



**LIVING**  
**SLOW** **LIVING** **FAST**

mail art coloriMii

Exhibitions of this project:

- \* September 2011 - QS Gallery - Chaam - NL
- \* November 2011 - Townhall Municipality Alphen-Chaam
- \* In 2011 in several Cittaslow communes in The Netherlands
- \* In 2012 probably in Cittaslow cities in Italy

This project also has been made possible by a grant of the municipality of Alphen-Chaam

The full exhibition is also published on the internet

[slow-project.blogspot.com](http://slow-project.blogspot.com)

[www.colori.nl](http://www.colori.nl)

Colofon

Concept and project: Mr. Colori  
Publishing: The Museum of Instant Images  
Design: Toon Joosen  
Translations: Erik Honders

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Femmes Fatales Productions  
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blog: <http://colorimii.blogspot.com>  
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address: Beckershagen 15 - Chaam - 4861SE - NL



Limited edition



**LIVING FAST / LIVING SLOW**  
mail art project  
**The Museum of Instant Images**  
**mr. Colori**



flyng low  
flyng slow

## **Cittaslow: Kader voor de toekomst met behoud van historie**

**Sinds 26 juni 2010 is Alphen-Chaam een Cittaslow gemeente. In de Zuid-Koreaanse hoofdstad Seoel ontving burgemeester Harrie Nuijten het certificaat uit handen van Gian Luca Marconi, de President van Cittaslow International.**

Cittaslow is het internationale keurmerk voor gemeenten (< 50.000 inwoners) die op het gebied van leefomgeving, landschap, streekproducten, gastvrijheid, milieu, infrastructuur, cultuurhistorie en behoud van identiteit tot de top behoren. In een Cittaslow kunnen inwoners en bezoekers op een plezierige, gastvrije manier en op een menselijk tempo genieten. De oorsprong van Cittaslow ligt in Orvieto (Italië).

De kwaliteit van de leefomgeving is het allerbelangrijkst voor een Cittaslow. Dit betekent dat een gezond milieu, het versterken van de landschappelijke kwaliteiten en een goede infrastructuur hoog op de agenda van de gemeente staan. Deze koestert het cultuurhistorisch erfgoed, de plaatselijke tradities en het aanbieden en promoten van streekproducten.

Cittaslow helpt bij het versterken van de bewustwording bij beleidsmakers, instellingen, ondernemers en inwoners. Het keurmerk stimuleert hen om verantwoordelijkheid te nemen voor de ontwikkeling van de gemeente. Voor een authentieke gemeente als Alphen-Chaam belangrijk de lokale identiteit te bewaken, te versterken en verder uit te dragen. Bovendien is het bewustzijn aanwezig dat het gebruik van nieuwe technieken de gewenste vooruitgang mogelijk maakt. Met andere woorden: Cittaslow biedt Alphen-Chaam een kader voor de toekomst met behoud van de historie.

In Alphen-Chaam wordt het Cittaslow-concept ingevuld met een belangrijke culturele component in het kader van Brabantstad Culturele Hoofdstad 2018 (BCH 2018). Centrale vraag daarbij is: 'Hoe kan duurzame plattelandsvernieuwing ook via de inzet van cultuur bijdragen aan duurzame regionale economische ontwikkeling?' Het is duidelijk dat daarbij niet alleen het grondgebied van de gemeente Alphen-Chaam in beeld komt, maar de hele regio tussen de steden Breda en Tilburg en nog daarbuiten.

Drs. H.W.S.M. Nuijten, burgemeester van Alphen-Chaam.

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## **Cittaslow: A framework for the future while preserving history**

**Since 26 June 2019 Alphen-Chaam has been a Cittaslow municipality. In Seoul, the capital city of South Korea, Mayor Harrie Nuijten received the certificate from the hands of Gian Luca Marconi, President of Cittaslow International**

Cittaslow is the international mark of accreditation for municipalities (< 50,000) that provide the highest quality living environment, local produce, hospitality, natural environment, infrastructure, cultural history and identity preservation. In a Cittaslow, residents and visitors can enjoy life in a pleasant, hospitable way at a human pace. Cittaslow's origins are in Orvieto, Italy.

