

Cécile Espinasse

getting to know ...

... my great-grand mother  
in her elderdly home universe

design research

product

performative cutlery

Retirement homes are homes for soap bubbles : they have this curious position of waiting for their burst while doing their best to avoid it. They become over-cautious and efficient. The project ReAct is fruit of my experience there ; and aims to give back autonomy and pleasure during what becomes shameful : eating time. While some of the residents still seat together to be served food and wine, others are moved to a room downstairs where they are fed mashes and jellyfied water wearing a huge baby towels. This, to avoid risks of suffocation or pulmonary edema due to dysphagia (disability to swallow). More generally speaking, ReAct is a reaction against the loss of basis physical expressions that occur in elderly homes : when everything is done for you (to fit in heavy schedules), and nothing left offers you resistance nor ask for your action.



## BEING FED MEANS :

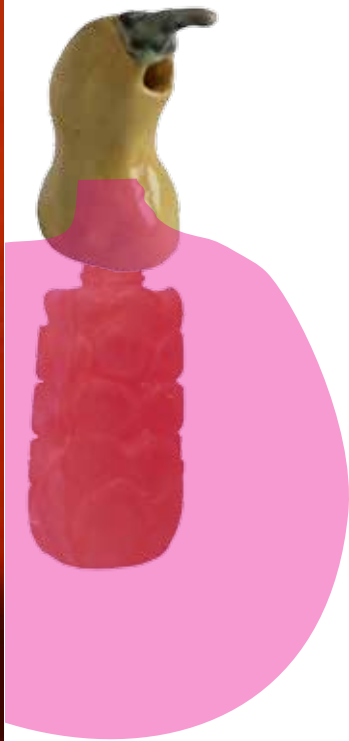
- NO CONTROL ON THE FOOD YOU GET, HEAT, AMOUNT OR SPEED
- DESOCIALIZATION AS YOU ARE REMOVED FROM RESTAURANT
- NO VISUAL PLEASURE
- NO HEARING
- NO CHEWING PLEASURE







- 1) Individual cap/straw to put in your mouth and sip the food through. Personalized to ergonomic and esthetical taste, inspired by carved walking sticks.
- 2) Bright silicon bottles (easily seen) containing the mashes. Pressing their textured surface will push the food up, toward the cap and eventually the mouth.
- 3) Fragilized outer layer of uncooked ceramic, to be broken before accessing the bottles and therefore the food. Es-  
thetical value, warmth from the ceramic, joy of breaking.



... some people staying or working  
at  , mental hospital in Eindhoven

design research

workshop / ritual

material research



From my long stays and observations in the hospital I remembered the struggle to make everything go smooth. Shouting or feeling unhappy was, here amongst all places, sign of sickness and tabooed. This is therefore what I investigated. My first step was to residents to draw and write down what they don't like. Then I translated them in linocut.



beetroot print  
from linoleum

What  
if  
things  
don't  
have  
to go  
smooth  
always ?

Investigating  
**anger**  
in a  
mental  
hospital





# Can't beat it?

## Eat it!

- 1 Every one has something boiling inside, something hateful and source of pains.
- 2 Drawing in a free way allows one to express this from inside toward outside one's body, in a shaped form.
- 3 Eating and thereofre absorbing the shaped hateful again, in a control way.
- 4 Digest it and get free.

A workshop in 2 sessions organized together with a member of the GGzE.

First a **drawing moment**, in which I try to free their drawing and get the residents in a trance moment. Then I take the drawings I ask them what sauce they like best to have with their pastas.

One week in which I **carve their drawings** and prepare the fillings for the raviolis-to become.

