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Guido van der Werve
Emotional Poverty
29 October - 17 December 2011

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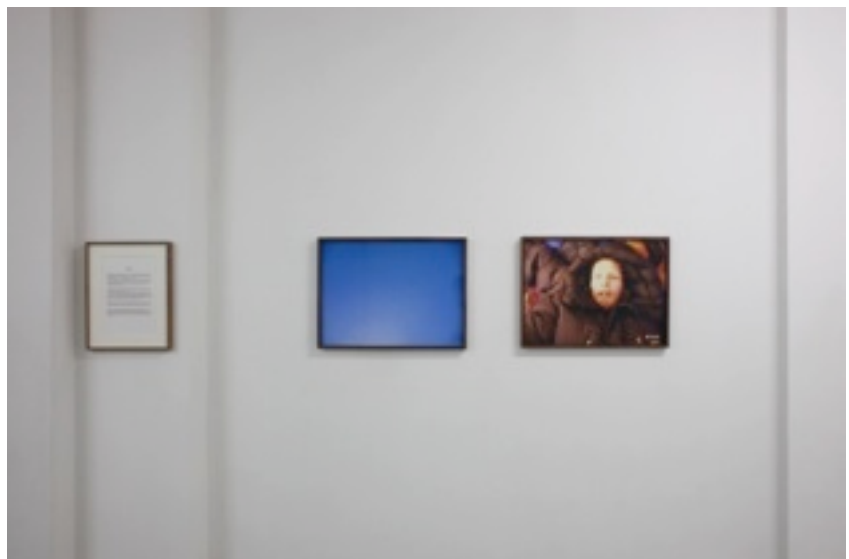
Emotional Poverty



Installation view Nummer dertien. Effugio No. a. Chomomile;
Russia's National Flower or Running to Rachmaninov, 2010
Slide projection, 16 slides and text A4 size, framed with
museumglass



Nummer Dertien, Effugio b. Aconcagua, 2011
Colour photography, framed, wooden frame,
museum glass
55 x 41 cm



Installation view Nummer dertien. Effugio No. b. Aconcagua, 2011
2 photo's and text A4 size, all framed with museum glass

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Installation view Nummer Dertien. Effugio No. c. You're always only half a day away, 2011
HD video, 12 hours and text a4 size framed with museum glass



Film still Nummer Dertien. Effugio No. c.
You're always only half a day away, 2011

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Guido van der Werve Emotional Poverty

Effugio A

Chamomile; Russia's national flower or running to Rachmaninov

Guido van der Werve: a Dutch contemporary artist who started making numbered performance based film works in 2003. His first film is called Nummer twee, just because I'm standing here doesn't mean I want to. On the 9th of October 2010 at 13.30 pm he will run the 29 miles from PS1/MoMA in Queens New York to place chamomile flowers on Rachmaninov's grave at Kensico cemetery in upstate New York.

The number one: It represents beginnings and the primal cause. It is a symbol of creation and the human species and is depicted in the standing stone, the upright staff and the erect phallus. It also symbolizes the oneness to which all living things must return. A symbol of beginning, the self and loneliness.

Chamomile: Used for hysteria and nervous diseases, prevention of gangrene, for breaking up typhoid and in combination with bittersweet for bruises, sprains, calluses and corns, this flower possibly is one of the most important central European remedies.

Running: A definite relationship exists between exercise and depression. Exercise promotes new cell growth in the brain. If depression is a form of cell death, then exercise is the best strategy against this kind of neural paralysis. Prolonged and intense running releases endorphins or brain chemicals that produce a sense of elation. These endorphins are probably the reasons behind the proverbial runner's high. While jogging, the body releases phenylalamine (PEA), a neurotransmitter that stimulates mental alertness; it also releases neurotransmitters like dopamine and serotonin (most commonly associated with antidepressants) that affect the mind in a positive way.

Rachmaninov: In 1892 at the age of 19, Rachmaninov composed his first Piano Concerto No. 1 in F-sharp minor. The reception of the piece was dreadful spiraling Rachmaninov into a nervous breakdown, which was followed by a three year depression in which he wrote virtually no music. Rachmaninov was cured through hypnotherapy and dedicated his second piano concert, which was a big success, to his therapist. After the Russian revolution Rachmaninov moved to the United States. Rachmaninov died in 1943 and was buried in upstate New York, his body was unable to return to Europe because of WWII.