The quality of the environment is of the utmost importance to a Cittaslow. This means that a healthy environment and the quality of the landscape and infrastructure are high on the local agenda. The local council's mission is to preserve the cultural-historical heritage and to promote regional traditions and local produce.

Cittaslow offers support to strengthen awareness among policy-makers, institutions, entrepreneurs and residents. The Cittaslow accreditation stimulates these participants to take responsibility for developments within the municipality. For an authentic municipality such as Alphen-Chaam it is important to preserve, reinforce and promote local identity. In addition, there is commitment to employing new technologies which will make the desired progress possible. In other words, Cittaslow offers Alphen-Chaam a framework for the future while preserving its history.

In Alphen-Chaam, the Cittaslow philosophy will also be put into practice with a major cultural component within the framework of Brabantstad Culturele Hoofdstad 2018 (BCH 2018). The central leading question is: how can sustainable, partly culture-driven renewal of the countryside contribute to lasting regional economic development? It is self-evident that not only the municipality of Alphen-Chaam will be involved in this process, but the entire region between the cities of Breda and Tilburg, and even beyond.

Drs. H.W.S.M. Nuijten, mayor of Alphen-Chaam.

# The invitation

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**Le Quattro Stagioni & The Museum of Instant Images  
invite you to participate in the Mail Art project:**

## **'Living fast / living slow'**

Long, long ago, Aesopus told us about *The tortoise and the hare*. Who wins?  
Some people want to fly into space, some people want to escape to the country.  
Make your own choice, maybe you want to do both. Who doesn't?

The town I live in has recently been certified as a slow city – Cittaslow.

**[www.cittaslow.net](http://www.cittaslow.net)  
[www.alphen-chaam.nl](http://www.alphen-chaam.nl)**



"Fired by the success and support for Slow Food the Italians set about initiating the Slow Cities movement. Slow cities are characterised by a way of life that supports people to live slow. Traditions and traditional ways of doing things are valued. These cities stand up against the fast-lane, homogenised world so often seen in other cities throughout the world. Slow cities have less traffic, less noise, fewer crowds... "

*www.slowmovement.com*

At the same time we are invited to be an astronaut, literally a Flying Dutchman.

"The Dutch people have always been bold entrepreneurs. They were among the first to conquer the world seas in the 16th and 17th Century in search for trade. Royal Dutch Airlines (KLM) was one of the first commercial airlines founded in 1919, and the one of the very few that still exists. Space Experience Curacao (SXC) will add a historic dimension to the legacy of the Flying Dutchman by facilitating galactic travel and transport and thereby helping to open space for new benefits for mankind."

*spaceexperiencecuracao.com*

**Send me your imagination of fast and slow living.  
Can you make your choice or can you imagine the contrast.  
Image and/or text.**

Size and technique: free  
Deadline to be received: August 15, 2011

Online gallery on the Internet:  
<http://slow-project.blogspot.com/>  
<http://www.colori.nl/mii/slow>  
Exposition in 09/2011 in **QS Gallery**  
Documentation to all participants

**Send your contribution to:  
ColoriMii  
The Museum of Instant Images  
Beckershagen 15 - Chaam - 4861 SE  
Pays Bas - The Netherlands - NL**



e-mail: [mii@colori.nl](mailto:mii@colori.nl)

