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**Brainstorming 23-9:
September**

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Everyday objects

If you were wondering whether everyday objects can be a piece of art, then the exhibition at the “Neue Nationalgalerie Berlin” is for you. [Isa Genzken](#) challenges our traditional view of everyday objects through small transformations of these objects. At first sight you “only” see something utterly familiar to you. A window, a radio, a rose or a wheelchair are immediately recognisable. However, all objects have a little twist to them causing some alienation, questioning or finding new connections. This is the stimulating experience of a visit of the exhibition. The booklet gives an informative overview of choice of sculptures chosen for the exhibition. Walking around in the spacious entry forum allows to appreciate the objects from many angles and in different lighting including twilight. Allow yourself to be challenged. Distancing your perspective beyond the obvious object you recognise broadens our vision of what we see and how we perceive it. The huge pink rose in front of the gallery overshadows even the monumental appearance of the Neue Nationalgalerie. In memoriam “[Rosa Luxemburg](#)” and Karl Liebknecht who were murdered not far away, near the “Landwehrkanal” in 1919.

Some visitors might like the skyscraper models she created to remind us that “design catastrophe” with the usual high rising buildings are pervasive around the world. Sculpture as architecture or architecture as sculpture has been her forward looking work from 2008 “Ground Zero – Hospital”.

With the construction work in full swing in the neighbourhood of the gallery with the design of a [barn \(Scheune\)](#) we understand the choice of the artist as a timely reminder that Berlin could be more

daring in the architectural design.



10000

In France 100.000 is associated with Monsieur 100.000 Volt [Gilbert Bécaud](#) due to his dynamic singing and performance style. Since August 2023 we now have an additional association with the number 10.000. Ten thousand m³ was the size of stones that came down from the mountains near the popular skiing resorts in the French Alps ([Le Monde Link+video](#)). To visualize the amount, a back of the envelope calculation with a standard container size of 25 m³ returns 400 loads of lorries to be removed from hard to access landscapes. Count this into the costs of running ski resorts. A study in the scientific journal "[Nature Climate Change](#)" in 2023 highlighted the increasing risks to European skiing sites. Same holds for the [Alpes in Switzerland](#). Some areas relying on water resources to create artificial snow do so in less and less safe areas. Costs accrue to communities who benefit only indirectly from the [skiing hype](#), celebrating 100 years of Olympic skiing next year. After all it is big business to sell or lend equipment, provide hotels and meals for all those sports women and men. The so-called collateral damage is probably even worse. Interrupted railways, bridges, motorways and traffic in general becomes a severe disruption for quite some time adding to the total costs of having fun in winter. Is it worth it? A tricky question to ask in a referendum. We shall have to revise our past decisions to expand skiing resorts in light of the new evidence of higher risks and costs involved. A book on [10.000 years of history of glaciers](#) is full of side-effects of glaciers melting away, which cause instability to valleys on the sidelines. In the most recent break-up of rocks it is actually more the access to the skiing resorts that was blocked,

but this demonstrates to all: passing this area now, is not without serious side-effects.

MEHR ▾ LE FIGARO 30 Aug. 2023 Anmelden

8 | SOCIÉTÉ

La chute spectaculaire de 10 000 m³ de roches, dimanche, perturbe trafics routier et ferroviaire dans la vallée de la Maurienne.

SANDY PLAS @SandyPlas à MOIRAS

ENVIRONNEMENT Une « cascade de blocs de terre » qui dévale la pente « à très grande vitesse ». C'est ainsi qu'Étienne Avardière décrit l'éboulement dont il a été témoin, dimanche, au fin d'après-midi, dans la vallée de la Maurienne (Savoie). Il est un peu plus de 16 h 15 quand le maître de Fromey, un petit village d'à peine 150 habitants, voit « se détacher » un premier bloc de la falaise rocheuse face au hameau de la Frome, situé à cinq kilomètres du centre de la commune. « Ça a entraîné va tomber une très grosse masse. Ça n'est pas très vite », explique le vidéo de cet éboulement massif, qui a vu 10 000 m³ de roches dévaler en construisant de la montagne, « et largement diffusée sur les réseaux ». Ça y est en moins de secondes et se déverse au-dessus de l'autoroute de la Maurienne (A4), sur laquelle circulent alors un poids lourd, 30 voitures et une camionnette. Il s'agit d'un éboulement à deux fois la hauteur, l'éboulement a occu-



Etienne Avardière, maître de Fromey, devant les photos, prises de très en haut, par hélicoptère, sur les Valls fermées par les 10 000 m³ de roches.

« Cela aurait pu être dramatique » : après l'éboulement, les questions

peut être, devraient déboucher un peu sur un réajustement. L'opportunité de la rendre en service de la ligne, la hausse tout état de lieux, d'après les

ciens, qui ont, semble-t-il, écrit le plan. Une fois les premières choses de base, la circulation, interrompue sur un tronçon, est devenue sans l'auto-

Energy Food

For more than a decade now researchers have shown the link between energy prices and food prices. At first sight this might seem surprising. In traditional or romantic associations with growing food, there is no link between the cost of energy and food production. Growing crops in your garden does not need more than sunlight, soil and water. Yes, that was long ago. Industrial production of food is heavily relying on energy to heat, feed and water plants or animals. Additionally, the supply chains have become far more distant, which increases the CO2 footprint even further. Therefore, it is no longer surprising that a great number of econometric studies confirm the close link of [energy prices and subsequent pressure on food prices](#). This is [not restricted to Europe](#), but has reached [global contamination](#).

Enjoying seasonal local food is a double catch solution. You grow according to local weather conditions and use traditional conservation methods, if the crop is exceeding your demand at that time. Providing heating for animals to increase productivity or quality of products appears to be one of the most wasteful ways to further increase the spiralling up of energy and food prices.

In agricultural science there is a lot of research into the “energy intake” of animals to better grow or produce more milk etc. This is the expensive intermediary step using energy to produce energy intake for animals rather than humans. It is surprising that we take so many years to address these well-known linkages that have turned to serious problems after Russia’s war on Ukraine. Agriculture and farmers can be part of the solution rather than a problem themselves, if the link of energy consumption and food

prices is taken seriously.



Energy Ethics

Around the topic of energy there many ethical issues that urgently need sorting out. [Carlos Diaz-Rodriguez and co-authors](#) have provided a sound basis for such ethical considerations. To leave the disastrous path of energy provision through polluting fossil fuels and, additionally very risky, [nuclear energy](#), they propose a departure from the principles and values that have guided us into a dead end. In their opinion we suffer from a mistaken belief to be able to control in extremis, through scientific methods, the forces of nature. In ethics this mistaken belief has roots in religious beliefs that mankind is mandated to make the earth subordinate to its own will. The authors propose to overcome this old paradigm with a new paradigm. This builds on the (1) “precautionary principle”, (2) justice as equity, (3) protection and the (4) principle of responsibility.

Most European readers of philosophy and social science are familiar with these principles. The virtue of the paper is to expose and juxtapose these principles in a clear format and a stringent application to the ethics of energy (production as well as consumption of it).

The [precautionary principle is part of the European treaty](#) on the functioning of the European Union Art. 191, but its implementation on energy issues reveals that it is a tiger without teeth. Younger generations across the globe are right to claim a more forceful implementation of this principle.

The perspective of justice as equity is bringing in later born generations as well into the balance costs and benefits of “cheap energy today” but huge costs of dismantling, [repairing](#), stocking

deferred to the future.

The protection principle refers to the loss of [biodiversity](#) and exploiting resources in areas of world heritage, for example.

The principle of responsibility goes beyond the judicial and economic principle that the person, company or state causing damage through exploitation of resources, and in producing energy with it, has to pay for repairing those damages.

As this is hard to achieve in real terms, there is an urgent need to reiterate the responsibility principle at all levels. Despite the inefficiencies of legal systems, the international legal order in particular, there is no way around than to insist on responsibility from the individual behaviour, company strategic goals as well as objectives set by nation states and international organisations. The Paris agreement and all COP XY conferences only prove the fact that irresponsibility continues to be a guiding principle.

Maximalist positions as well as continuing like decades before is failing people on earth. Organising a discourse on these ethical issues is a first step, but we have to be able to address negationists as well.

The missing principle so far is the solidarity principle. Without a firm commitment to intergenerational and international solidarity we shall remain unable to solve the ethical puzzle. It is high time to organise solidarity related to the field of energy.

