



THIS IS WATER

7 DAYS OF TRYING TO

PAY ATTENTION

102

JULY-AUG 2010

This zine is inspired by, and steals its name from a speech made by the late great writer David Foster Wallace, 1962-2008.

In this speech, given to a group of graduating college students, Foster Wallace discusses the difficulty of transcending our 'natural, hard-wired default setting' of being 'deeply and literally self-centred' to try to live 'consciously, adultly, day in and day out'. By training ourselves to just be more aware, we can live better and more empathetically.

This zine is my personal experiment / adventure in paying attention (which I'm not very good at)

By spending time noticing, remembering + documenting the 'stuff' of my daily life for one week -
conversations, activities, found things -

I am attempting to get out of my own head and to be more, like, aware.

Over to you, David:

'If you've really learned how to think, how to pay attention, ... it will be within your power to experience a crowded, loud, slow, consumer-hell-type situation as not only meaningful but sacred, on fire with the same force that lit the stars - compassion, love, the sub-surface unity of all things!'

This sounds like a good plan.

Here is a small start. Cheers, D.F.W.
(+ R.I.P.)
X

JEAN MLEWAN
AUGUST 2010

SAT

31ST JULY

Working

7:00

at the Y.H.A.

4:30

These petals dropped off a single dying rose which

SURLY NORWEGIAN TEENAGERS

we had to
ing milk
we are now
a 'GOODEBYE' sup

HAYDEN

Hayden has been a milkman for 47 yers. He should be retired but he carries on because he enjoys getting out and seeing people.

He is a very shy man with a ruddy face and is most comfortable talking about the weather which he is always right about.

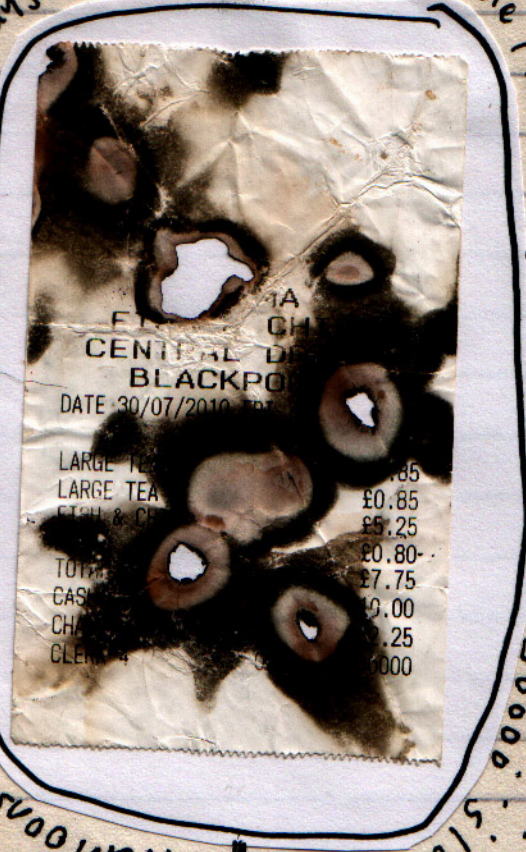
We had to stop getting our milk from him at the YHA because we are not allowed to use local suppliers any more. Today was Hayden's last day delivering to us.

He said he shall miss us and we said we would miss him. He is a very sweet man and its sad.

I FED THE FISH:
there are six

was in a vase on top of the Micro.
wave. I picked them up from the floor.

I am always clock - watching + the last hour goes
 really drag on Saturdays
 Afternoons 5.00pm - 5.10pm



CENTRAL DE
 BLACKPO
 DATE 30/07/2010
 LARGE TEA £0.85
 LARGE TEA £0.85
 FISH & CHIPS £5.25
 TOTAL £0.80
 CASH £7.75
 CHANGE £0.00
 CLEAN £0.25
 TOTAL £0.00

SAND- WICHES:

NIGEL helped me
 with the sand-
 wiches - we made

- ▶ 15 CHEESE
- ▶ 20 HAM
- ▶ 20 TUNA
-

I buttered fast and
 made a pile
 then laid them
 out. When Nige
 took over he laid
 them out then
 buttered. He is
 neater than me.

I found this on the ground
 just outside the main door.
 Probably dropped by one of
 the Norwegians

BEAUTIFUL, I think

SUN

1ST AUG

SUNDAY MORNING

J> You know I was telling you about my new blog yesterday?

N> blog?

J> Well zine... its gonna be a paper version of a blog

N> Hmm

J> Well its all about trying to live in the present and be aware of whats going on around me cos I'm often in my own dreamy spaceworld and so everyday for 7 days I'm choosing something from that day to put in the zine that I might not normally pay that much attention to. Well its an experiment I'm trying to be in the moment but then I notice something that could be for the zine and I start thinking about that and getting distracted from being in the moment

N> You're doing my head in now Jean

J> I'm only on Day 2

Both> laugh





WALK

Down Michaela's Walk

Through the Field

Up the Hill

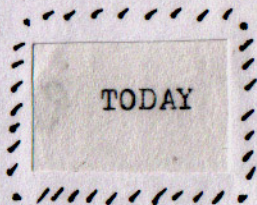
Past the Flappit

By the Yappy Dogs House

MON
2ND
AUG



TODAY





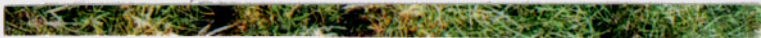
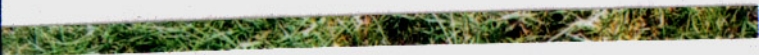
MONDAY 2 AUGUST

2010



I'm trying...