## DEELNEMERS / PARTICIPANTS

First name	Last name	Country	date	cat nr	Title contribution
Hernán	Torres	Argentina	d.d.27.07.11	1940	EL REPOSO DE BACO
Erich	Sundermann	Austria	d.d.14.02.11	1756	Living fast / living slow
Terry	Reid	Australia	d.d.04.08.11	1962	Secred Exchanges nr.2
Anke van den	Berg	Belgium	d.d.13.01.11	1732	Romantic Mouvement
Johan van	Geluwe	Belgium	d.d.01.06.11	1903	AUTHENTIC REPRODUCTION
Inêz Oludé da	Silva	Belgium	d.d.26.04.11	1864	LET'S GO LOCO
Inêz Oludé da	Silva	Belgium	d.d.29.07.10	1587	Plug me in
Marcio de	Carvalho	Brasil	d.d.15.04.11	1842	Slow / fast life
Dórian Ribas	Marinho	Brasil	d.d.01.06.11	1910	s.t.
Dórian Ribas	Marinho	Brasil	d.d.10.02.11	1747	s.t.
Hugo	Pontes	Brasil	d.d.12.02.11	1753	LIVING
Eni Iliis	Rivelino	Brasil	d.d.15.02.11	1757	Living fast / slow
Diane	Bertrand	Canada	d.d.20.04.11	1858	Art terre - Living fast / living slow
-	Dewi	Canada	d.d.03.03.11	1777	TAKING A MOMENT TO TALK, LITTLE INDIA
-	Dewi	Canada	d.d.03.03.11	1778	WAITING FOR THE BUS, QUEEN EAST STR
-	Snappy	Canada	d.d.07.04.11	1829	WE ALL NEED SPEED
Orlando Nelson Pacheco	Acuna	Chile	d.d.20.06.11	1922	poetry visual
Horst	Baur	China	d.d.11.03.11	1803	Living fast / Living slow
Tulio	Restrepo	Colombia	d.d.05.07.11	1928	FAST SLOW
Anja	Mattila-Tolvanen	Finland	d.d.05.04.11	1827	I have made my choice
"E"	Ambassade D'Utopia	France	d.d.08.06.11	1920	Living fast / Living slow
Michele	Courtois	France	d.d.25.01.11	1739	2 Slow in 11
Michele	Courtois	France	d.d.01.03.11	1775	Awakening snail
Achille	Moewald	France	d.d.05.01.11	1724	Bidirectional animal race
Jacques	Rouby	France	d.d.28.12.10	1708	Je ne comprends pas l'anglais
Michel Della	Vedova	France	d.d.01.12.10	1679	Living fast - living slow 1/2
Michel Della	Vedova	France	d.d.02.12.10	1946	Living fast - living slow 2/2
Shalva	Kobaladze	Georgia	d.d.04.03.11	1780	Living fast / living slow
Nino	Lomadze	Georgia	d.d.04.03.11	1779	Living fast / living slow
Heinz	Bleser	Germany	d.d.25.07.11	1939	What the differenz
Leonard Frank	Duch	Germany	d.d.15.03.11	1805	SLOW FLIGHT of the dragon fly
Thorsten	Fuhrmann	Germany	d.d.02.05.11	1877	fast / slow
Jeanette	Geissler	Germany	d.d.11.03.11	1804	Living fast Verweile doch Living slow
Uli	Grohmann	Germany	d.d.16.03.11	1806	BY BOTTLE POST
Uli	Grohmann	Germany	d.d.16.03.11	1807	BY AIR RAID
Roland	Halbritter	Germany	d.d.27.12.10	1705	Living Fast / Living Slow
Sugar	Irmer	Germany	d.d.07.02.11	1743	<GO AHEAD.>
Eberhard	Janke	Germany	d.d.06.06.11	1918	INGREDIËNTEN
Birger	Jesch	Germany	d.d.11.04.11	1834	Streifzüge
Henning	Mittendorf	Germany	d.d.28.04.11	1868	LIVING FAST - LIVING SLOW
Nikolaus	Mohr	Germany	d.d.01.03.11	1772	The upholder of the world
Jürgen	O' Olbrich	Germany	d.d.07.12.10	1689	Langstrec.....ugzeuge
Aloijs	Ohlmann	Germany	d.d.01.03.11	1770	OHLMANN predigt den Tieren
Jorg	Seifert	Germany	d.d.20.01.11	1735	Slow City 4861
Michalis	Kotsaris	Greece	d.d.05.05.11	1880	fastfood
Theodore	Lalos	Greece	d.d.26.01.11	1740	LIVING SLOW LIVING FAST (1)
Katerina	Nikoltsou	Greece	d.d.20.04.11	1857	Living fast / living slow
Pataskevi	Panagiotou	Greece	d.d.28.04.11	1867	Living fast / living slow
Barry Edgar	Pilcher	Ireland	d.d.18.04.11	1843	Compass
Lancillotto	Bellini	Italy	d.d.05.07.11	1925	Landscape
Adriano	Bonari	Italy	d.d.21.04.11	1860	TO MEET
Matteo	Cagnola	Italy	d.d.09.03.11	1796	HIGH HEELS
Guido	Capuano	Italy	d.d.21.04.11	1859	s.t.
Daniela	Dente	Italy	d.d.05.05.11	1882	s.t.
Tina	Festa	Italy	d.d.26.02.11	1769	VIVERE CON LENTEZZA
Mariano	Filippetta	Italy	d.d.06.02.11	1742	Skylights
Lino	Foffano	Italy	d.d.09.12.10	1690	Interior
Carlo Maria	Giudici	Italy	d.d.20.02.11	1763	Lentamente / velocemente

