

The good living and community magazine for Exeter, Plymouth and across South Devon

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reconnect

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Revealing Hidden Treasures

in your own skin



A TIME OF CARNIVAL

The liminal celebration returns



MINDFUL IN NATURE

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Celebrating community wellbeing, resilience + adaptation during these times of change - powered by the people

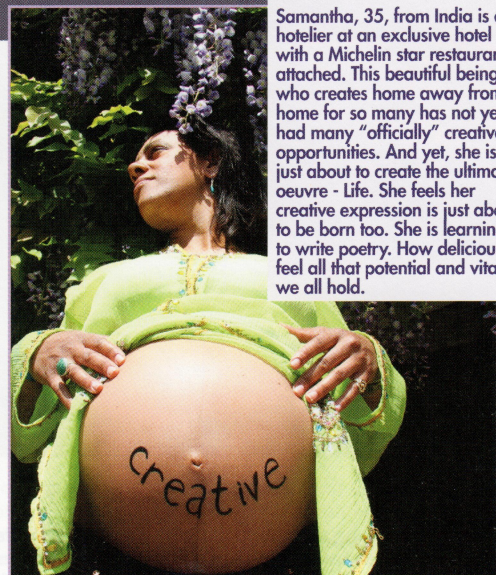
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Artlinks

Welcome to a first for Art Links - this time we're featuring a local film-maker. And she's premiering *In Your Own Skin*, an exciting and moving documentary, in Totnes in November. MARTIN FOSTER watched a preview and brings you the (almost) full story - no spoilers!

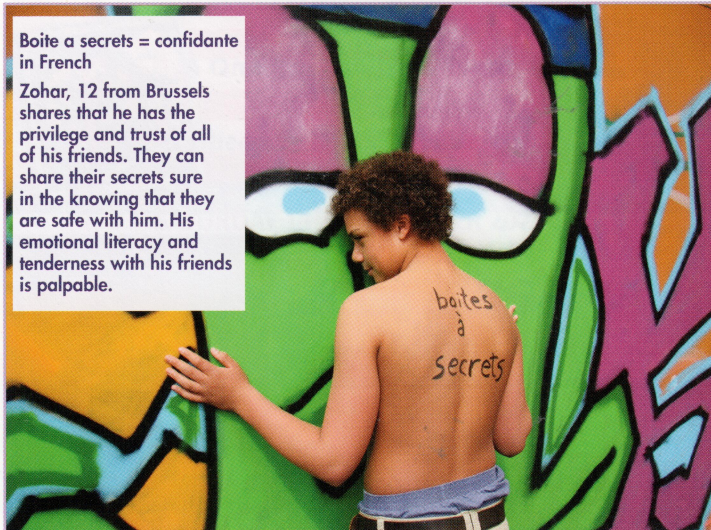


Creative
Samantha, 35, from India is an hotelier at an exclusive hotel with a Michelin star restaurant attached. This beautiful being who creates home away from home for so many has not yet had many "officially" creative opportunities. And yet, she is just about to create the ultimate oeuvre - Life. She feels her creative expression is just about to be born too. She is learning to write poetry. How delicious to feel all that potential and vitality we all hold.



Boite a secrets = confidante in French

Zohar, 12 from Brussels shares that he has the privilege and trust of all of his friends. They can share their secrets sure in the knowing that they are safe with him. His emotional literacy and tenderness with his friends is palpable.



ensured she also always had a film camera operator with her and gradually accumulated hundreds of hours of footage.

Back in the UK, she called on the video editing skills of Emilio

Mula, whose digital animation work we featured in Art Links in the last issue of Reconnect, and together they created an hour-long *In Your Own Skin* documentary. In fact, that last sentence belies the fact that completion of the movie was actually delayed for some years due to a dramatic event in Katheryn's own life - an all-too real truth that has become the phrase subsequently written on her own skin. The full story of why the film was completed against all the odds is revealed in the film, but suffice to say here that Katheryn can still hardly believe it:

"That it's finally being screened feels a bit like a miracle on so many levels," she said. "Against what seemed impossible odds. It is with such great joy and with sweet salty tears in my eyes that I am sharing this.