(Image: "[The fallen tree of knowledge](#)" by [Fabrice Samyn](#).
Exposition in Yerres, France 2021-11)



Bogenspannerin

Seit der Antike sind [Bogenschützen](#) und [Archer](#) ein Thema der [Künste](#). Meistens ist die männliche Repräsentation die dominierende Variante. In Berlin lässt aber auch seit langem eine [starke weibliche Realisierung](#) bewundern. Nahe dem [Pergamon Museum](#) und der [Alten Nationalgalerie](#) steht die Statue der [Bogenspannerin](#). Die Zielrichtung geht Richtung [Hedwigsdom](#), als ob der Kampf zwischen Kunst und Religion ein andauernder wäre. Erfahrene [Stadtzeichnerinnen](#), aber auch Jugendliche fühlen sich dadurch angeregt. Kunstschaffende können einen nachhaltigen Einfluss haben. Innerhalb Berlins ist nicht nur die Vielfalt der Kulturen zu bestaunen, sondern auch der Wettbewerb der Künste um Aufmerksamkeit. Da werden nach [Regierungswechseln](#) oft viele Bögen gespannt. Bleibt abzuwarten, wen es alles dieses Mal treffen wird.



Princess

Berlin is proud to present its princesses after a marvelous lifting. Yes, in the middle of the [barbie hype](#), Berlin exposes two of its princesses of the late 18th century. And you can touch them, if you like or dare to. They don't bite. I have not seen anybody kissing them either, except for a [Spanish football president](#). All this is happening in the [Museum Church Friedrichswerder](#) designed by [architect Schinkel](#) and built until 1830s. The grouping of the two sisters was unusual for the time and only the inscription at the bottom introduces the distinction that Louisa on the left is the princess inheriting the throne. Frederica on the right is wearing a different foot wear, considered less noble. The privilege to touch the princesses applies only to the smaller copy in front of the image below with "[Braille](#) inscription". The original is further behind. Of course, this one is protected against unwanted contact with the masses or "followers". At the time "follower" still had a different meaning from today.



Louisa and Federica, Berlin

Ozone

[Ozone \(O₃\)](#) has a rather mixed reputation. High up in the stratosphere it protects us from too much radiation from the sun, but down on earth in our respiratory environment it causes and amplifies respiratory difficulties. Hence, it is very important to differentiate the 2 different layers and differential effects of concentrations of ozone in the air. A forthcoming study in [the Lancet Regional Health Europe \(Nov. 2023\) by Tianyu Zhao et al.](#) demonstrates the long-term, negative effect of higher concentrations of Ozone on lung function. The prospective cohort study followed individuals in multiple states and locations over 20 years and corrects estimated effects for other environmental effects (fine particles PM 2.5 pollution) and green environment. Faster decline in spirometric lung function is highly likely to be caused by higher ambient ozone concentrations. The study is based on 3000+ observations from 17 centres in 8 countries in Europe. Older persons in the range from 35 to 55 had a steeper decline in ozone-related decline in lung functions.

This is rather bad news for older persons living in inner cities where both ozone concentrations, mainly in summer, heat and micro-particles cumulate. Similarly, areas with frequent so-called inversion micro-climate, (a layer of cold air on top of SMOG blocks the renewal of air for extended periods) face particular health risks. Professions that work long durations outside in the sun or the exercise of sports during high ozone day-time run higher risks for a deterioration of their lung functions in the long-run. The medical evidence is there now, also for Europe, what had been shown already for the US before.

It is time to adapt our [lifestyle](#) to these health risks. High effort physical work outside should start as early as possible in the morning hours or even before sun rise. Staying indoors is highly recommendable for older persons and persons with reduced lung functions (asthma risks) during such periods of high ozone concentrations. Like it or not, even wearing a mask outside, when it is sunny and hot would be preferential, but is rather inconvenient. We need to shift airing living rooms or offices without climatization to early morning hours rather than ambient temperatures in the afternoon, when ozone peaks are prevalent.

These effects and remedies have been known for some time, but the evidence is much more compelling now ([Zhao et al. 2023](#)). Climate change in form of global and local warming, [particularly in inner cities](#), will only [exacerbate these effects](#) in the coming years. [Prevention measures](#) need to be considered in public [health measures](#) as well as urban planning. We can do it, if we want to. Start now to benefit from the effects a decade later or for the benefit of younger generations. (Image: Int. Encycl. of public health, p.702).

homogeneous formation. These sulfate particles can be harmful to humans and to their environment, including via acid rain. Secondary fine particle sulfates formed in the atmosphere from SO_2 unfortunately also have a typical diameter roughly equal to that of the optimum visible wavelength of sunlight ($0.5 \mu\text{m}$), so they can also cause significant visibility impairment via the scattering of light, most noticeably as a milky white haze during afternoons in the summer months. In addition, their small size allows these sulfates to be transported over long distances, far from the point of original SO_2 emission. Thus, air pollution problems resulting from sulfur oxide emissions are not limited to the localities where these pollutants are first emitted.

Ozone

Ozone (O_3) is a secondary gas that is not usually emitted directly into the air, but is instead created in the atmosphere by a chemical reaction between oxides of nitrogen (NO_x) and volatile organic compounds (VOCs) in the presence of sunlight. Ozone has the same chemical structure whether it occurs miles above the earth or at ground level and can be deemed 'good' or 'bad,' depending on its location in the atmosphere. 'Good' ozone forms naturally in the stratosphere, approximately 20 miles above the

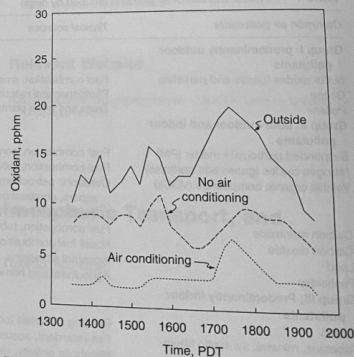


Figure 1 Ozone oxidant levels outside vs. inside a hospital building, and for rooms with vs. without air conditioning. Reproduced from Thompson CR; Hensel EG, and Katz G (1973) Outdoor-indoor levels of six air pollutants. *Journal of the Air Pollution and Control Association* 23:881-886, with permission from the *Journal of the Air Pollution and Control Association*.

1980s (111 adults living in six cities in various portions of the United States during the 1970s and 1980s. The cities were Portage, Wisconsin (P); Topeka, Kansas (T); a section of St. Louis, Missouri (L); Steubenville, Ohio (S); Watertown, Massachusetts (M); and Kingston-Harriman, Tennessee (K). Air quality was averaged over the period of study in order to study long-term (chronic) effects. It was found that the long-term risk of death, relative to the cleanest city, increased with fine particle exposure, even after correcting for potentially confounding factors such as age, sex, race, smoking, and so forth.

More recently, a study published in the *Journal of the American Medical Association* shows that long-term exposure to combustion-related fine particulate air pollution is an important environmental risk factor for cardiopulmonary and lung cancer mortality (see Figure 6). Indeed, this study indicates that the increase in risk of lung cancer from long-term exposure to $PM_{2.5}$ in a city such as New York was of roughly the same size as the increase in lung cancer risk of a non-smoker who breathes passive smoke while living with a smoker, or about a 20% increase in lung cancer risk (see Pope *et al.*, 2002).

Respiratory health effects of O_3

Ozone can irritate the human respiratory system, causing exposed people to cough, feel an irritation in the throat,

or the eyes. One of the things that happens is that ozone makes people more sensitive to allergens, which are the most common triggers for asthma attacks. Ozone can inflame and damage cells that line the air passages of the human lung, and O_3 has been compared by some to "getting a sunburn on your lungs." Ozone may also aggravate chronic lung diseases, such as emphysema and bronchitis, and can reduce the immune system's ability to fight off bacterial infections in the respiratory system. The nature, sources, and health effects of O_3 air pollution have been comprehensively summarized in the U.S. EPA's ozone criteria document (U.S. EPA, 2006).

Health effects of acute O_3 exposures

Among the important acute adverse effects associated with ozone exposure to asthmatics is the triggering of asthma attacks. The effects of ozone air pollution on children with asthma have been demonstrated in my own research following a group of children at an asthma summer camp located in Connecticut. This study of a group of about 55 moderate to severely asthmatic children showed that these children experienced statistically significant reductions in lung function, increases in asthma symptoms, and increases in the use of unscheduled

Poetic Coffee Break

The rather stiff and rigid structure of the "[Staatsbibliothek](#)" in Berlin does not yet have a reputation to be a place of poetry, translation of poetry and recitals. This is about to change. As a student, researcher or lecturer I would have adored to see my library proposing a poetic coffee break. I would have gone for the necessary break in the afternoon, the coffee and, okay why not, a poetic experience. This time it was different. [The organisers, "ilb and Stabi"](#) got together and Ursula Jäcker together with Michael Bucher presented poetry from [Shakespeare \(Sonnet\)](#) in English followed by the [German translation by Wolf Biermann](#).