## DEELNEMERS / PARTICIPANTS

First name	Last name	Country	date	cat nr	Title contribution
Serse	Luigetti	Italy	d.d.20.04.11	1856	Star buildings
Ruggero	Maggi	Italy	d.d.03.07.11	1923	IMAGINE PEACE
Ruggero	Maggi	Italy	d.d.01.12.10	1680	"...è solo questione di caso?"
Francesco	Mandrino	Italy	d.d.22.04.11	1862	CUORE DI POETA
Francesco	Mandrino	Italy	d.d.22.04.11	1862	FLYING DUCKTHC
Ciuzi	Mastropaolo	Italy	d.d.09.02.11	1744	Fast like the wind Slow like universe
Emilio	Morandi	Italy	d.d.10.02.11	1745	Hare crossing
Domenico	Severino	Italy	d.d.04.01.11	1722	Selfportrait and friends
Salvatore	Starace	Italy	d.d.26.04.11	1863	Vivere lentamente
Guisepe	Toracco	Italy	d.d.05.05.11	1881	s.t.
Ryosuke	Cohen	Japan	d.d.07.04.11	1831	BRAIN CELL - LIFE FORM
Elena	Gjorgjievska	Macedonia	d.d.14.02.11	1755	Living fast / living slow
Zlatko	Krstevski	Macedonia	d.d.12.04.11	1835	s.t.
Suzlee	Ibrahim	Malaysia	d.d.27.12.10	1706	Suzlee Fine
Suzlee	Ibrahim	Malaysia	d.d.18.04.11	1945	s.t.
Shahrul	Sahee	Malaysia	d.d.04.01.11	1723	Girl with lute
Fahmi	Taib	Malaysia	d.d.14.01.11	1734	...want to hear you dance
Emilio	Carrasco	Mexico	d.d.28.04.11	1866	'Living fast....living slow'
Ever	Arts	Netherlands	d.d.24.01.11	1736	Living fast / Living slow
Ad	Breedveld	Netherlands	d.d.28.04.11	1865	Me Trying to Live Slow!
Mr.	Colori	Netherlands	d.d.26.03.11	1818	Ammonite inertia / Slow down
Piet	Franzen	Netherlands	d.d.01.12.10	1678	Living fast - living slow
C.	Gijsen	Netherlands	d.d.26.03.11	1818	Slow
Ka van	Haasteren	Netherlands	d.d.21.02.11	1764	LIVINGSLOW
Erik	Honders	Netherlands	d.d.26.03.11	1818	Slow
Nico van	Hoon	Netherlands	d.d.01.03.11	1773	IS SNELKOOKRIJST SLOW FOOD
Yvette	Jansen	Netherlands	d.d.17.02.11	1762	Living fast / living slow
Blandine	Pette	Netherlands	d.d.05.08.11	1958	Ontmoeting Bordeaux
Fleur	Eijkelkamp	Netherlands	d.d.05.08.11	1959	Circus
Blandine	Pette	Netherlands	d.d.05.08.11	1957	fast and slow together
Rod & Liz	Summers	Netherlands	d.d.14.01.11	1733	a bitter end to the high life
Jaromir	Svozilik	Norway	d.d.29.04.11	1872	Living slow & fast
Maria	Wosik	Poland	d.d.10.03.11	1801	- Living fast - - Living slow -
Helder Coelho	Dias	Portugal	d.d.02.05.11	1878	RED CLOUD
Cristina	Oprea	Romania	d.d.22.04.11	1861	.. the country life
R & D	Kamperelić	Serbia	d.d.12.12.10	1948	Piensa globalmente / Actua localmente
Snezana	Kezele	Serbia	d.d.13.11.10	1943	"OLD STREET no:51"
Alena	Bugarova	Slovakia	d.d.04.05.11	1879	LIVING FAST / LIVING SLOW
Hlupic	Holland	Slovenia	d.d.09.12.10	1691	Archangels series
Cheryl	Penn	South Africa	d.d.15.08.11	1964	I chose slow living with Endless horizons.
Pedro	Bericat	Spain	d.d.20.04.11	1855	Astrologia
Ana	Castañer	Spain	d.d.28.11.10	1674	No remite
Antonio Moreno	Garrido	Spain	d.d.04.04.11	1826	cards, cards, cards
Nula	Horo	Spain	d.d.06.04.11	1828	.. the truth of orange ..
Miguel	Jimenez	Spain	d.d.18.03.11	1808	FAST / SLOW
Cesar	Reglero	Spain	d.d.13.08.11	1963	FAST & SLOW
Ahmet, Cem	Demir	Turkey	d.d.18.04.11	1844	Slow or fast . Start!
Mark	Greenfield	United Kingdom	d.d.07.01.11	1725	Guys on the bus ....Or girls on motor bikes
Simon	Warren	United Kingdom	d.d.13.04.11	1837	no title
Simon	Warren	United Kingdom	d.d.12.04.11	1836	no title
Simon	Warren	United Kingdom	d.d.28.05.11	1897	Elephant & Castle
John M.	Bennett	USA	d.d.11.12.10	1692	Slow face
Keith A.	Buchholz	USA	d.d.25.05.11	1896	-SLOW
Douglas	Galloway	USA	d.d.25.01.11	1738	Vegetative Mandala
Bethany	Lee	USA	d.d.12.02.11	1754	You know who wins the race...
Monica	Rex	USA	d.d.28.12.10	1707	Los Angeles
Judith A.	Skolnick	USA	d.d.24.12.10	1704	Living Slow / Living Fast
Dr. Joseph A.	Uphoff, Jr.	USA	d.d.18.06.11	1921	Natural Distribution