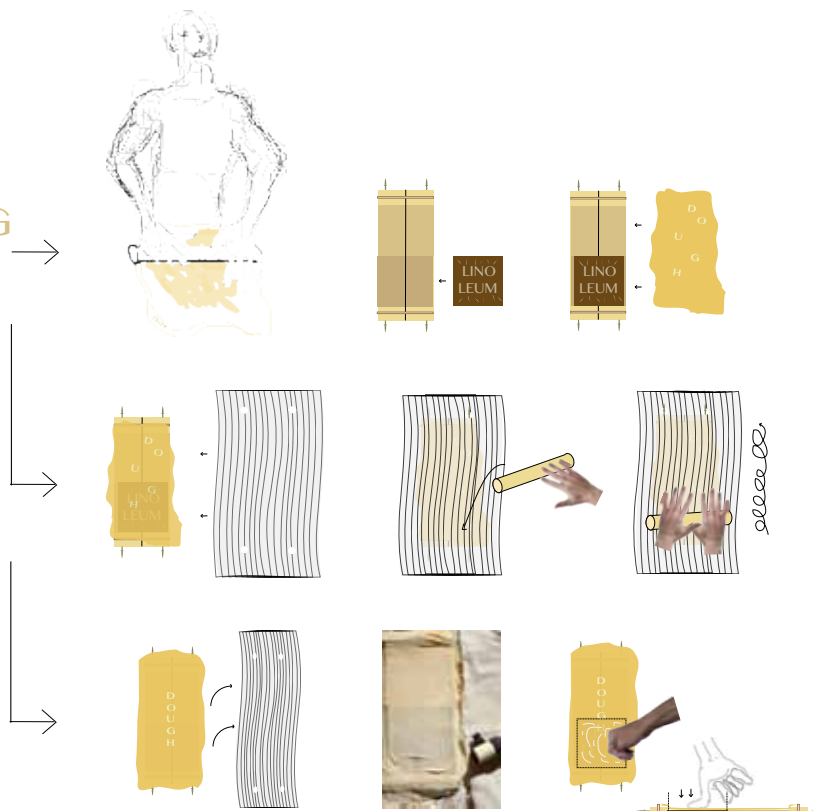
Second a **cooking session** that is a ritual to prepare and eat custom raviolis. We make pasta dough, print the hateful drawing on it, and fill it with our favorite sauce. Finally we get to eat and chew on both feelings.



workshop setting at GGzE



PRINTING  
DOUGH



preparing an apron that fits the material and shows instructions to cook and print pasta dough



printed toilet paper to explicit digestion and make people laugh



... cancer researchers of Hubrecht institute  
and economists of Utrecht with Arne Hendriks

as well as bodybuilders training under the window of Kankercell, visitors,  
and other artists of the zerofootprint project

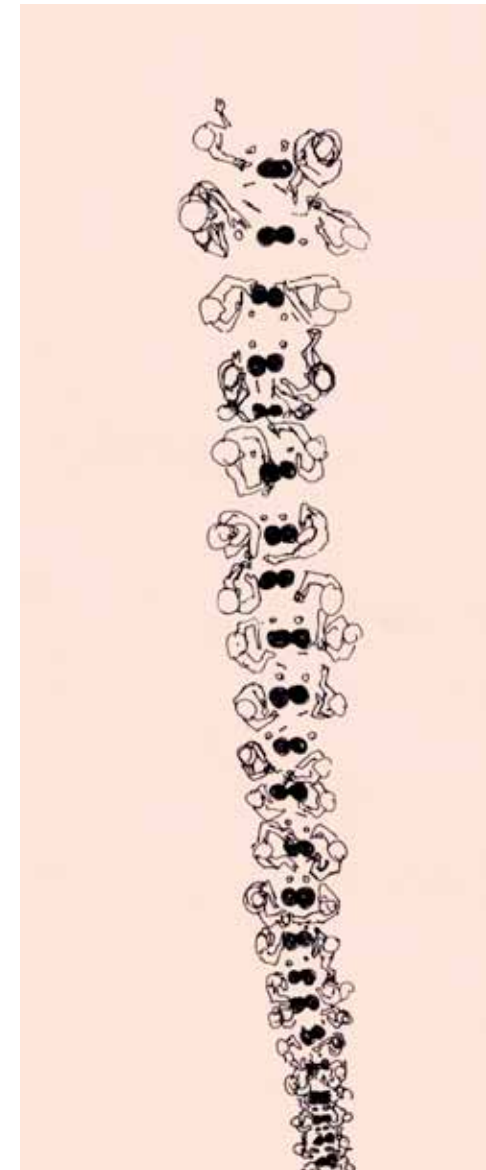
design research

food design

tourteau fromager:  
specific burned cheese cake from France



invitation for :  
23 economists  
23 cancer researchers





## Goal of Arne Hendriks :

facilitate and inspire dialogs between economists and cancer researchers to learn more about growth, develop vocabulary, and so on.