Translating poetry is a very tricky thing. Just try it yourself and you will be full of admiration for the admirable work of translators of words, sentiments, [rhyme](#) and rhythms. The presentation of Biermann's comments on his own work on translating [Shakespeare's sonnets](#) gave interesting additional information on the short and precise English original and the longer, somehow fat translations into German (Biermann's words). Thanks for the indication that Biermann deviated from the Shakespearean "[iambic pentameter](#)" to add a sixth foot most of the time (to be checked OMG). The choice of numbers 6, 18, 27, 66, 73, 76, 121, 147, 154 from the Shakespeare Sonnets were witty and entertaining for a coffee break. For example, from 27:

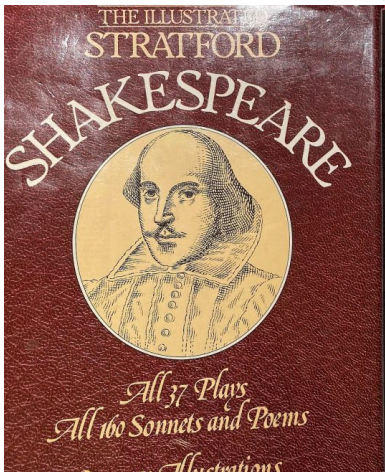
"And keep my drooping eyelids open wide,
Looking on darkness which the blind do see..."

Also, from 76:

"Why write I still all one, ever the same,
And keep invention in a noted weed,

That every word doth almost tell my name,
Showing their birth, and where they did proceed?"

More than 400 years ago, these rhymes were drafted and still today writers and learners, at the Stabi and beyond, can somehow identify with the intricacies of the process of creative writing. More of this, we need, today and for tomorrow. THX.



SONNETS

Which by such black night's death taken over,
Heath's blood, that's made up all his rest:
That on the edge of his grave, in his
As the depth that's in his heart, is
Commend'd with that which is his love more
Than his parent's, which makes his love more
To love that well which thus must leave ere long:
—
LXXXV
That he's contented; when that fell asleep
As if he had not stir'd, nor any
My life had in this last some day;
Which for the purpose of his death
The very part was commended to thee:
The year he had, when he was
My part is killed, the best part of his life,
For then he had not yet been dead:
The year of death, when he was
The worst of death, when he was
The worst of death, when he was
—
LXXXVI
He sets you to my thoughts, as good to life,
Or as sweet comfort it comes to the ground:
Or for the purpose of his death
As if he had not stir'd, nor any
My life had in this last some day;
Which for the purpose of his death
The very part was commended to thee:
The year he had, when he was
My part is killed, the best part of his life,
For then he had not yet been dead:
The year of death, when he was
The worst of death, when he was
The worst of death, when he was
—
LXXXVII
Why is my name on heres of such price,
Who for the purpose of his death
As if he had not stir'd, nor any
My life had in this last some day;
Which for the purpose of his death
The very part was commended to thee:
The year he had, when he was
My part is killed, the best part of his life,
For then he had not yet been dead:
The year of death, when he was
The worst of death, when he was
The worst of death, when he was

Write, write, write

A poster announcing the ["internationales literaturfestival berlin 2023"](#) prints in big letters: "Read, read, read, ... 14 times". This is a quote from Werner Herzog when he was asked what makes a good filmmaker. The [message from Manjeet Mann to the young audience at Berlin](#) added to this: "write, write, write". At least this was my impression as a summary of the talk and her short readings from her novel in verse ["The crossing"](#).

The lecture hall of the ["Stabi"](#) was packed with students from high-school who felt at ease with the English language presentation and talk. The host Shiva Mesgarian managed to get the crowd of students to ask questions in the huge lecture theatre.



Manjeet was giving a lot of insights into writing, editing, motivation and the difficulty to give a voice to persons from [marginalized backgrounds](#). In her case as a person of colour herself, born and raised in England with additional links to India, she took issue with the topic of refugees. Living in [Folkestone \(Kent\)](#), she is confronted with people crossing the Channel on a daily basis.

Her book “The crossing” is actually building bridges between countries and continents. Her entertaining way to talk about her hard work as writer motivates, inspires and encourages young persons to pick up their pencil and/or notebook to start writing. Just don’t stop. Journaling helps. Take your emotions of an issue seriously, then work on it. Give characters a voice who have not received much attention. Go out and interview persons to get authentic input.

It is not about appropriation of a story. It is about meeting and exchanging with marginalised persons. Return your written pieces to those “sensitive readers”, whose story you attempt to develop. All this takes time. Re-writing is an important element as well. “Having written the story for yourself, you then re-write it for the readers”. Edit, clarify, sharpen, blur, attend to detail – all this helps the reader to follow and enjoy. These were the messages to all the students who were grateful for advice as the new season of essay writing in school, university and beyond is about to start.



Silence

In the modern world places of silence have become rare. During the industrialisation [noise](#) has become a synonym for modernism. Many people even celebrate noisy engines as an image of strength or horse power. In the wake of the 21st century it has become evident that this co-evolution has made us sick and whole [cities suffer from the abundant sources of noise](#).

Can we talk about [silence](#)? No, wrong approach, but we can write or realise images dealing with silence. Yes, surely. Spiritual locations often build on the mystic experience that silence might incur. Measuring silence in physics is a lot more complicated. Sound has several forms of measurement. Also, silence is probably experienced by most of us as a relative concept. Compared to a noisy atmosphere we might appreciate less noisy situations as more or less silent already.

Therefore, a reasonable, but evasive definition of silence is the absence of noise. Depending on our auditive capabilities different persons will define silence at different levels. Sound near us blends into sound in the background and vice versa.

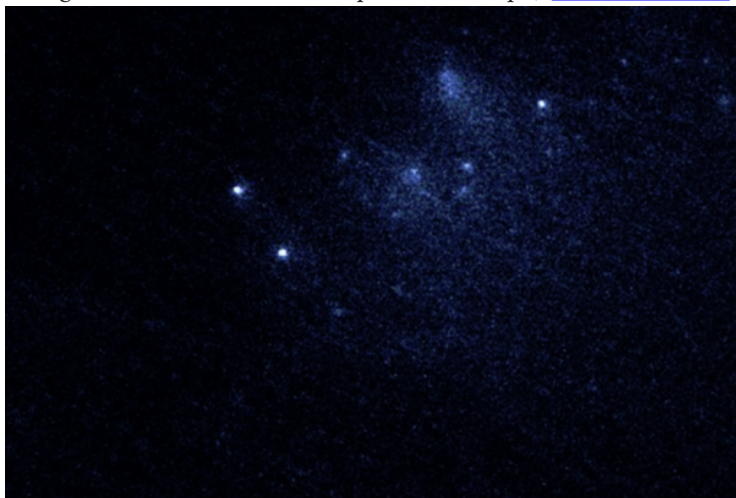
Temporality plays an important role. In complete silence we might imagine even to be dead. Otherwise, some distant vibes or vibrations will reach us and potentially stimulate our senses. Silence works as a bridge between two atmospheric impressions. It creates a feeling of expectation for something still unknown. Silence is underrated as our smart phone attempts to disrupt silence as much as possible to draw our attention to messages or reminders. Hence, silence is about to be turned into a new status symbol. Practice of meditation, listening to isolate and

subsequently to discard sound, has become an advanced level competence, not only for musicians. Feel free to be silent and see what happens around you. It is easy in locations of supposed spirituality or in most libraries. Almost everywhere else you have a hard time to experience a silent atmosphere.

The composer John Cage made silence the title of one of his quite well known pieces. The willingness to pay for the entry to the silent concert might be surprising although the listening experience is unique to each location and diversity of audience.

[Composing silence](#) remains a challenge, making noise is easy.

(Image: NASA/ESA Hubble Space Telescope, [extract of Link](#))



Corrupt-2

New scientific evidence on [corruption](#) and stereotypes about corruption reveals surprising behavioural responses. Social psychologist classified corruption as a behavioural trait of a person. The new evidence of a study that includes country-specific stereotypes into a corruption experiment shows there are always two sides to consider: [the corrupted as well as the corrupting person](#). Both hold stereotypes about the likelihood another person (from a specific country background) is likely to accept a bribe.

Using a widely accepted index from [Transparency International on corruption](#) in countries the experiment uses real payouts to test the probability that a person from country X is trying to bribe a person from country Y. Rather than a personal trait, the study finds that many persons become “conditionally corrupt”. This describes the behaviour to offer a bribe to a person occurs more often if you believe the probability that the person accepts corruption is high. Dorrough, Köbis et al. ([Link publication](#)) is cited in “[nautilus](#)” explaining this by, quote, “when in Rome, do as the Romans do”. Additionally, the stereotypes on corruption prevalence leads people to act more on what they believe is common practice rather than what is the basic legal or ethical standard.

From behavioural ethics we know the urge of people to find justifications for their unethical behaviour to themselves or to others. This is called “justified ethicality”.

Following this rationale, it will be easier to accept a bribe, if the person originates from a high reputation of corruption. In order to correct for such bias due to stereotypes it is important to pursue corruption vigorously and, just as important, communicate a lot

about this behavioural change so that stereotypes begin to change in the mindsets of other persons as well. There are many ways to Rome and some turn out to be quite long.



