cannot tell the client “Oops, the card malfunctioned...”

There are several options and I will explain them as best I can in case you might prefer another option. **NOTE: All options revert to Standard** when you only have one card in the camera.

Standard Select a card on which to save images and the camera will save to that designated card.

Auto Switch Camera fill sup one card then uses the second as an overflow storage facility.

Dual Independent with Down arrow Each image will be stored on both cards but you can specify different quality levels for each card. This is useful, as but one example, where you are shooting set items for both print and internet. You can set LF for one card and a set size of 640x480 pixels SF on the other. This saves time normally used for scaling large files for this purpose. Alternatively, one can save image files and the other video files. **NOTE: Any Down arrow mode stops writing to both cards if either one is full.**

Dual Independent with Up arrow Images are saved to both cards, but you can specify different parameters for the file sizes and types to be stored. Storage will continue to card where space remains if either card fills up.

Dual Same with down arrow Each image is mirrored to both cards but saving stops if either card fills up.

Photo Save Slot> 2

Movie Save Slot> Video Slot 1 Simply because this is the faster UHS capable slot. If you only do stills then this is not an issue.

Playback Slot> You can specify which card is read if the playback button is just pushed as normal. I find it easier to press and hold the playback button and turn the front dial to switch which card I want to view from via the SCP. This is usually only needed if you are shooting video to one card and images to another in my experience.

Assign Save Folder> This setting lets you create a specific named folder for saving camera output. I only use this if shooting two or more assignments on one day where I need to keep client's images separate. Usually, however, most photographers will organise images into folders and categories in post production. However, it is here if you can make use of it.

File Name>Auto !!

This setting remembers the last file name and number on any previous card and increments it on a new card. Prevents you landing up with hundreds of images with the same file-name (that your computer will prompt you to over-write as “Duplicate filenames exist...”) which is what happens if you choose “Reset” - and that is the daft default setting...use **Auto**, you have been warned!

Edit Filename>

sRGB> (First position) M

AdobeRGB>(First position) M

This puts the letter or number you choose in the file-name at the position chosen. When shooting several folk from my studio using the same cameras this is a handy way to differentiate who shot what.

dpi Settings>350dpi Saves you having to scale everything from a huge 72dpi file to get print ready files.

Copyright Settings>

Copyright Info>On Adds the copyright detail you supply in the next two fields to the EXIF data of the file. If you make money off your photos (and even if you do not) it is worth using this.

Artist Name (Your name)

Copyright Name (Your website or copyright file/link/warning or whatever...)

Lens Info Settings>Add information about non-electronic lenses – like legacy OM system lenses used via adaptor -to assist camera in making corrections and other adjustments when these are being used.

Sub Menu H2

Quick erase>Off

Asks you to confirm deletion of an image with a default answer of No. One day you will be glad this is off.

RAW+JPEG Erase>JPEG

When shooting news events I shoot RAW and JPEG. JPEG for the news service and RAW for my library. If I get accosted by an overly self-important policeman or security official demanding that I erase a photo I may have taken, then this deletes the JPEG but not the RAW file and a spin of the dial with playback still activated puts the display into territory without the “offending” photograph and keeps them happy.

Priority Set>No If set to No this will put the cursor on the position you move to or a default negative answer - i.e. it will not complete the action if you press OK in an absent minded moment... - when you choose to change something. If ON the camera will automatically move the cursor to a point that will complete the chosen action if you press OK. I like the buffer of the added time it takes to move cursors to “Yes/OK” in order to make sure it is a good idea before I press OK. You may feel differently.

Option set I (Built in EVF)

EVF Auto Switch>On Very kindly activates the EVF for you when your eye is nearby and powers it down again when you take the camera from your eye. Saves power and you having to press the EVF/Live View button next to the viewfinder..

EVF Adjust>

EVF Auto Luminance>On

Automatically adapts the EVF to prevailing lighting conditions. Otherwise if off it is a constant brightness level which can be dazzling in dark wedding venues, theatres or when shooting floodlit sport.

EVF Adjust> Zeroed

I have found the EVF to be pretty accurate in colour and White Balance. You may wish to fiddle though...

EVF Style> Style 3 Gives maximum real estate to the image and overlays data selected. You also have choices to make it look like an old fashioned SLR finder.

EVF Info Settings>

Basic Information

Custom 1

Custom 2

You need this on the custom settings if you want to see the red and blue highlight/shadow overlay when you toggle the INFO button described earlier.