Orlando Nelson Pacheco Acuna Chile



Ever Arts Netherlands



Horst Baur China



Lancillotto Bellini Italy



John M. Bennett USA



Anke van den Berg Belgium



Pedro Bericat Spain



Diane Bertrand Canada

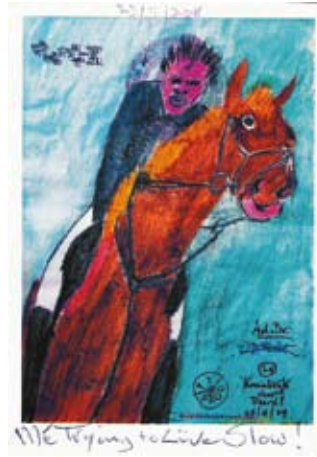


Heinz Bleser Germany





Adriano Bonari Italy



Ad Breedveld Netherlands



Keith A. Buchholz USA



Alena Bugarova Slovakia



Matteo Cagnola Italy



Guido Capuano Italy



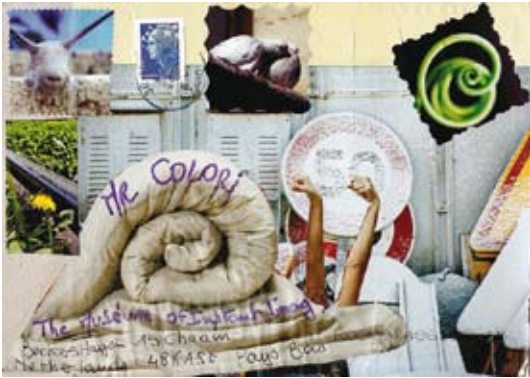
Emilio Carrasco Mexico



Marcio de Carvalho Brasil



Ryosuke Cohen Japan



Michele Courtois France



Mr. Colori Netherlands



Ahmet, Cem Demir Turkey



Dewi Canada



Helder Coelho Dias Portugal



Tina Festa Italy



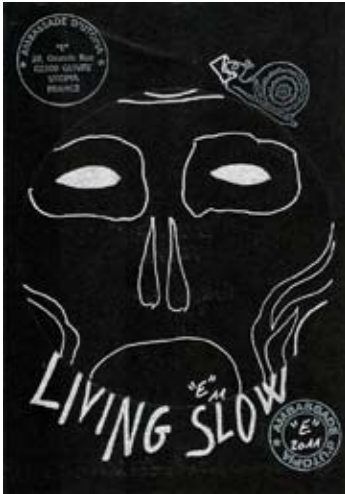
Leonard Frank Duch Germany



Daniela Dente Italy



Mariano Filippetta Italy



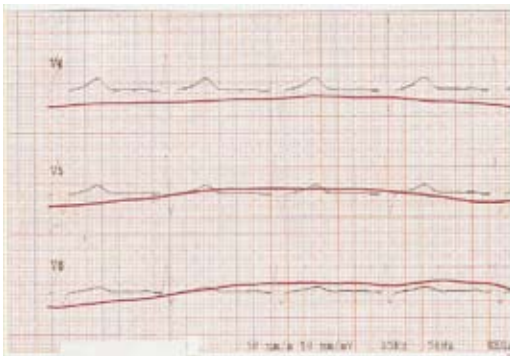
"E" Ambassade D'Utopia France



Piet Franzen Netherlands



Lino Foffano Italy



Thorsten Fuhrmann Germany



Johan van Geluwe Belgium



Douglas Galloway USA



Carlo Maria Giudici Italy



Jeanette Geissler Germany



Mark Greenfield United Kingdom