Denkmal

Jedes Jahr gibt es die hervorragende Möglichkeit am [Tag des offenen Denkmals](#), historisch wertvolle Gebäude und Anlagen zu besichtigen. An heißen Tagen, wie in 2023, sind Altbauten oder klimatisierte Räumlichkeiten besonders bevorzugt. Die [Philharmonie](#) hat erneut die Möglichkeit geboten ohne langwierige Voranmeldung, spontan vorbeizukommen und an einer Führung teilzunehmen. Das von Hans Scharoun entworfene Gebäude samt seiner akustischen Spitzfindigkeiten bietet spannende Einblicke. Stille, [Sound](#) und [Noise](#) in einem Gebäude und Konzertsaal will sorgfältig geplant sein. Kompromisse mit verfügbaren finanziellen Mitteln und Planungsverfahren gehören zur baulichen Realisierung, wie eventuell zu den Kompositionen, die dort aufgeführt werden. Heute erscheint uns die gelungene Akustik als historischer Meilenstein. Ebenso die Form des Konzertsaals mit Plätzen hinter dem Orchester, aber auf das Gesicht der Dirigierenden bietet einzigartige Einblicke in die Praxis der Aufführung. Für 10 Minuten war selbst bei der Führung zufällig ein Zuschauen bei der Generalprobe der Berliner Philharmoniker von weitem erlaubt. [Komponist und Dirigent Jörg Widmann](#) probte noch Ausschnitte aus der am Abend aufzuführenden Werke. Selbst hoch unter dem Dach der Philharmonie konnten die leisen Ansagen des Dirigenten leicht verstanden werden. Akustische Meisterleistung der Architekten. Wer hätte gedacht, dass Anfang der 60er Jahre eine solche Glanzleistung möglich war, im Berlin, das gerade erst durch die Mauer getrennt werden sollte und dann geteilt überleben musste.



Entwurf Hans Scharoun Ausgestellt in Berliner Philharmonie 2023

Widmann

[Jörg Widmann hat seinen Einstand bei den Berliner Philharmonikern](#) als „Composer in Residence“ gegeben. Die Schwester, [Carolin Widmann](#) interpretierte das Violinkonzert Nr. 2 von [Jörg Widmann](#) als Solistin. Das war ein ganz besonderer Abend. Die Widmanns haben doch tatsächlich gemeinsam die Einführung in das Programm des Abends mitgestaltet, eine $\frac{3}{4}$ Stunde vor dem Konzert im großen Saal der Philharmonie. Mit Begeisterung haben die beiden Geschwister von der gemeinsamen Zeit der Entdeckungen rund um die Violine in ihrer Kindheit erzählt. Damit wird die faszinierende kindlich, unschuldige, nahezu naive unbedarfte Herangehensweise an das Instrument verdeutlicht, die so charakteristisch ist für den Anfang des Violinkonzerts. Die Entdeckung eines Klangkörpers (vom einzelnen Instrument bis zum Tutti) geht aber rasch weiter zu einer Demonstration der vielfältigen Gefühls- und Virtuositätsregister der Violine. Paganini lässt grüßen, könnte man meinen.

Kaum klingt eine virtuose Passage an, da hinterfragt der Komponist die eigene Begeisterung. Ist das nicht einfach nur Akrobatik, um dem Publikum zu gefallen? Zweifel stellen sich ein und etwas Distanz zum gefälligen Wohlklang. Reflektierte Virtuosität, der Soziologe würde vielleicht auch reflexive Virtuosität als kompositorisches Element verwenden wollen. Notation von Musik und Klängen hat seit dem wohltemperierten Klavier relativ feste Vorgaben. Daran hat sich Jörg Widmann zu 98 Prozent wohl gehalten. Die anfängliche Erkundung des Klangkörpers Violine lässt sich aber nur anders notieren.

Innovativ, mit mehr Raum für Interpretation in der Aufführungspraxis. Das betonte so auch die Schwester, die nun wirklich dem Komponisten sehr eng verbunden ist. Interessant war daher ihr Kommentar, dass diese Anfangsstelle für sie gleichsam die größte Herausforderung darstellt.

Die folgende [„Fantasie für Klarinette solo“ von Jörg Widmann](#) passte daher gut zu dieser Erkundungsreise von Instrumenten des Symphonieorchesters. Die Klarinette hat in allen Musikepochen und Stilrichtungen ihren Platz behauptet. All diese Anklänge lassen sich in dem Solo, welches der Komponist selbst dargeboten hat, wiederfinden.

Nach dieser aufregenden Reise durch die Jahrhunderte der Musikgeschichte stand die „Reformationssymphonie“ von Felix Mendelssohn-Bartholdy auf dem Programm. Spannend war die Umsetzung „dieser Art von Teufelsaustreibung“ (Worte von Jörg Widmann) mit dem „2. jüdischen“ Satz und dem „3. protestantischen“ Satz der Symphonie in denen Felix Mendelssohn-Bartholdy seine beiden Wurzeln in den Gesängen und Liturgien in Andeutungen aufnimmt. Mit Klängen und Fängen der ausgehenden Romantik wurden wir in den weiteren Abend entlassen, samt Eindrücken aus der Ausstellung zu der Entstehung (60 Jahre) und der Architektur der Berliner Philharmonie und dem Scharoun Ensemble (40 Jahre) der Gebäude einschließlich der Stabi West. [Das Mendelssohn Archiv](#) hat in der benachbarten [Stabi West](#) einen kleinen, feinen Ausstellungsraum mitten im großen Lesesaal. So haben wir einen umfassenden Rundblick und Ausblick genießen können, die dem Kulturforum in eindrucklicher, dennoch unaufdringlicher Weise, eine hervorragende Stellung einräumen.

(Image: Jörg Widmann jenseits des Schattens von [Furtwängler](#) 2023-9-9)



Li-Be

Jede/r hat so seine Assoziationen mit Li_be. Für eine kleine Gruppe von Literaturbegeisterten steht [Li-Be seit langem für das Literaturhaus Berlin](#). Das war nun ebenfalls, anlässlich des [Tag des Offenen Denkmals](#), im September 2023, als solches zu besichtigen. Zentral am Ku'damm plaziert, in der benachbarten Fasanenstraße, liegt diese geschichtsträchtige Villa in mitten eines kleinen Gartens. Trotz wechselvoller Geschichte konnte die Villa als Ganzes erhalten werden, nachdem der Denkmalschutz Veränderungen untersagt hatte. Das Haus der Li-Be hat wirklich alles gesehen, was Leute sich unter Liebe so vorstellen und wahrscheinlich noch einiges mehr. Nach den familiären Nutzungen der Gründerzeit, wurde in den wilden 20er Jahren dort ein russischer und ein arabischer Studentenclub eingerichtet in Verbindung mit der Humboldt-Stiftung, die sich auch heute noch um den wissenschaftlichen Austausch bemüht. Das Rote Kreuz hatte eine erfolgreiche Suppenküche dort in der unmittelbaren Nachkriegszeit betrieben. In den 60er Jahren war es ein Nachtlokal, aber auch einige Jahre ein Studio für modernen Tanz von [Manja Chmiél](#), einer Schülerin von [Mary Wigman](#). Die heutige Nutzung hat weiterhin viel mit Liebe zu tun. Lesungen und Workshops laden laufend ein, sich mit Literatur zu befassen. Der Zeit angemessen finden sich in den Archiven des Literaturhauses zahlreiche Prominente AutorInnen, die Lesungen dort abgehalten haben. Starke Frauen bildeten dabei seit den Anfängen als Literaturhaus einen Schwerpunkt. Nobelpreisträgerinnen gehören zu den Vorleserinnen seit geraumer Zeit. [Annie Ernaud](#) und [Herta Müller](#) traten schon lange

vor den Nobelpreisen dort auf. [Toni Morrison](#) und [Olga Tokarczuk](#) im Jahr der Preisverleihung oder kurz danach. Ein wahrlich toller Ort und dennoch keineswegs mit BesucherInnen überlaufen. Es bleibt eben so eine Sache mit der Liebe, auch im Li-Be.



Revival

Almost 50 years after the first performance of Yoko Ono “cut piece” (1964), as a silent performance, it was performed again at the beginning of the [Berlin Art Week \(BAW2023\)](#). The “Neue Nationalgalerie” opened the art week somehow, in honour of her. The performance consists in the interaction with the audience inviting persons to approach her in front of the other spectators to cut a piece of her dress. They are allowed to keep the cutting and walk away with a little piece of her dress. In the 60s this was quite a big deal. Nowadays, after the fall of the wall and the wrap-up of the Reichstag by the [Christo couple](#), we have become used to such kinds of take-home pieces and sharing in art work or historic moments. Hence, this was the chance for Berliners to add another valuable piece to their collection consisting of a piece of painted concrete from the Berlin wall as of 1989, Christo-foil in 1995 from the Reichstag and now the tissue from the live performance in honor of [Yoko Ono](#).

The participation in the art performance invites several interesting approaches.