EVF Grid Settings>

Display Colour>Preset 1 (Factory default)

Displayed Grid> Off As I said before, if I do not know where the thirds are by now...

Halfway Level>On

S-OVF>Off

If you want things to look like they do through a flappy mirror camera viewfinder and lose exposure preview and all the other great mirrorless advantages, set this on. There are other ways to get SOVF quickly. One is via the Fn2 button and a dial twirl. Far faster.

Option set J (Utility)

Sub Menu J1

Pixel mapping

This takes a look at all the pixels and checks their response. Dead or stuck pixels are then mapped out of the photographs. I do this before all important assignments.

Press and Hold Time>1.0 sec. A great feature to control how “sticky” buttons are. If at 0.5 a button operates almost instantly. The longer you set it, the longer you need to press for the function to operate. I find 1 sec avoids accidental presses.

Level Adjust This allows you to re-set the level indicator. Never had to do it yet.

Touch screen settings>On You may not want this on. I love the speed of settings with the SCP and touch screen.

Menu Recall>Recall If you de-activate the Recall option then you will always have to start navigating the menu system from the first tab and first option. However, if you set this to **Recall** you then have a further “soft programmable” button on the camera.

If you need to call up a particular menu option to chop and change it while on a specific shoot, press Menu and navigate to the setting. Now touch the shutter button. Each time you press the Menu button – even after you switch off the camera and power it on again – the last menu option you used (in this example that special option you need to access rapidly for your shoot) will always be recalled for quick access. Neat.

Fisheye Compensation>Off Only available when you have an applicable lens attached from the m43 range.

Sub Menu J2

Battery Settings>

>Battery Priority>PBH

This drains the battery in the HLD9 grip first and then power seamlessly switches to the camera body battery. You can then change the grip battery and it will revert back to that. In this way the camera body battery operates as a fail-safe reserve/backup power supply. If you do not have a grip then set Body Battery

>Battery Status – Info on the battery such as how many shots are left on current charge, charge cycle life and its serial number.

Backlit LCD>8 seconds

Sleep>1 minute. Simply touch the shutter button softly to get display up and going again.

Auto Power Off>1 hour. If you do not use the camera in this period (like you left it switched on before putting it away) it will power down and you need to cycle the power switch off and on to get it going again.

Quick Sleep Mode>Off

Eye-Fi> This will be greyed-out if you are not using an eye-fi card (i.e. no Eye-Fi card in the camera) This section lets you set parameters to be used when transmitting images from the camera via an eye-fi card. Personally, I have never used these.

Certification>Displays all the logos and approval guff from places like EU, FCC and other government bodies that are over-legislating us into cotton-wool lined tombs...in case you are ever asked. ;-)

A legal requirement in places where government regulators have become overly officious.

Setup menu

Card Setup>Slot 1 Slot 2 As needed. Use to erase all images without formatting or fully format cards. I always format cards before first use in camera and before any vital assignment. If only using one card, the option to choose which slot is formatted is not displayed.

Date and time> As you require. Local is sensible.

Language>English (That's easiest for me – use your language if available)

Monitor Adjustments>Zeroed I find the monitor and EVF pretty good right out the factory. If you wish, you can change the settings here but personally I never do fine review on the camera anyway. Its far more important to have your computer monitor and other downstream items colour matched.

A useful tip is that if you press INFO while viewing in the EVF adjustment menu, you can change the monitor from Neutral to Vivid colour saturation.

Rec View>OFF!!!! If this is on, each time you take a photo the EVF will display it for a fraction of a second. No hope of following subjects then. This is on by default. Do not know why...

WiFi Settings

WiFi Connect settings>

Private / One time / Select / Off

Private will keep the details of your camera on your OI share equipped phone for a fast set up next time it is used. One time lets you set up a fast, one time connection to any other wifi device. Select is tedious as it asks you each time WiFi is activated if you want a Private or One Time connection. Off is...well...off. No WiFi.

Private Password You can set your own password here. Each body has its own one (the serial number) so cannot see why you would need to but anyway...do it here.

Reset Share order This resets the way images are sent out of the camera. Frame last frame onwards to all on card.

Reset WiFi settings All WiFi gadgets need this occasionally. However, in the years of use my cameras have not needed it...yet.

Firmware>3.0 The latest update for the E-M1 Mark ii at time of writing. Anything less and you should connect your camera to your PC and run the updater.

Check for the latest firmware on your country site. If you do not have one then www.olympus-europa.com is one place to find it.