

Please answer these questions - what is your name ?

What is the object you are donating to the exchange ?

How did this item inspire you and change your life ?

Please use the exchange responsibly. Items donated or taken are not checked, tested or approved in any way. You participate in this project entirely at your own risk. The artists, curator and Context Galleries accept no liability whatsoever for any loss, injury, damage or distress that may arise



**IAIN FORSYTH** & **JANE POLLARD** <sup>B</sup><sub>Y</sub>

**OPEN**  
**TUES**  
**-SAT**  
**11:00**  
**-17:30**

**21.JUNE**  
**-09.JULY**

**CONTEXT GALLERIES, THE PLAYHOUSE**  
**5-7 ARTILLERY STREET, DERRY BT48 6RG**

**AT CONTEXT GALLERIES, THE PLAYHOUSE**  
**5-7 ARTILLERY STREET, DERRY BT48 6RG**

**21.JUNE**  
**-09.JULY**

## CHANGE MY LIFE

Artists Iain Forsyth and Jane Pollard's new work, Change My Life, is a collaborative exchange of influential ideas, produced for the exhibition Rhythm-A-Ning in Dublin and Derry. The artists invite you to encourage cultural evolution by participating in the exchange they've established within Context Galleries. Each item exchanged is loaded with significance and acts as a host for a self replicating pattern of information, perhaps infecting its new owner with a spark of its original meaning and potential. For more information on the project please email: [exchange@thiswillchangemylife.com](mailto:exchange@thiswillchangemylife.com)



## RHYTHM-A-NING

Iain Forsyth and Jane Pollard met and began working collaboratively in 1993. They graduated together from Goldsmiths in 1995 and a day later were exhibiting in one of the late Joshua Compston's now legendary Shoreditch art events. Their interdisciplinary approach to art, music, mediation and the live experience has led to a continued engagement with the soundtrack underpinning contemporary life. Just as popular music and culture play out ideas of romance and obsession, history and memory, performance and the mediated image in a universally accessible yet highly personal way, their strategies have keyed into these dynamics and mechanics to make accessible, challenging and popular art. Through several video works the home-made compilation/mix tape acts as a motif and device to open up a unique space in this discourse.

Presented by Context Galleries, Rhythm-A-Ning features four artists from Ireland and the UK; Ciara Finnegan, Fintan Friel, Iain Forsyth and Jane Pollard. The artists each created new site-specific works for Walton's New School of Music in Dublin. These works are now installed in Context Galleries, Derry.

Rhythm-A-Ning is curated by Declan Sheehan

Forsyth and Pollard have pioneered the current art movement exploring re-enactment as an artistic genre. Since their first live art project The World Won't Listen in 1996, to their critically acclaimed A Rock 'N' Roll Suicide, their seminal art event re-enacting David Bowie's final performance as Ziggy Stardust, they have had the timing and insight to key into contemporary society's increasing engagement with simulation as a part of cultural expression. Their recent film File under Sacred Music, a remake of an infamous bootleg video of The Cramps performing at Napa Mental Institute in 1978, marked a significant and ground-breaking development in their practice.

File under Sacred Music is currently on tour in Europe - for more details visit [www.fileundersacredmusic.com](http://www.fileundersacredmusic.com) Iain Forsyth and Jane Pollard currently have a solo exhibition of new video work Anyone else isn't you at The Hospital, London. They will present new work in a solo show at Kate MacGarry Gallery, London in September. Please visit [www.iainandjane.com](http://www.iainandjane.com) for more information.

## IAIN FORSYTH & JANE POLLARD

# RULES

**THE** There are no absolute rules. This is an experiment, and as such will be whatever the participants collectively make it. An invitation is extended to everyone to participate, but the exchange only perpetuates if you engage in the idea with generosity, an open mind and a willingness to enter into the spirit of the venture.

## 1 PARTICIPATE

First, select something to donate to the exchange. This can be anything - a CD, a book, a poem, a picture, a film, a song etc. It must be something that has positively influenced the way you think; something that has affected the person you are and the way you do what you do. In short, it's crucial that you choose something that has, in some way, changed your life.

## 2 INFLUENCE

Use the back page of this leaflet to write a description of how the item has inspired you, what it has meant to you and how your life has changed because of it. If there is an associated anecdote, please share it. This is an opportunity to participate in educating and influencing someone unknown to you, with the possibility that the understanding and significance this item has had for you might perpetuate and perhaps replicate in another person. Attach the completed form to your object.

## 3 EXCHANGE

Take your object to Context Galleries, The Playhouse, 5-7 Artillery Street, Derry sometime before 9th July 2005. Place it on the shelves of the exchange and select an item to take away with you. Before making a choice try to open yourself to the potential of something you're not already familiar with. Keep firmly in mind that every single item has changed someone's life. Consider the possibility that held within each item is the trace of something that could have the power to influence your personal evolution. Make your choice on instinct, try to surprise yourself and challenge your assumptions. Next, log your exchange on the inventory next to the shelves of the exchange.

## 4 EVOLVE

Engage with the item you have selected. Enjoy it. Read the message with it - try to understand and appreciate the idea and the importance it embodied for the other person. Introduce it into your life with an open mind and allow it to influence you. Participate in the exchange on as many occasions as you wish. You are welcome to exchange more than one item each time. You are not being monitored, so if you choose to get involved please participate responsibly and generously. Each contributor plays a critical role in the continued potential for the exchange to evolve. It is what you make it. Change your life.