First the artist exposes herself in an extremely vulnerable fashion. The scissors in front of her make for a weapon in the hands of an aggressive person. Therefore, the number of security guards was beyond the scope of a normal protection of art hanging on the wall or sculptures exposed. In the background of the performance is the exposition of work from Isa Genzken which has been much less of a security risk. Her super-size rose in front of the gallery is accessible night and day. Some of the images taken have a somewhat blurred, more distant view on some pieces of Genzken’s

work as well. The entry hall of the Neue Nationalgalerie allows a fabulous transparency of art and [invites persons passing-by to attend spontaneously](#) the performance as well.

(Images and videos taken on 2023-9-12, Berlin). Video Clip here.

<https://schoemann.org/wp-content/uploads/2023/09/Yoko-Ono-Cut-Piece-Performance-Extract-2023-9-BerlinBAW---Mit-Clipchamp-erstellt.mp4>



Participative Art

Beyond participation in the performance based on [Yoko Ono's Cut piece 1964](#), you had the possibility to imagine yourself as a sculptor by touching a sculpture of art



attached to the [Genzken](#) exposition, nothing less than the [head and bust of Nefertete, also a piece transformed by Genzken and exposed, untouchable, in the exposition](#). You can hardly get more involved and incited to participate with hands-on experience, so to speak. Additionally, there is the perspective from the performing artist in “Yoko Ono’s Cut Piece” to confront the spectators with a silent, stoic expression hardly moving during the more than 90 minutes performance. Imagine, what kind of vulnerability you are risking. Artists give a lot from themselves to the public. Imagination is even going beyond the act performed. Mastering your own fear of

mutilation or being exposed to views, touching and multiple other forms of sensation.

This surely is an exercise of mental strength. Spectators also interact with other participants as, for example, spontaneously another spectator too the scissors to cut his own shirt in front of the performing artist and covered the shoulder of the performer. The personal interaction assures a more intense experience of art. After all, this is a well-known principle to enhance learning experiences as well. Imagine all the people, each taking just a tiny little piece and remember their experience that they, as well, can be actively contributing to art. Reviving this [participatory experience](#) is leading beyond imagining only your participation. [Democracy](#) is built on this stimulating experience as well. It is ever so necessary to foster participation and to overcome indifference or abstention. Learning by doing, or experiencing through touching, offer many additional insights.

(Images and videos taken on 2023-9-12, Berlin)



[Yoko Ono Cut Piece 2023 Berlin](#)

Biermann poetic

Wolf Biermann is probably most known and still controversial in Germany. His outspokenness in the GDR already caused a lot of trouble leading to his forced expatriation, but a warm welcome in the FRG. Most people from the baby boom generations know some of his songs prominent in the peace movements of the 1970s. Much less know is his relentless fascination with poetry. The Staatsbibliothek Berlin devoted 2 readings to his [translations of poetry of Shakespeare](#) and his French preferred poets and song writers. The expert reading and intonation of the French originals and Biermann's translations was presented with enthusiasm as part of "the poetic coffee break" in the [modern Stabi West](#). Hinrich Schmidt-Henkel presented in a lively fashion some of the work of Biermann and his remarks on the idiosyncratic style of Wolf Biermann were very much to the point. The translations form a unique style of translations, where it is possible to identify Biermann as translator. Here we enter into the theory of translation, where we tend to view the personality of the translator secondary to the first author of a poem. In Biermann's case he seems to deviate consciously from this path. Doing translations becomes a kind of exercise to work and improve your own poetic skills. Exercise in metrics, lyrics and melody appear like a meditation on classical texts. In the translations from French, more than the ones from English, there is at occasions an additional critical or "Verfremdungseffekt" present, which enhances the translations with respect to the original. What are those translations? Perhaps more intended as "[Pastiche](#)" as the translators version of "rendre hommage" to his idols. In any case a memorable

series of events in the Stabi. The small exposition of mainly books is another highlight, which facilitates the glancing through and reading of more of the writings of Wolf Biermann. The [DHM](#) has additional material on life and career of Biermann in a current exhibition. The strength of cultural institutes is the cooperation on specific projects. All in all, this is a great and rewarding effort honoring a troubadour between and beyond frontiers just like Bob Dylan, the other now acclaimed hero of the peace movement.



Hinrich Schmidt-Henkel in Stabi 2023-9-12



Leselounge Wolf Biermann 2023-9

Get mobile

In inner cities, plagued by horrible traffic jams and pollution by cars and lorries, we dearly await at least the one day per year without this nuisance. Mobility can be organized differently. Brussels demonstrates this in an exemplary fashion. Many families gear up for this one day to teach kids how to cycle technically without the dangers of the fight for space, speed and breathable air. Older persons also feel much more save then and walk or cycle longer distances than they usually do. So many winners and only a few forced to not use their cars during 10 hours. Massive health benefits for the whole city, especially on too warm a day in autumn 2023. All these kinds of ideas were already discussed before the COVID-19 crisis on a mobility fair in Brussels. It is not the ideas that are missing, but the political will and courage to try new ways forward. Learning that walking and cycling in cities do not hurt you, prepares the readiness to go further along this path. Just do it. And do it faster than in the past. The planet needs it, people seem to really like it, too. [Enjoy](#).



Car free sunday Brussels 2023-9-17

Heritage Day

A heritage is something you might carry with you, no matter whether you like it or not. In architecture this is most vivid and visible. On the [2023 heritage day](#) in Brussels many monuments and institutions open their prestigious buildings to the public and show off their “silver” or gold plated walls and ceilings. Just next to Royal Palace is the home of princesses and princes now inhabited by the [Royal Academy](#). Even the stables have been packed with books now, all in all 19 km of shelves packed with papers of all sorts. Great that many academics and academies have shifted to electronic publishing so that the CO2 footprint of science and art can finally be reduced as well.

Of course, we adore the old postcards to learn about historical trajectories of architecture and specific buildings. The collection is a great collective memory.



Royal Academy Archives Brussels 2023





Berlin Grün

Zur [Berlin Art Week BAW](#) 2023 wurden der Neuen Nationalgalerie ein paar Blumen und Baumkästen spendiert. Alles nur vorübergehend. So erblühte die Rose von [Isa Genzken](#) schon vorher und sicherlich noch etwas länger vor der Neuen Nationalgalerie. Steht der Galerie gar nicht schlecht. Vielleicht etwas sehr figürlich und wenig auf die Schätze der Moderne hinweisend. Das ist schon eher post-modern. Rückbesinnen auf die Werte der Natur, dass Stahl und Glas eben nicht umsonst zu haben sind, sondern erhebliche Umweltkosten mitsichbringen. Das regt zum Nachdenken an. Solarzellen, quasi unsichtbar auf dem großzügigen Flachdach der Galerie und für die geplante Scheune nebenan? Kunsträume stehen ebenfalls in der Verantwortung für die Überlebensbedingungen unseres Planeten. Denkmalschutz kann weitgehend eine Bremse sein, aber die energetische Verantwortlichkeit der immer gut gekühlten und beheizten Räume sollten auch wegweisend in dieser Richtung sein. Da gibt es noch viele Potenziale, die es auszuschöpfen gilt. Damit kann dann auch mehr Kunst gezeigt werden, da die laufenden Kosten gesenkt werden können für mehr als eine Wahlperiode oder Amtsperiode einer Hausleitung. Also Kunst kann einen schon auf unangenehme Gedanken bringen, die die Kunstschaffenden und Kuratierenden selbst betreffen. Isa Genzken und die BAW setzen Zeichen, die vielleicht so gar nicht unbedingt geplant waren.

Nice.



Selfie 3D

Wir meinen gerne die heutigen Gewohnheiten, wie die ständigen Selbstbildnisse seien eine Erscheinung des 21. Jahrhunderts. Weit gefehlt. Wer es sich früher schon leisten konnte, hat sich malen lassen. [Photographen](#) haben später diesen Markt übernommen. Aber eben auch Kunstschaffende haben seit langer Zeit ihr Selbstbildnis gezeichnet, gemalt und in Stein oder Gips geformt. [Selfies sind daher eher die Demokratisierung der Möglichkeiten, sich selbst zu inszenieren.](#) Eben sich so zu portraituren, wie sie oder er sich selbst sieht, sehen möchte oder gesehen werden möchte. Es ist daher weniger ein narzisstischer Charakterzug die Antriebsfeder, sondern für die meisten Menschen steht ein Teilen, eine Form der Interaktion mit anderen im Vordergrund. Die portraitierte Person ist da, auch wenn sie gerade nicht da ist.