## My goal :

materialize the concepts exchanged in the dialogs. Help starting conversations (tourteau fromager, a purposely burned cheesecake) or gently disturb the discussion by building a physical notion of oppression (sushi performance). Make a bridge with visitors or bodybuilding students training nearby by selling specific protein shakes.



credit photos Aafke Howerda



... Carrots, farmers and Brabant civil servants  
together with Tabo Goudswaar, Fides Lapidairé,  
Bich Tran ; working for Landbouwinnovatie 

*performance*

*field research*

*performative dinner*

*concept development*

*illustrations*

Figuring out a way to alternative agricultural production : getting away from desire of growth thanks to The Carrot Experience.



Table A participants are carefully given one carrot and are audio-guided into its degustation.



Table B participants are endlessly being given carrots, the audio keeps telling to try another one, and their half-eaten carrots are being thrown away.

The rest of the participants have to choose for the table they would like to be part of....



Less <sup>+1</sup>

*A Manual for increased  
Joy in Food*

## INTERVIEWS

*with Marije Vogelzang  
Arne Hendriks*

## RECIPES

*Instructions for new ways of acting*

## INSPIRATION

*inspired stories for new ways of thinking*

## REVIEWS

*of Guerilla Kitchen*

## Less +1 :

producing less can be much more valuable if we add an “secret ingredient”

## Looking for secret ingredients

... focus, transparency, feeling of gratitude, being unauthorized/adventurous, associating a wish or memory to it...

## Together with farmers : what would be their own special ingredients ?



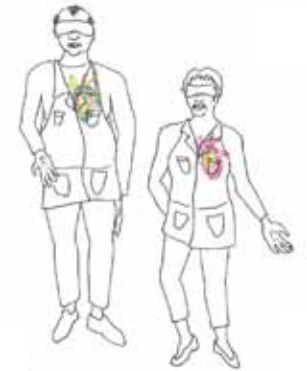
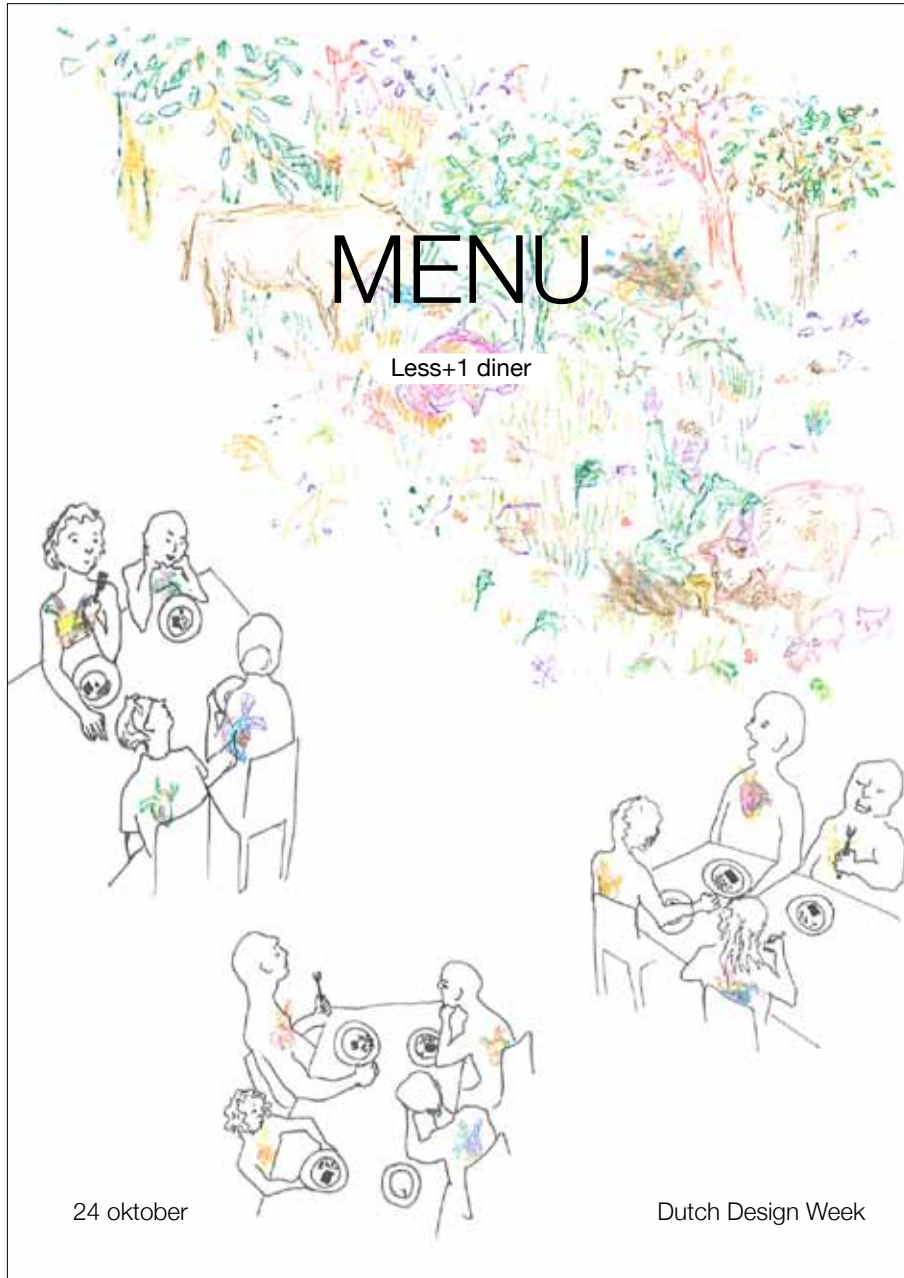