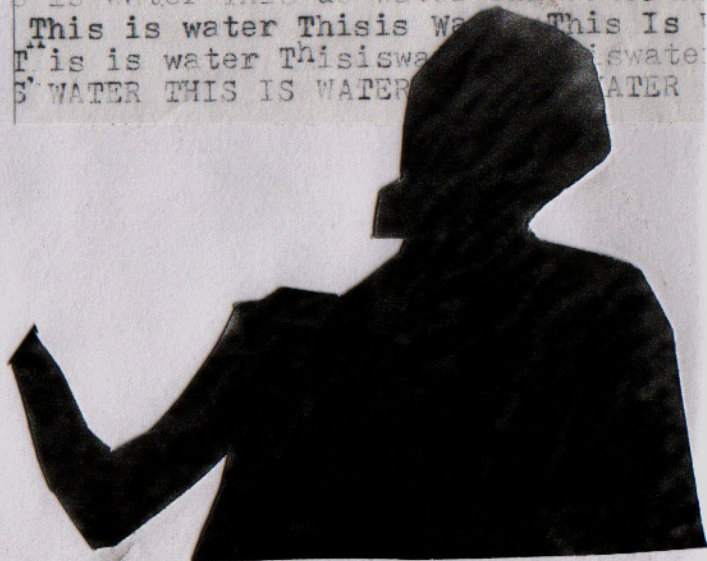




somewhere



is water This is water This is water
isis water This is water This is wat
a water This is water This is water
This is water This is water This is w
his is water this is water this is wa
s is water This is water This is water
This is water This is water This is
This is water This is water This is water
S' WATER THIS IS WATER WATER



25922

6536 10:31 03 AUG 19 83

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KEIGHLEY

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TUE

3RD.
AUG

OVERHEARD

ELDERLY MAN: What did
you do that for
MAN IN 30s IN TRACK
SUIT:

Its like a bloody
sauna in here

ELDERLY MAN: close the
window will you

YOUNGER MAN: (impatient)
If thats what you want
I'll close it

-CLOSES THE WINDOW
(To the other elderly
passengers)

It just gets really
hot

Other ELDERLY PASSNGRS:
When the bus gets goin
it'll cool down love

YOUNGER MAN (reasonably
to elderly man): I've
shut it for you now

ELDERLY MAN: Ignores
younger man completely
shakes his head and
mutters to his wife

who also shakes her head.

Overheard on
the Keighley-
Ilkley bus

AFTER RUNNING
WITH ANDREA I
LOOKED AFTER
BETH WHILE
ANDREA TOOK
JOE TO THE
CHIROPODIST.
BETH AND

I
PLAYED
SOME
GAMES
INCL.
ZINGO
+
MR. MEN
SNAKES &
LADDERS
AND THEN
ANOTHER

GAME THAT
WE MADE UP
WITH BEARS &
LADYBIRDS

BETH
TROUNCED
ME AT
ALL OF
THE

GAMES
THO THERE
WAS

SOME
VERY
C R E A T

RULE-
MAKING
GOING ON.

JOE GAVE ME
A STRAWBERRY
BONBON WHEN HE
GOT BACK.

BETH



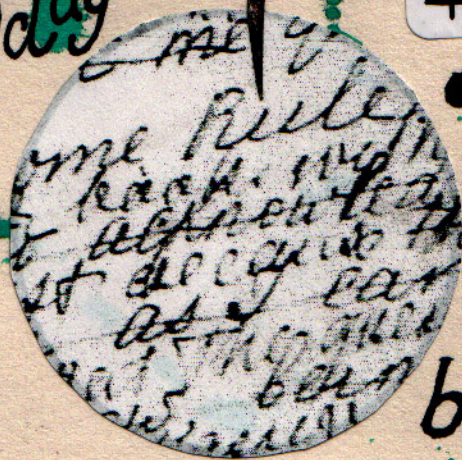
JOE

I saw
a heron
today



WED
4TH AUG

on
EBOR
LANE
bridge



FIRST TIME RUNNING UP PENISTONE HILL.
THE FIRST TEN MINUTES WERE TORTURE
AND WE BOTH WANTED TO STOP BUT
IT GOT EASIER. I TOLD ANDREA

ABOUT WHEN I USED TO
TAKE HOLLY OUT WALKING HERE
WHEN I WAS VISITING AND THAT
IT WAS THIS VIEW THAT MADE
ME ~~DEC~~ DECIDE TO MOVE
TO YORKSHIRE.

THU

5TH AUG

THAT WAS NEARLY TEN YEARS AGO.
FUNNY TO THINK WE ARE BOTH 40
NOW AND WE HAVE BEEN BEST
FRIENDS ALL THIS TIME, + LONGER.

IT FEELS REALLY GOOD TO GO
RUNNING TOGETHER AND TO BE
GOING FOR THIS 10K RUN THO
GOD KNOWS IF WE'LL BE FIT
ENOUGH THERE WAS A LOT
OF SWEARING TODAY

IN

BACK GARDEN.

FOUND

on
Longlands Drive, 4.25 pm

FRI

6TH
AUG

Gabriel's book

- Gabriel showed me his 'zoo book' which he has been working on since he visited Chester zoo a few weeks ago. Its got photos, drawings, facts + poems in and is really fantastic - his pages looked great + I was especially inspired by his use of coloured electrical tape. Good one, Gabe ☺

• READ 'THIS IS WATER'
BY D.F.W
ON:

[www.guardian.co.uk/books/](http://www.guardian.co.uk/books/2008/sep/20/fiction)
2008/sep/20/fiction

THIS IS WATER. A HAND...

MADE ZINE BY

JEAN M'EWAN...



WWW.MYSPACE.COM/JEANM'EWAN.
EMAIL: JEANM706HOTMAIL.COM

THANKS FOR READING.