Diese Intention haben Herrschende jahrtausendlang genutzt und sich Mausoleen und Pyramiden errichten lassen. Gut, dass diese Praxis weit in den Hintergrund getreten ist. Heute regeln wir bereits unseren digitalen Nachlass in Ergänzung zu unserer analogen Hinterlassenschaft. Für viele werden dabei, ganze Sammlungen von vielfältigen Selbstbildnissen zu verwalten sein. Die 3D-Ausdrucke unserer Gesichtsscans samt mehr oder weniger noch vorhandener Haarpracht kommen dann in eine eigens vorbereitete Vitrine. Selbstverständlich gehören die MRTs und sonstige Scans von ZahnärztInnen auch in die [Sammlung](#). 3D ist schon ein guter Anfang auf der [Interaktionsreise](#) mittels Selbstbildnis. 4D Realisationen, wie [Yoko Ono mit ihrem Cut Piece 1967](#) kamen dann später. (Photos from [Friedrichwerderschen Museumskirche, Berlin](#) 2023 Ausstellung

Ideal und Form, li: Schadow Selbstbildnis, mi: von Kahle, re: Rauch).





ANNA VON KAULE (1743-1810)
SELBSTPORTRÄT, 1777
KUNSTHAUS GRAZ, GRAZ



CHRISTIAN DANIEL RAUCH (1777-1857)
SELBSTBILDNIS, 1828
Bronze

CHRISTIAN DANIEL RAUCH (1777-1857)
SELBSTBILDNIS, 1828
Bronze

SELB-PORTRAIT, 1828
Bronze

Generationswechsel

In den [öffentlichen Bibliotheken](#) ist ein Generationswechsel der Besuchenden überfällig. Traditionell finden sich 4 unterschiedliche Gruppen von Personen in den öffentlichen Bibliotheken wieder. Da sind (1) die bildungsaffinen Rentenempfangenden, (2) die Eltern mit Kleinkind(ern), (3) Wärme- oder Kühle suchende Menschen der Umgebung und (4) die Schul-, Hochschul- oder Examensvorbereitenden. Soziologisch betrachtet ist das ein interessantes Aufeinandertreffen von gesellschaftlichen Randgruppen.

Die [„Neue Zentralbibliothek im KAP1“ \(Düsseldorf\)](#) hat aus diesen meist unverbunden nebeneinander operierenden Gruppen eine kommunikative Gemeinschaft produziert. [Aktion und Interaktion ist nun angesagt](#). Der Flyer betont richtungsweisend: „Menschen, Bücher, Räume“. Fortan soll der Mensch und seine Lernfähigkeit im Vordergrund stehen, nicht mehr nur die Bücher. Dazu braucht es meistens anders oder umgestaltete Räume. Lernen war immer schon interaktiv und nur in Teilen allein im stillen Kämmerlein. Dazu braucht es Labs als Lernräume und nicht nur die Stille der „Page-turner“. Lernboxen, Lernstudio, Musikstudio sowie eine „Kreativschmiede“. Dort wird heute gepodcastet, 3D gedruckt und es werden social-media Kanäle entworfen und betrieben, immer schön generationsübergreifend. Voneinander Lernen ist das Motto nicht mehr nur nebeneinander und im Wettbewerb um die beste Bewertung. Kollaboration und gesellschaftlicher Zusammenhalt brauchen neue Räume, dem KAP1 in der Düsseldorfer Zentralbibliothek ist dabei schon viel gelungen. Die zentrale innenstädtische Lage ganz nah am Hauptbahnhof ist ein

zusätzliches Asset. Ansonsten hätte ich mich wohl nicht auf der Durchreise dorthin verlaufen. Ein Random-Walk in Bahnhofsnähe, verursacht durch verpasste Verbindungen der Bahn, hat zu einer unerwarteten, bereichernden Zwischenpause geführt. Der Ausblick aus dem Café auf das übliche innerstädtische Verkehrschaos konnte umgeben von Alt und Jung richtig genossen werden.



Kunstsammlung

Viele Kunstsammlungen in der westlich dominierten Kunstwelt haben nicht nur ein Übermaß an Beständen von Männern gegenüber von Frauen, sondern ein noch größeres Gefälle zwischen westlichen Kunstschaaffenden und Kunstschaaffende globaleren Ursprungs. Die [Kunstsammlung Nordrhein-Westfalen](#) versucht in 2023, diesem Bias zu begegnen. Die Preisträgerin des K21 Global Art Award an die Südafrikanerin [Senzeni Mthwakazi Marasela](#) (Image unten aus der Ausstellung K21) steht für starke Frauen, die mittels der Kunst, Geschichte und Geschichten erzählen und damit dokumentieren. Wir brauchen viele dieser Stimmen.

Der Kunstkalender 2023 bringt zudem über den Jahreswechsel hinaus [„Isaac Julien“ in die Kunsthallen in Düsseldorf](#) mit seinen beeindruckenden Filminstallationen. Immer unter dem Thema der Gleichberechtigung sind seine Werke eine unablässige Hinterfragung der von uns, der Gesellschaft, produzierten und sich [ständig reproduzierenden feinen Unterschiede](#). „What freedom is for me“, so der Untertitel der Ausstellung, erlaubt den Perspektivenwechsel und, sich die Bedeutung des Freiheitsstrebens der „People of Colour“ zu vergegenwärtigen. Jenseits der [Freiheit, als Abwesenheit von](#) Unterdrückung, Angst und Ausbeutung ist [Freiheit etwas zu tun, zu denken, sich auszudrücken](#) die Nagelprobe auch der Gleichberechtigung. Unsere großen [Ausstellungshäuser](#) und [Sammlungen](#) sind sich ihrer Verantwortung bewusst geworden. Manche Museen erwachen gerade erst aus den [Schrecken, die sie in ihren Sammlungen vorfinden](#). Im Interesse der Freiheit und Gleichberechtigung

erwächst den öffentlichen Institutionen dabei eine Verantwortung, die immer schon da war, aber erst in den letzten Jahren intensiver angegangen wird.

Jede Sammlung ist selektiv, sonst wäre es wohl keine Sammlung. Den Waffen- und Trophäensammlungen der letzten Jahrhunderte müssen wir heutzutage Sammlungen hinzufügen, die neue Möglichkeitsräume erschließen und Empowerment befördern.

Los, sammeln wir.



[Senzeni Mthwakazi Marasela 2023 K21clipvideo](#)

Luftschloss

Im K21 der Kunstsammlung Nordrhein-Westfalen ist ein [Luftschloss eingebaut](#) worden. Es ist das einzige mir bekannte Luftschloss, das für alle Besuchenden begehbar und fühlbar ist. In wahrhaft luftiger Höhe von 25+ Metern über der Eingangshalle der Kunsthalle K21 und zentral unter der gläsernen Dachkuppel platziert, lässt sich mal so richtig abhängen. Nahezu schwebend kann die weiträumige Installation von [Tomás Saraceno](#) erklimmen werden. Die Schritte und [wippenden Bewegungen](#) der anderen BesucherInnen lassen sich unvermittelt ebenfalls erspüren. Du bist nicht allein, im originären Sinne des Wortes. Die buchstäbliche [Vernetzung mit allen anderen Personen](#) werden durch Schwingungen des Netzes zu anderen Kletternden oder Chillenden übertragen. Eine unmittelbar erlebbare Erfahrung der Verbundenheit mit unbekanntem, anderen Menschen stellt sich ein. Die Verbundenheit innerhalb einer Gesellschaft wird eindringlich verdeutlicht. Die Angst, durch die Höhe verursacht, weicht rasch der freudigen Erfahrung der Schwebung und der kindlichen Erfahrung der Suspension. Nahezu freischwebend in der Luft, im Orbit erlebt jede/r sein eigenes Luftschloss inmitten von transparenten Kugeln, die wie Planeten wirken. Gleichsam real, aber dennoch imaginär durchwandern wir die Installation immer im Bewusstsein, dass andere um uns sind, die unsere Schritte, Möglichkeiten und Haltungen mit beeinflussen. Vom Luftschloss träumen oder im Luftschloss träumen, beides ist dort machbar.

CO2 freundlich lässt sich die Erfahrung in der [APP Aerocene](#) fortsetzen. Der für unser Wetter so bedeutsame Jetstream wird zur

imaginären Flugerfahrung genutzt und mit recht aktuellen Daten gespeist. Die Verbindung zu „Earth and Space Sciences“ ermöglicht die Einbettung der sozialen Erfahrung in einen noch weiteren Kontext.

Die eigenen 4 Wände sind die Grenze. Das galt schon früher nicht. Weit darüber hinaus lassen sich neue Möglichkeiten erschließen, die nicht umweltbelastend sind. Selbst die Reichstagskuppel in Berlin sehe ich plötzlich mit ganz anderen Augen. Mehr als Möglichkeitsraum, statt der traurigen Vergangenheit und der zerstrittenen Gegenwart. Was wäre die Kunst, wenn sie nicht zum
T r ä u m e n a n r e g e n w ü r d e .



Overwork

In a country where most people subscribe to the "[protestant work ethic](#)" it is not easy to raise the issue of overwork. Yet, overwork needs to become an issue of concern. In combination with overwork comes too little rest. Particularly the lack of rest and sleep is likely to cause serious medium and/or long-term effects. Burn-out is only one of the more obvious and drastic experience of exhaustion. The lifestyle of overwork has direct causal links to malnutrition and cardio-vascular risk factors. Once triggered these processes are even harder to control. The run on meditation exercises is only reiterating the huge difficulties to find a balance or antidote to overwork.