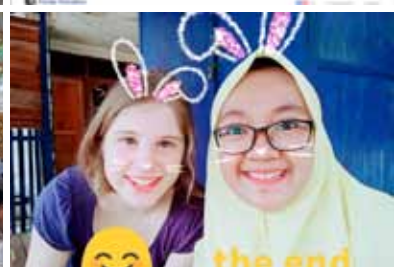
photo credit Marielle Lapidaire

...indonesian artists from Jatiwangi art Factory  
and learning to become a lucky bastard

*artist in residence*

*publication*







Friends and family first !  
*researching help in Jatiwangi Art Factory*



Cécile Espinasse - March to July 2018

1) What I understood from JAF's tools :

How does Jatiwangi Art Factory functions? p.6

- A) Be a place and a home (sharpening the weapon of love)
- B) Forbid overthinking (Aris, the real helper?) + keep trying, keep doing
- C) Stay a curious and attractive, opened place; be also coherent and reliable
- D) Make people that you don't like cooler: inclusion strategy
- E) Give time for coffee and cigarettes: nongkrong
- E bonus) tool that is general to Indonesian people: Nasi Liwet
- F) Create traditions
- G) Focus on people, not on money + get as many as you can in, so to build a collective lot of skills

2) My tools :

How to get included ? p.28

- A) Following: ikut, visiting people and houses and staying there longer than I would think is necessary.
- B) Accepting food and gift with gratitude. Therefore, trying a bit of everything.
- C) Sharing what I have.
- D) Standing on picture with them (?)
- E) Learning the language and trying to speak a bit. otherwise, look at them talking and smile
- F) Being very polite, shaking hands, greeting people in the streets
- G) Being curious, learning from people **with enthusiasm**
- H) Making something special so people can relate to me
- I) **Being helped**