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Guido van der Werve Emotional Poverty

Effugio b
Aconcagua

Mount Everest (Tibetan: Chomolungma or Qomolangma, "Holy Mother"; Chinese (Pinyin): Zh!mùl"ngm" F#ng; Nepali: Sagarm\$th\$) is the world's highest mountain, with a peak at 8,848 metres (29,029 ft) above sea level. It is located in the Mahalangur section of the Himalayas on the Nepal side of the Nepal-China (Tibet) border.

The highest mountain in the world attracts many well-experienced mountaineers as well as novice climbers willing to hire professional guides. While not posing substantial technical climbing challenges on the standard route, Everest presents dangers such as altitude sickness, and extreme weather situations. 'Mount Everest' is also used as a metaphor: we all have our own Everests to climb.

Guido van der Werve: a Dutch artist set out to climb Mount Everest in the summer of 2011. The expedition team recommended him to climb Aconcagua in Argentina first, with a height of 6962 meters, it would prove to be a good test.

Van der Werve summited Aconcagua on January 18th 2011, and subsequently decided not to climb Everest. In October 2011, he reattempted to climb the height of Mount Everest on a step ladder in front of the house he grew up in in Papendrecht, the Netherlands. After two hours, Van der Werve realised the task was too daunting and simply seemed physically impossible. He wasn't able to achieve his goal and abandoned the attempt.

Escapism: a mental diversion by means of entertainment or recreation, as an "escape" from the perceived unpleasant or banal aspects of daily life. It can also be used as a term to define the actions people take to help relieve persisting feelings of depression or general sadness.

Goal: is a desired result a living creature or a system envisions, plans and commits to achieve—a personal or organizational desired end-point in some sort of assumed development. Many people endeavor to reach goals within a finite time window by setting deadlines. 'Goal' is roughly similar to 'purpose' or 'aim', the anticipated result which guides reaction, or an end, which is an object, either a physical object or an abstract object, that has intrinsic value.

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Guido van der Werve Emotional Poverty

Effugio c
You're always only half a day away.

Running in circles 1. Lit. to run in a circular path. The horses ran in circles around the corral for their daily exercise. The children ran in circles around the tree. 2. and run around in circles. Fig. to waste one's time in aimless activity.

Guido van der Werve: a Dutch artist who started long distance running in 2007. Soon after, he got addicted to running. Guido van der Werve ran his first marathon in Helsinki in 2009, and has been running two or three marathons a year ever since. Currently his personal best was achieved at the Berlin Marathon the 25th of September in 2011, which he ran in 3.13.55.

In 2010, Guido van der Werve ran his first ultra marathon running from P.S.1 in Long Island City, New York, to Rachmaninoff's grave in Valhalla, New York. On the 8th of June 2011, he ran approximately two and a half marathons around his house in Finland in exactly twelve hours. In the summer of 2011 he finished his first triathlon.

Emotional poverty: suggests a depletion of emotional resources, an absence of emotional health and well-being, a state of lack rather than abundance. Emotional poverty is a state in which a person finds him/herself when he/she lacks the ability to deal with specific emotional circumstances or life in general, without totally breaking down into severe depression. Everyone struggles to deal with difficulties in life, but some simply cannot emotionally cope with difficult circumstances. They turn to escapes, or they may just shut down altogether. When a person finds him/herself in a difficult time, but is not able to process the difficulties and live life, he/she may very well be dealing with emotional poverty. It is defined by a limited range or depth of feelings; interpersonal coldness in spite of signs of open gregariousness.

Half a day: equals twelve hours. The 12-hour clock can be traced back as far as the cultures of Mesopotamia and Ancient Egypt: both an Egyptian sundial for daytime use and an Egyptian water clock for night time use were found in the tomb of Pharaoh Amenhotep I. Dating back to approx. 1500 BC, these clocks divided their respective times of use into 12 hours each. Nowadays you can theoretically fly to almost everywhere in the world within 12 hours or less. A day is a unit of time, commonly defined as an interval of 24 hours. It can also be used to describe that portion of the full day during which a location is

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illuminated by the light of the sun. The period of time measured from local noon to the following local noon is called a solar day