The [Pew Research Center in Washington](#) has published results from a survey in 2023 that shows that only about half of American people take the full vacation they are entitled to. The evidence of pervasive overwork in the U.S., not limited to the higher executive branches of employees, is hugely unhealthy. Physical and mental health is endangered and the cost to individuals and society are immense. Who cares? Well, we should care. (1) Documentation and monitoring this trend are the first elements of a strategy to counter these effects. Keep spreading the message that overwork is not without serious risks and mostly is followed by huge costs, someone will have to pay. (2) Start to analyse why we glorify overwork and keep doing so for centuries. The strive for higher pay, more money, higher profits, wealth or social prestige is a powerful driving force, of course. Legal measures or taxation to curb extra benefits of overtime have apparently had only marginal effects as they are circumvented, if people are too much focused on

the immediate earnings effects. (3) Examine the question, why we glorify overwork? The [Harvard Business Review published an article on this on 28th of August](#) (just after the vacation period) to blame the culture of “workaholic” behaviour. In short, if your self-concept is defined exclusively through work, you will be doomed for overwork and its consequences. The next shot of overwork satisfies the urge for self-esteem and most likely also recognition from peers, colleagues and supervisors. This is an unbelievably heavy drug and addiction terribly hard to resist. (4) Who keeps pushing the agenda of overwork? We know for sure that it is not your children. If you have none, you will be at a higher risk to overwork and to push the overwork agenda compared to others, just because compared to families your time budget leaves more reserve capacity for time to rest. Employers set powerful incentives to reward any form of overtime and thereby overwork not only in pecuniary form, but also more rapid career advancement. Strongest and most addictive is your very own behaviour not to respect limits to working [time](#). (5) Remedies to overwork are only partly in your own command. Of course, getting more sleep, doing more exercise, [walk](#) instead of drive to work are all fine. However, we need to address the danger of addiction, especially when we do not want to admit our [dependency on overwork for self-esteem](#) and recognition by others. Getting together with like-minded persons, for example, in [trade unions](#), will make it easier to get collective solutions to isolated overwork. Higher wages should allow you to get more rest as you earn the same absolute amount with less input of hours. The danger of working even more, because the incentive to put in an [extra hour of work](#) has risen at the same time. Be aware of this “duality of higher pay”. Societies have lots of reasons to [redistribute work](#). Between women and men, [young](#) and old as well as the “overworked” and

“underworked”.



Partikelfiltrierende Halbmasken

Gebrauchsanweisung:

BAU 4831 FFP1 NR D, BAU 4832 FFP1 NR D, BAU 4833 FFP1 NR D, BAU 4834 FFP1 NR D, BAU 4835 FFP1 NR D, BAU 4836 FFP1 NR D, BAU 4837 FFP2 NR D, BAU 4838 FFP2 NR D, BAU 4839 FFP2 NR D, BAU 4840V FFP2 NR D, BAU 4841 FFP3 NR D

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Farb-Kennzeichnung und Einsatzbereiche

Farbe	Filterklasse	Beispielhafte Einsatzbereiche
grün	FFP1	Stein, Betonstaub und Feinstaub
blau	FFP2	Metallstaub (Eisen, Stahl), Beton und Putzstaub, Zugsäge- und Fliesenstaub, Frähschlitz- und Spitzstaub
rot	FFP3	Farbstaub, Farbpartikel, Metallstaub

Single-use filtering face-piece respirators

Instructions for use:

BAU 4831 FFP1 NR D, BAU 4832 FFP1 NR D, BAU 4833 FFP1 NR D, BAU 4834 FFP1 NR D, BAU 4835 FFP1 NR D, BAU 4836 FFP1 NR D, BAU 4837 FFP2 NR D, BAU 4838 FFP2 NR D, BAU 4839 FFP2 NR D, BAU 4840V FFP2 NR D, BAU 4841 FFP3 NR D

IMPORTANT: Single-use respirators are classified according to one of three categories: FFP1, FFP2, FFP3. Before making the following information, check the category to which the respirator belongs, this is indicated on the packaging and on the respirator.

It is the user's responsibility to ensure that the respirator provides the necessary level of protection for the type and concentration of the contaminant(s) in the area where the respirator is intended for use.

Colour coding and applications:

Colour	Filter class	Sample applications
green	FFP1	Stone and concrete dust and fibres
blue	FFP2	Wood dust, metal dust (iron, steel), concrete, brick and tile dust, paint drips and splashes
red	FFP3	Paint mist, paint particles, metal dust

Masque à usage unique

NOTICE D'UTILISATION:

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IMPORTANT: Les masques à usage unique sont classés en trois catégories: FFP1, FFP2, FFP3. Avant de lire les informations ci-dessous, déterminez dans quelle catégorie votre catégorie est indiquée sur le conditionnement et sur le masque.

Il est de la responsabilité de l'utilisateur de garantir que le respirateur offre le niveau de protection nécessaire pour le type et la concentration du contaminant(s) dans la zone où le respirateur est destiné à être utilisé.

Couleur	Classe de filtre	Exemples de domaines d'application
vert	FFP1	Poussières de pierre et de brique et fibres
bleu	FFP2	Poussières de bois, poussières métalliques (acier, béton, de brique et de carrelage, sciure de bois)
rouge	FFP3	Brouillard de peinture, particules de peintures métalliques

Marathon Berlin2023

Berlin celebrates its 49th Marathon in September 2023. The [first Berlin Marathon in 1974](#) had less than 300 participants. To separate this from Olympic games, these runs were coined "[Volks-marathon](#)" at the time. 5 events had already taken place in New York when these annual events started to catch on in Berlin. In 2023 there are close to 50.000 participants mostly drawn from a lottery of about 500.000 entries. So, you can call yourself one of the lucky few, if you manage to get a place. The event is a drain, but it creates a fantastic hype not only for the runners. The many cheers and bands along the running track transform the inner city into a huge party zone. The Berlin marathon is known around the world for its fast track. In 2023 Berlin is proud to be the city where both the women and men's world record are held currently at the same time. This is quite an achievement.

Personally, I enjoy more the courage, stamina and will power all the participants gear up to. Months, if not years of preparation find their climax in getting to the starting line in the "Tiergarten", just where you had (have) the "Love Parades" some weeks before. The finishing line is 300 meters away, once you have passed the "Brandenburger Tor". From a public health perspective, we applaud the encouragement such events give to all those that have an active life style and to some to get started on such a trajectory. The media coverage is enormous and with all sponsorships, equipment, hotels, meals and travelling involved such events have become big business, too. No such event and going to health limits is without risk. This is, of course, also the case in Berlin. The emotions run high for almost all, except for a few, who go too far beyond their

limits.

The [medical assessments of exhaustive endurance sports](#) are an ongoing research issue. A recent literature review reveals that there are quite substantial numbers of previous smokers or persons with previously unhealthy life styles participating in popular marathons. Running, probably, has been part of overcoming bad habits of the past. It is therefore, not surprising to find that some of the participants are at a risk of wanting to run too much or too fast for their current state of health. The hypnotising effect of music and stimulation from being part of a huge crowd, contribute to the effect to go beyond limits. [Cardiovascular events](#) or [brain lesions](#) are, therefore, part of the ex-post risks of participants who have had specific medical check-ups. Know your limits, train them wisely, but respect that limits exist. This seems to be a reasonable summary based on sports medical research. [Berlin 42km finishing line 2023](#)



Auenlandschaft

Die [Auen und die Wälder in der unmittelbaren Nachbarschaft](#) hatten eine hohe Bedeutung für die Biodiversität. Mit ihren fruchtbaren Böden waren sie leider sehr begehrt für die Landwirtschaft und wegen Wassernähe auch für Wohnungsbau. Die Auen haben eine wichtige Funktion als Aufnahmefläche für Hochwasserschübe an allen Binnengewässern. Das haben wir in Deutschland an der Ahr schmerzlich wieder erleben müssen. Nachhaltiges Wirtschaften mit den Auen statt gegen die Auen ist möglich. Selbst der langsame Rückbau von befestigten Flussufern ist möglich, wenn Ausgleichsflächen für Überflutungen erschließbar sind. Das braucht eine langfristige Planung. Diese fängt meistens auf den umliegenden Bergen und Hügeln an, die nicht mehr nahezu ungebremst große Wassermengen rasch in die Flüsse ableiten. Auffangbecken, die höher gelegen sind, Versickerung, die nachhaltig bewässert, sind verbundene Planungsvorhaben, die zusammengenommen eine wirksame Antwort auf den Klimawandel bilden.