... people who live next to me

*performative research*

*activism*

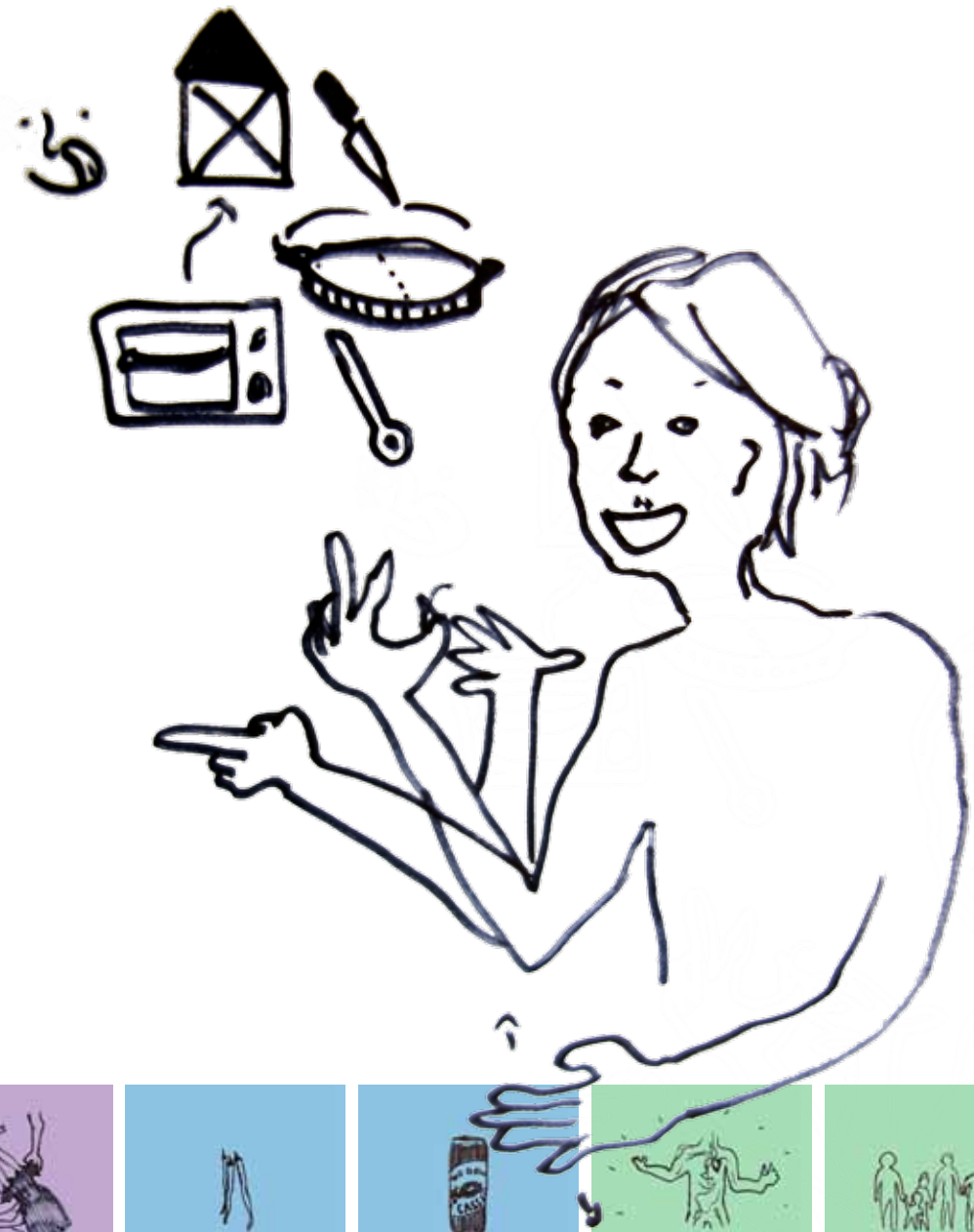




## PIE DEAL

a tasteful trick  
to get to know  
your neighbour

- 1) *bake a cake.*
- 2) *ring neighbours' door, say your oven is broken*
- 3) *ask to bake in his or her oven and to share the cake afterwards*
- 4) *try to use the baking time to learn about each other, and find a way to come back to him or her.*





...“green-workers” of Ergon, or should I say,  
the sweet gardeners of my neighbourhood!