Antonio Moreno Garrido Spain



Elena Gjorgjievska Macedonia



Roland Halbritter Germany



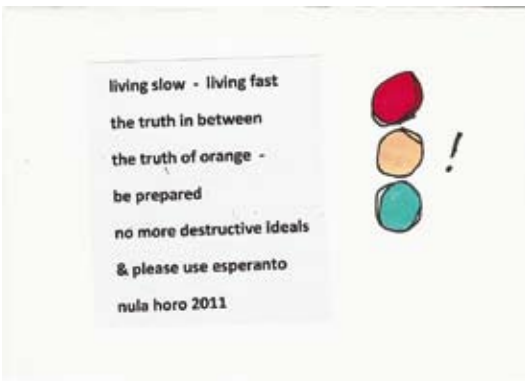
Hlupic Holland Slovenia



Uli Grohmann Germany



Suzlee Ibrahim Malaysia



Nula Horo Spain



Ka van Haasteren Netherlands



Nico van Hoorn Netherlands



Sugar Irmer Germany



Birger Jesch Germany



Eberhard Janke Germany



Yvette Jansen Netherlands



Snežana Kezele Serbia



Miguel Jimenez Spain



Michalis Kotsaris Greece



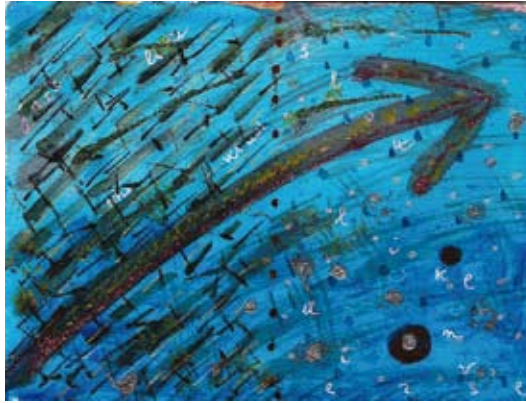
Theodore Lalos Greece



Zlatko Krstevski Macedonia



Bethany Lee USA



Ciuzi Mastropaolo Italy



Dórian Ribas Marinho Brasil



Ruggero Maggi Italy



Serse Luigetti Italy



Nino Lomadze Georgia



Francesco Mandrino Italy



Henning Mittendorf Germany



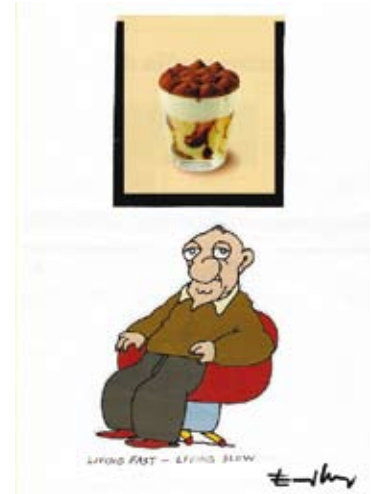
Achille Moewald France



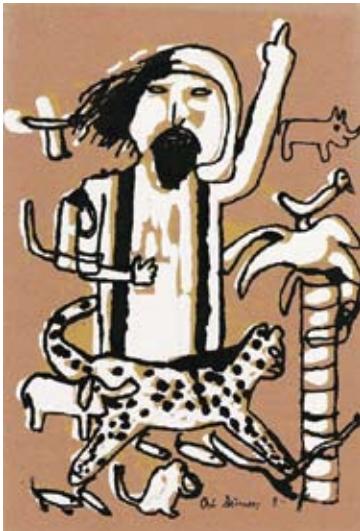
Anja Mattila-Tolvanen Finland



Nikolaus Mohr Germany



Emilio Morandi Italy



Alojz Ohlmann Germany



Katerina Nikoitsou Greece



Pataskevi Panagioutou Greece



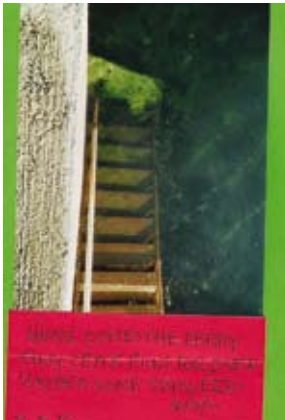
Cristina Oprea Romania



