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Host: Torien Cafferata

Producers: Torien Cafferata and Stephanie Werner

TITLE SUGGESTIONS:

Your Work Is Not Your Life with Valentina Forté-Hernandez

DESCRIPTION:

Should everything you love also be your living? How cC13 024

and I wrote a lot of my own plays and put them on in my backyard. That's another roping people into my schemes kind of thing. And so by the time I actually got to college, I was pretty serious about film studies and making my own films. And then working with different professors in the film program at my school kind of led me to installation art. And then I sort of quickly realized that I wanted my installation art to be interactive. And in order to make that happen, I had to learn programming. And so then I learned programming. And my kind of senior thesis project was a gallery show of interactive art. And then, after graduating, I thought I could kind of land in a bunch of different places with the background, I had, I kind of applied for a wide variety of things. But the thing that panned out was a technical assistant role at an animation studio. But I also wanted to move. And since I was from the US, moving to a different part of the world isn't just something you can decide to do, and do it. So I decided to get my masters in Vancouver, because that was where I was

definitely conflicts with the things that I feel like I need to feel not super overwhelmed. I think that I'm primarily motivated by curiosity. And I think that that's what has taken me into a bunch of really different places.

TORIEN: Yeah, no, I definitely see, like a through line. I love that, that a huge part of that is curiosity. I'm kind of curious what what you do now, that still satisfies the urge to sing the urge to create the, the urge to like, it has now become like, put in the place of, of hobbies, where, you know, it's not, you don't have the pressure of like, oh, this has to make money, you can just be like, Ch, I can make it because I enjoy it. And I have the freedom to do that. Because I'm sure there's a lot of artists listening right now being like, Ch, how do I how do I like do this thing, but make it my profession? Or should it not be my profession so that I can actually enjoy it? And still find stability?

VALENTINA: Yeah, I basically have my job so I can sing. And so I need money to be able to do that, and yeah, I definitely have a very strong separation between what is work and what is life and I very strongly feel like for me personally, that I work in order to live my life work is not my life

TORIEN: Hmmm Yeah, that's great.

[small beat]

TORIEN: Do you feel like there are any other things because you're you have this this fairly unique position of would you say you come from the art world, would that be a fair thing to say?

VALENTINA: Yeah, my family's all artists and creative people. So it's been like since I was a kid.

TORIEN: Right. So you've come from the art world. And you are now at this at this big studio? Would there be like wisdoms lessons advice that you can offer undergrads now who are also trying to strike that balance and maybe trying to figure out what are their own boundaries? I think there's a huge, there's so much discourse right now around artists of like, how, what do I say no to what can I afford to say no itto has been as the content of the conten

VALENTINA: Yeah, I don't think school, at least in my experience, really taught much about self care. I think that it's talked about,

action that you can do to keep yourself from burning out. I think, for me, I needed to feel like my creative work wasn't a chore. Because I think the worst thing I could do to myself is turn my creative processes, which are, you know, for me coming from a place of love or healing, or doing something for my

TORIEN: What do you sing?

VALENTINA: I mean, I sing a lot of different things. I'm in a choir that does musical theater and dance pop. Me and my husband host these, like, we call them we concerts or like mini concerts in our living room. So we'll perform and we'll have some of our friends perform as well. That's basically how I spend my spare time.

TORIEN: That's so cool to think of like, during the week, this like hyperfocused like, technical director with social anxiety. And then on the weekend, you are singing musical theater numbers with your friends. That sounds like a great balance.

VALENTINA: Yes, I also do it on the weekdays too, after the work day.

TORIEN: That's great. [pause] What's a new mode of thinking or creating or a new trend or new technology is exciting to you in your discipline?

VALENTINA: I think a lot of the I think there's a growing rhetoric around people not needing to be expert in things to do them I think I've felt a lot of stress in my life as somebody that has dabbled in a bunch of different things that I've wasted time or that I was making mistakes before finding a certain thing, and that I should have been dedicating more years of my life to a particular thing. But I think there's a lot of benefits in having your toes in a bunch of different waters, I don't know, if it's strictly like a cultural thing. And North America or something that really puts this idea in our heads that, like, we need to be experts to be successful. But I think that more and more people are understanding that that's not true. And I think that that gives people a lot of room to explore, and to not feel

life that were not supportive of curiosity, or if I felt like I need to have a certain set of skills to even pursue this field, then I would have never done it.

TORIEN: Yeah, there's that word again, curiosity, drive, passion. And maybe some problem solving as well.

VALENTI NA: Yeah, bit a problem solving. Yeah.

TORIEN: Yeah, I would love to know, with all this talk of achievement, productivity, and diverse different ways of of achieving and producing things, according to our own metrics, what is one thing that you wish you could more safely fail at?

VALENTINA: Pretty much everything, I hold myself to a really high

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