research social company

workshops

building art residency

harvest and food design

dev. research tools

curating exhibition







## Building up an artist-in-residence at the green service of Ergon

a social company that  
gives employment to  
people with disabilities

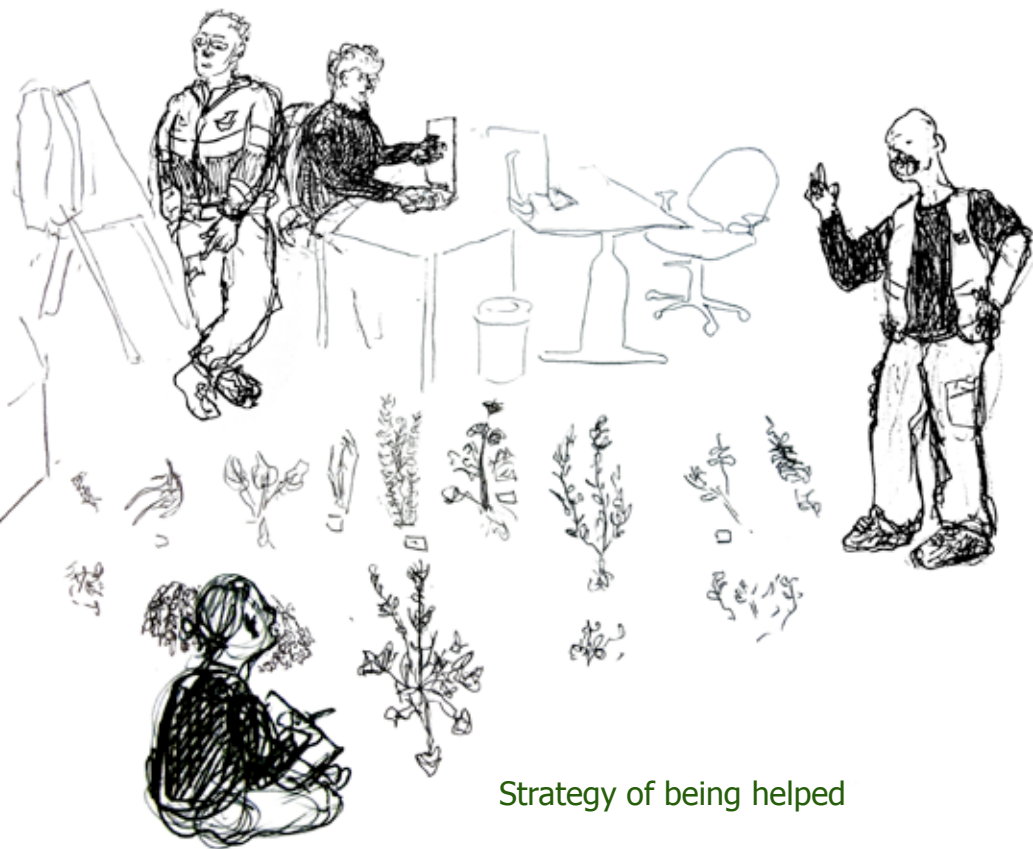


I went and talked to  
them in the street, I  
asked a lot of ques-  
tions and showed gen-  
uine interest for their  
work **Strategy of the new-comer**



I asked if I could be  
their intern for one  
day. So I could learn  
with both my mind  
and body. They could  
teach me how to do  
better. We could chit-  
chat when working  
and get to know each  
other **Strategy of co-working**





Strategy of being helped

Making visible all my research, experiencing their work but also offering them to try out mine, ask them for advices at lunch time...

So that they give the projects its directions.  
So that it truly comes from their reality.  
So that they become co-authors  
and get the pride.







original picture



body at work extracted (etching)

**Breaking free the image of Ergon's workers** with teenagers studying art in neighbourhood's highschool. A first step to make inhabitants take the time and think about them.