Auen haben feuchte- und wärmereregulierende Funktionen, die den umliegenden Dörfern und Städten zu Gute kommen. Elektrisch betriebene Schiffsmotoren drehen leicht mit höheren Drehzahlen und Vermeiden dadurch zusätzlich die hohen Heckwellen, die sonst oft bei langsam drehenden großen Schiffsschrauben zu beobachten sind. Als Naherholungsgebiete sind die Auenlandschaften sehr beliebt und nicht erst seit den Malenden der Romantik. Die größere Biodiversität sollte eine Antriebsfeder sein, diese Naturschönheiten zu bewahren und, wo möglich, wieder herzustellen. Leipzig hat das erfolgreich durchgeführt ([Link](#)

[PDF](#)). In Frankreich tragen die [Rückhaltebecken der Marne](#) wesentlich zur Verbesserung der Wasserqualität der Seine bei damit mittelfristig darin sogar wieder gebadet werden könnte.



Energiewende lokal

Neben dem vielen politischen Geschrei vollzieht sich die Energiewende oft schon unter dem Radar der breiten Massenmeinung. Unzählige lokale Initiativen machen Energiewende von unten, statt auf die große Politik mit ihren Subventionstöpfen zu warten. Das rechnet sich langfristig und bezieht viele lokale Akteure mit ein. Kehlheim, an der Mündung der Altmühl in die Donau, schafft es mit kleinen Schritten, weniger Gas zu verbrauchen und die [Bierbrauerei mit Energie aus Pellets lokaler Holzwirtschaft zu betreiben](#). Recyclen der Flaschen mit Mehrwegkonzept trägt zu weiteren CO2-Einsparungen bei. Der lokale Konsum ist dabei inbegriffen.

Lokale Energiewende wird oft von unerwarteter Seite noch ausgebremst. Geplante Windräder ebenfalls in Kehlheim (Bayern) scheitern an der Bundeswehr, da sie Vorrechte geltend macht für Flugkorridore. Wir wissen gar nicht, welche Barrieren noch gefunden werden können, damit lokale Energiewende Realität werden kann. ([Bericht Deutschlandfunk](#)).

Damit wir weg vom Gas kommen, brauchen wir viele Anstrengungen von allen. Für die kommunale und regionale Energieplanung ist das durchaus eine Jahrhundertaufgabe. Unsere Gasometer, die vor hundert Jahren den Gasdruck lokal reguliert haben, sind oft schon für neue Nutzung erschlossen. Die [Befreiungshalle nahe Kehlheim](#) heißt im Volksmund schon lange Vereinsbier- oder Freibierhalle, jetzt vielleicht sogar aus „nachhaltiger“ Produktion.



Die [Auenlandschaft](https://loc.gov/pictures/resource/ppmsca.00044/) wird wohl nicht so schnell wieder nachwachsen. Weniger Zellstoff-, dafür mehr nachhaltige Bierproduktion ist doch eine interessante Perspektive. Photo: Auszug aus <https://loc.gov/pictures/resource/ppmsca.00044/>

Instability

In political science the [stability- instability paradox](#) is much discussed ([paper with game-theoretic analyses](#)). The reliance on nuclear weapons, supposed to enhance stability in the world order, is rather driving the instability making conventional wars even more likely. Michael Beckley argues that containment of China's expansionary policies is needed to avoid even more disastrous confrontations ([Foreign Affairs, 2023 Nr.5](#)).

Different from the German cold war doctrine "[Wandel durch Annäherung](#)" Beckley argues that commerce has not brought US and China closer together, but it is actually driving them further apart. After decades of trade imbalances with China the economic power of China can be felt as overwhelming. But there are multiple risks to its economic model and strategic interests to secure raw materials from across the world. Aging of China is another economic and social fallacy difficult to overcome with short-term measures.

We are about to witness another couple, triangular or more relationship to establish as "[enduring rivals](#)". This may last for centuries rather than decades, although the French- German couple has managed quite successfully to turn such rivalry into an "entente" relationship of importance to the whole European continent. The shift in emphasis of US foreign policy is going to be significant. Containment with [Russia](#) has worked, so why should it not work with China as well. The likely answer is [demographics](#) again. The size of the internal market of China is sufficiently large to continue a splendid isolation after heavy one-sided trading is over. State control of the internet and social scoring of the

population is also a powerful tool to suppress the formation of free will and independent opinions. After all, instability in external relations might even be used to ensure internal stability. Such strategies are common to all political systems. The stability-instability paradox is staying with us and this is rather stable even if the discussion changes continents. (Image: Comical battlefield Map 1854, by Berendsohn shown at [Waterloo, Museum](https://www.waterloomuseum.com) 2018)



Marathon Prep

Most people, including many sociologists, believe preparation for a [marathon](#) is a rather lonely exercise. During hot summers you get up early and run alone across the streets in your [neighbourhood](#) or in a green area. Even on weekends you tend to put on your running gear at least once to chip in a few extra miles or once or twice before the marathon a longer distance test run of 20, 25 or 30 kilometers. Just for the sake of testing to withstand more pain, like in the real event. Running guides in form of books, apps reach “cult status”. In sociology we teach students about the social trends of individualisation ever since the book by [Putnam “Bowling alone”](#), which depicted the new kind of lonesome person going alone to the bowling hall for exercise, as social life seems to evolve towards “individualised” leisure time and social life. Social capital seems to get lost on the way.

[“The New York Times International”](#) published an article and photo by Lauren Jackson on September, 27 (2023) page 17 in the sports section, which states the not so new phenomenon of “run clubs” (see extract on image below). These clubs bring runners from all walks of life together on a regular basis to train jointly and add a social function to the club as well. Just like previous sport clubs or socialising bowling groups did before, they meet and greet as well as party and celebrate together. Even travelling thousands of miles to distant events occurs in groups. Berlin seems to be a very attractive location for such clubs to go to. For some the sport stays in front of the activities, but for quite a few the social and party-like atmosphere is just as important. Even a local Berlin newspaper portrayed an older runner who stops in-between to

have a small glass of alcohol-free beer on a terrace 2 steps from the official track with friends and family. Most people take their time record rather seriously, but the event is to enjoy community and celebration. Lauren Jackson even equates this to some forms of religious practice. I'd rather call this the other side of the same coin. Lone practice and meditation like running prepares a person to enjoy community (again). Extremes in both directions are part of the bell-shaped probability distribution of runners across the lonely-crowded spectrum of running experiences. The Marathon 42km 195m certainly has some [historical even mystical connotation](#). While watching the finishing line at 42 km, just after the hypothetical run from Marathon to Athens in ancient Greece, you see many worn out persons, but also the many happy faces. After the run you meet your peers to exchange on stories and anecdotes around the track. Success and failure, just as in other team sports become a topic of conversation and shared experiences. These are community building events as wheel chairs and hand-driven bikes are part of the Berlin event as well as the in-line skaters the day before. In Berlin you get a feeling that running world records (women 2023, men 2022) can go hand in hand with the running fun for many. From "bowling alone" to "running together". Sounds good to me.

met in Berlin last week for the city's marathon. Berlin has become a destination for running clubs to gather and, often, party together.

LAUREN JACKSON/THE NEW YORK TIMES

of the run clubs

rowdy as American tailgates.

"It takes over the city," Ainoa Ryll, 33, from Barcelona, said over music playing at a marathon photography exhibit. "So many people run now, it's one big party."

Running clubs are popular in cities around the world: Berlin, London, Los Angeles, Houston and New York and many others.

These clubs help people build communities in cities that can feel alienating. At the runs and the hangouts afterward, members have met best friends and even spouses.

CREATING COMMUNITY

"Running was once seen as a nerdy, solo sport," said Joey Elgersma, the founder of the Berlin Braves. "These clubs are showing how cool and social it can be."

Many running clubs started during the pandemic, when people were looking for opportunities to exercise and safely spend time with others outside.

Justin Shields, 33, founded the Venice Run Club in Los Angeles in 2020. The club grew into one of the largest in the world as people sought out friendship during lockdowns.

Recently, more than 1,000 people came to one of the group's runs (there are three a week). The club hosts community service opportunities, 5Ks and parties for its members, who are mostly in their 20s and 30s.

Despite its size, Shields said the club still maintained a sense of community by having newcomers introduce themselves at the beginning of each run. "I understand how hard it is to make friends now," Shields said. "I want to help people make a real connection."

Shields himself made one: He met his wife, Erin, 28, on one of the club's first runs. They now manage the run club together.

Run club founders say the groups are popular because running facilitates

deep connections. Unlike in most social settings, members see one another exhausted, struggling and sweaty—a vulnerable combination.

"We've found that people bond really, really quickly," Matt Horrocks, 33, a co-founder of the Your Friendly Runners club in London, said.

HEALTH CHALLENGES

Ryo Yamamoto, 47, a creative director who co-founded the Old Man Run Club in New York, said his running community once rallied behind a member who was experiencing health challenges. And Erin Shields, from the Venice Run Club, said that the community felt similar to the one she had found at church as a child.

"Religion gives you a group of people who are willing to take action and help you at any time, be there in your corner and support you and celebrate you," she said. "The run club gives you that, too."

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