"The screening night means we are at long last having a celebration of this documentary. It's as much a party as a premiere - and it's a big bonus that it's at the charming and gorgeous Totnes Cinema.

"Please come and join the festivities: enjoy a cocktail and seriously good company...even get involved in this community event. It's going to be fun, interactive, touching and possibly life-changing."

Local poet and all-round lovely person Jackie Juno will also be there on the night to spice things up with some of her inimitable humour and presence.

Like all big art projects, *In Your Own Skin* was only made possible by the involvement of creative, inspiring and generous people at every stage of the production.

"So many people made this film possible," says Katheryn. "Don't get me wrong, it would not exist without my clear and sure belief in the beauty of this film, but it also came into being because we humans are so magnificent.

"So many people helped in subtle and not so subtle ways. And each and every person I interviewed touched me, taught me and was a mirror for me and you all at the same time. It's easier to understand when you see the film.

"The *In Your Own Skin* project, and particularly the film, is a true community art project; a real celebration of the unity of diversity and deep resilience."

The premiere screening/community celebration of *In Your Own Skin* will be at Totnes Cinema on November 7 at 7pm. As well as the seeing the film itself, you can also enjoy the festivities with a few cocktails and some great company, plus that Q&A with Katheryn and editor Emilio Mula. Reconnect's very own Martin Foster will also be there, so if you'd like to see your own artwork featured here in the magazine, it will also be a chance to bend his ear.

To find out more about *In Your Own Skin*, and to book tickets, visit inyourownskin.org.

And look out too for another *In Your Own Skin* event at The Barn in Dartington in April next year - watch this space for more details.

And to have your artwork, project or gallery space featured here in Reconnect, email Martin at martinfooster4242@gmail.com.

MANY things can be revealed to people when they go on silent retreat. For Totnes-based artist Katheryn Trenshaw it was a moment of realisation that led to an art project which took her around the world - and which in turn led to the publication of a book and the making of a documentary film.

And now, many years after that initial moment of revelation, that film is about to have its premiere at Totnes Cinema on November 7.

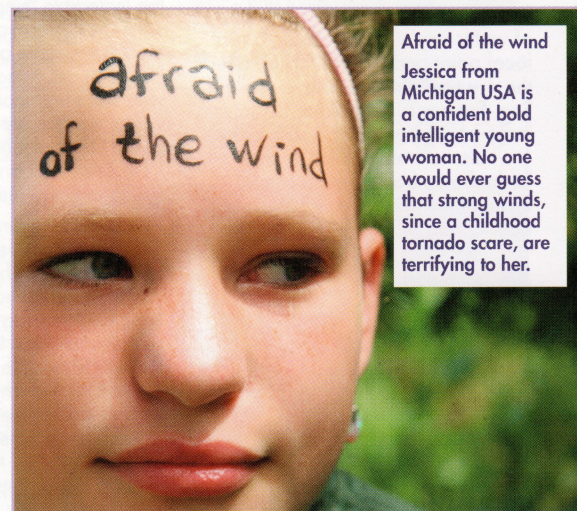
Katheryn recalls the breakthrough moment: "I had become very interested in the research work of Brene Brown around happiness, which is about reducing shame. There was a moment on the retreat when I had dug deep, emotionally, and I was at my most open and raw - it was very much about being present and not about presentation.

"I recognised, not for the first time, just how powerful the release and celebration of our deeply hidden truths can be. But what made this occasion so special was that it occurred to me: what if we invited our darkly guarded secrets to rise to the surface, through our skin - a chance to unearth hidden treasure and reveal the concealed?"

Of course, coming up with an idea for a creative project is only the first stage. It's then the work really begins.

And so Katheryn took off to harvest people's stories from around the world. She spent hours talking to interesting people ("And all people are interesting"), gently encouraging them to share something about themselves that others wouldn't realise, or would be surprised to learn.

She then distilled that newly revealed truth down to a single word or phrase, painted it on their skin and took a portrait photograph to preserve the revelation forever. These photographs were later to become an exhibition and ultimately a book. But, never knowingly unambitious, Katheryn also



Afraid of the wind
Jessica from Michigan USA is a confident bold intelligent young woman. No one would ever guess that strong winds, since a childhood tornado scare, are terrifying to her.