students' interpretations

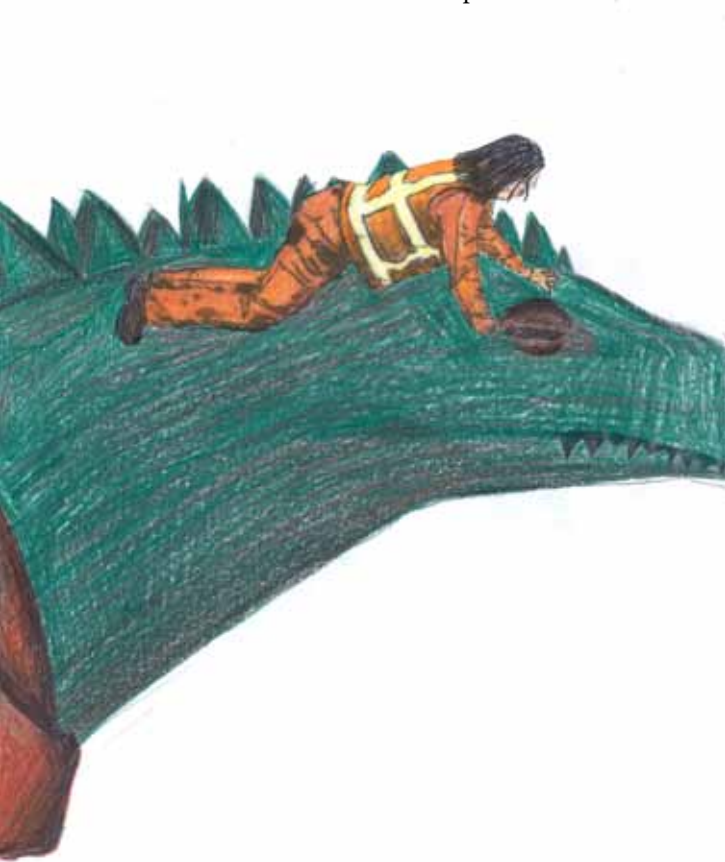


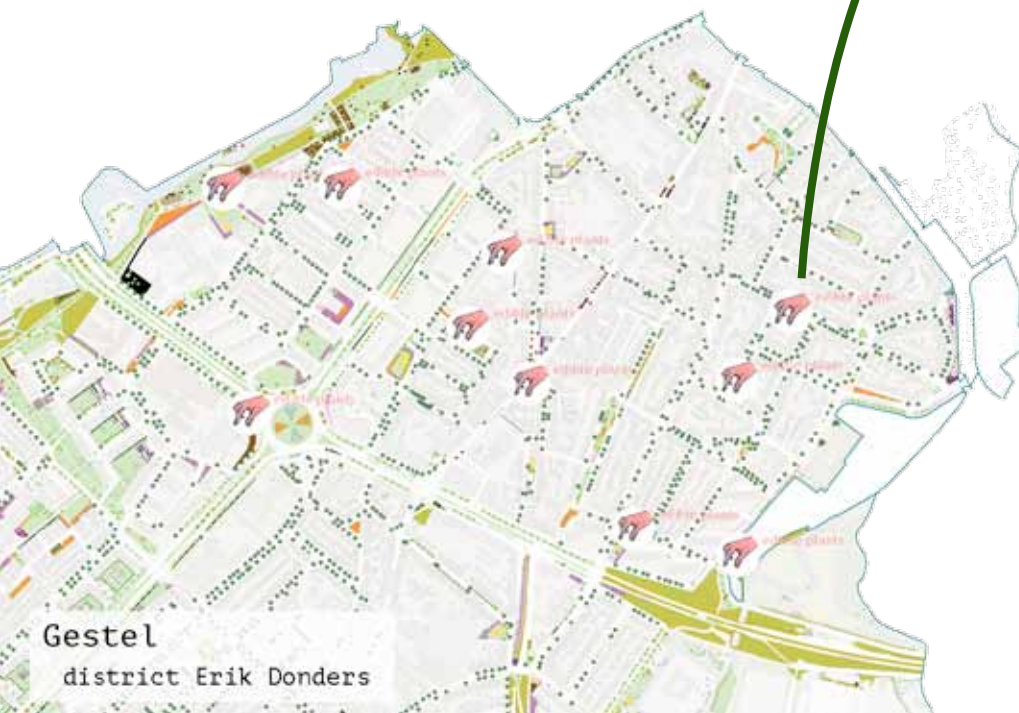


photo credit Dané Vonk



crabapple

Harvesting the fruits of their hard work  
and making a conversation piece out of it !



crabapple jam



chaenomeles sweet cake  
chaen. oven dried with almond



melde (false spinach) and feta pastries





▲ Cécile Espinasse met actroefel en een aantal van de heren die zij maakte als onderdeel van haar project van de Design Academy Eindhoven. © Fotopunt van de Maastrichtse

Curating an exhibition to share insights and collect visitors' opinions

## Designstudente Cécile Espinasse studeert af op groenproject in Gestel in Eindhoven







Rinie Johan  
Hugo Dennis  
linocut portraits

Changing their status,  
changing their uniforms:  
from green worker to  
**neighbourhood gardeners!**



...you??  
(I would love to!)



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