

Micharn Pollock publishes 'A Long Look in the Mirror', a collection of poems



SERENE: Micharn Pollock explores the beauty and frailty of humanity in the midst of our messy world, in the middle of our chaotic lives, says her editor.

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A reflection of poetry written over 10 years

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Writing lyrically about her feelings, emotions and life's fleeting moments over 10 years meant former East Londoner Micharn Pollock produced a collection of 100 poems which has now been published in a book called *A Long Look in the Mirror*.

Pollock, who matriculated at DSG before obtaining a business science degree from UCT, lives in Cape Town where she spends time writing, acting, painting and modelling and has been a familiar face in television adverts.

"This book is a collection of poems that I wrote over 10 years," she says. "There would be times where I would be writing all day long for days and then months of just thinking and not writing a thing. Writing a poetry book was not something I was planning on during that time."

"In about 2002 I had a New York literary agent and had a poem published in an American anthology but then I decided to take time off from writing. It was only when I had a collection of about 100 poems that I decided to show them to Europe Books and they offered to publish my book."

Pollock's editor has poetically described the collection as "all the feelings that can have a place in a human soul remain stuck to the author's blank canvas like insects enveloped in a sweetish substance. The transience of feelings becomes eternal concreteness. She explores the beauty and frailty of humanity in the midst of our messy world, in the middle of our chaotic lives".

A Long Look in the Mirror was published shortly before the author's beloved mother Jan Pollock of local East London's Pollock's Photography passed away suddenly in August.

And although her mother never got to hold a copy of the book, she contributed valuable insights into its creation.

"My mother's ceramics and prints are

exquisite. She showed me all about colouring outside the lines, about finding my voice. My book was published while my parents were away on a trip in Zimbabwe and so unfortunately my mother never got to hold a printed copy, but she was very much a part of the process along the way — giving her advice on the cover, questioning my message in some of my poems and often being someone who would just listen as I read. This was something that she was so incredible at — just listening."

Her father, well known photographer Rob Pollock was also an inspiration.

"I am so lucky to have been given the artistic inspiration and encouragement that my parents gave me. My father is a photographer who taught me everything that I know about the beauty of light and angles."

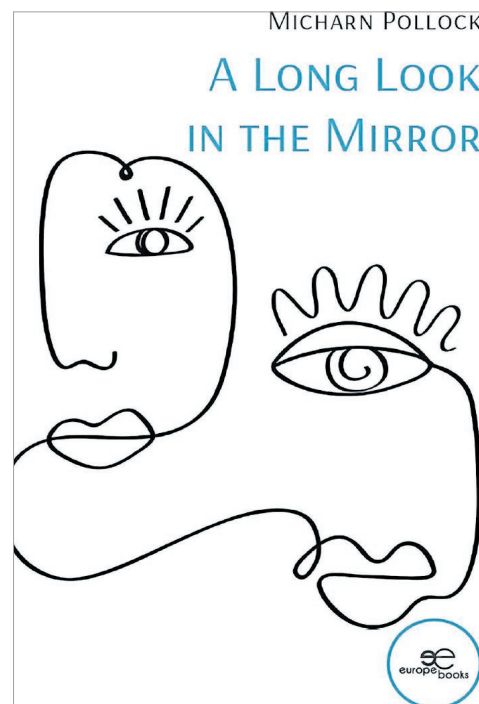
Pollock's writing takes on different guises. She has written a children's book called *Minky-Dinks and her Friends in the African Bush* and a screenplay called *Sizwe*.

"I wanted to write stories for children that show how important it is to look after each other, to live in a community that cares for one another. Minky-Dinks decides to give herself the job of looking after her friends in the bushveld. The story follows her on a day of visiting her friends. Each friend has something that is bothering them. Minky-Dinks finds a fun and creative way to help them all and at the end of the day her mother looks after her."

"Minky-Dinks is a vervet monkey with a very vivacious personality. Minky-Dinks is the bushveld happiness-booster."

This book is available at Wordsworth Books in Cape Town and at Pollock's Photography."

The story shows the joy that Minky-Dinks gets from helping others. It shows that it is not something that she does to get anything in return. At the same time, the story is not aimed at forcing readers to see a certain way, to feel like they have to be helping others all



the time. It is simply an invitation into a little vivacious vervet monkey's world.

In a completely different vein, but also in the spirit of helping others and spreading care, Pollock last year penned a short screenplay called *Sizwe* which has been selected for several film festival and won awards. *Sizwe* was a semi-finalist in the Manhattan Short Film Festival 2021 and received honourable mention at the California International Shorts Festival 2021.

"It is the story of a deaf girl who shows strength and resilience in adversity, growing from being someone who needs care and looking after to becoming able and capable of looking after her gogo."

In the way of the deeply creative, Pollock also expresses herself through art and some of her work is contained in *A Long look in the Mirror*.

"I draw without looking at the page, focusing only on my subject. My oil paintings begin in the same manner, with the initial form's strokes being produced while solely looking at the subject and not at the canvas. Through this method I capture the spontaneity of a moment, lines of total accuracy and lines of emotive freedom."

Since last year Pollock has exhibited her work at five exhibitions in Cape Town, Durban and London.

"I have some group exhibitions planned for the summer and will post all details on my social media @micharnpollockart."

Pollock says that since the pandemic closed international borders she has confined her modelling to local brands and that acting remains a passion.

"I try to visit Hollywood each year for a few months for training courses and workshops. Living between SA and Hollywood is still the dream! As mentioned, Covid slowed things down here, but I have found time to work on my craft in a new way and to really focus on growing myself as a performer."

A few years ago Pollock appeared in an episode on the Crime and Investigation Channel, but this year has been exploring stage work.

"This year has been all about theatre which has been an acting form that I have not been very active in for some time. I was a cast member of an incredible play by Megan Choritz called *Clouds Like Waves*, which had two very successful runs in Cape Town and we are looking at taking the play to other cities."

"Acting has always been my biggest love of all the art forms. I feel so lucky to be in a space where I can act, paint, draw and write in an ebb and flow style where as one form takes off I put the others on pause until things change and my focus does too."

A Long Look in the Mirror is available from Amazon and Pollock's Photography and will be in bookstores from November.