Jürgen O' Olbrich Germany



Blandine Pette Netherlands



Barry Edgar Pilcher Ireland



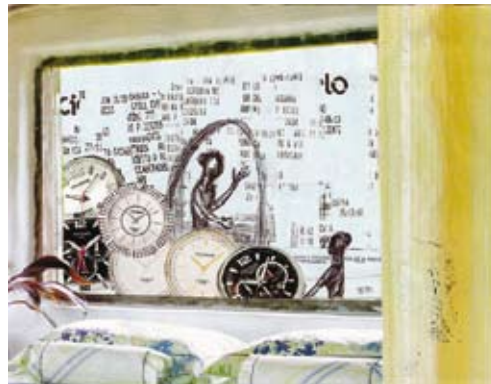
Hugo Pontes Brasil



Terry Reid Australia



Fleur Pette Netherlands



Eni Ilis Rivelino Brasil



Tulio Restrepo Colombia



Monica Rex USA



Jacques Rouby France



Shahrul Sahee Malaysia

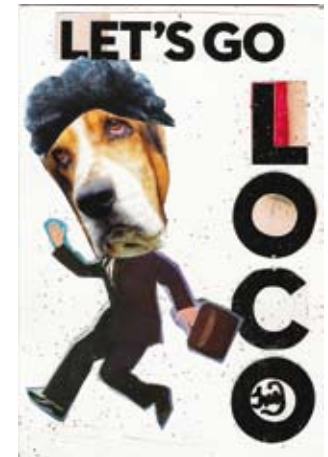




Jorg Seifert Germany



Domenico Severino Italy



Inez Oludé da Silva Belgium



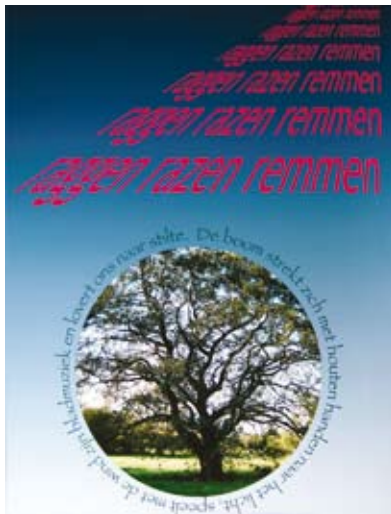
Salvatore Starace Italy



Snappy Canada



Judith A. Skolnick USA



Josephine Storm-van Leeuwen Netherlands



Rod Summers Netherlands



Jan-Willem Storm-van Leeuwen Netherlands



Fahmi Taib Malaysia



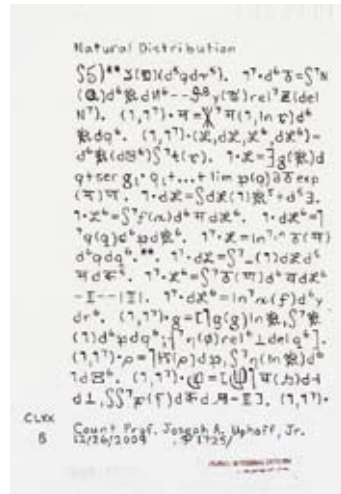
Hernán Torres Argentina



Maria Wosik Poland



Simon Warren United Kingdom



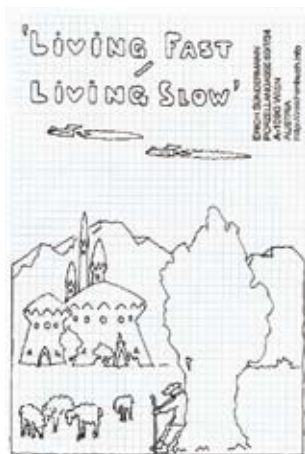
Dr. Joseph A. Uphoff, Jr. USA



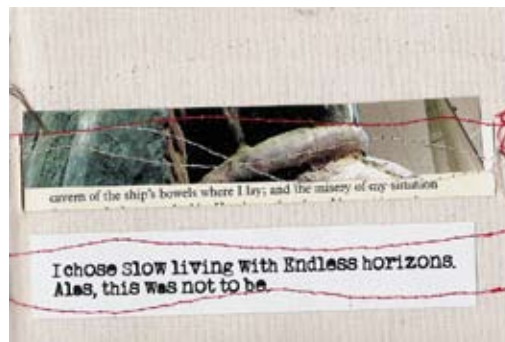
Michel Della Vedova France



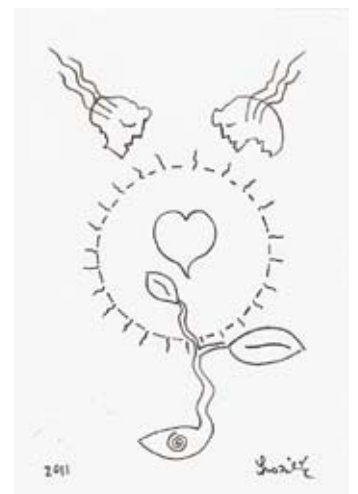
Giuseppe Toracco Italy



Erich Sundermann Austria



Cheryl Penn South Africa



Jaromir Svozilik Norway



**Ammonite inertia / Slow down**

The Museum of Instant Images - Mr. Colori - NL  
cat.nr.1818 d.d.26.03.11

Psychecolorogy nr. 129 / lightning blue nr. 4  
**lost planes**

**Mr. Colori / C. Gijsen / E. Honders** - Netherlands

**Slow**

De dood is een tempowisseling  
De oorlog wordt gewoon doorgezet  
Maar met andere middelen: let  
Niet op details, de uitmonstering

Alertheid moet kleven op ritmiek,  
Urgentie en kracht, stop de stoptrein  
Van alledag, stap op de landmijn  
Van het gaspedaal, wordt wagenziek

Het leven baart de traagheid, meteen  
Wordt teruggeschakeld in het zicht  
Van het er zijn, wij vallen in zwijm

Als wij moeten rennen, vliegen: één  
Tel maar met de snelheid van het licht  
De dood treft ons, slakken door de lijn

*C. Gijsen, maart 2011*



**Slow**

Stop and think, death is a change of pace  
It won't stop war, there will just be more  
Even though the means may change: ignore  
The dress and details, the outward face

Take rhythm, urgency and strength; stick  
Attentiveness on them, and stop that  
Everyday slow train, step on that fat  
Landmine the gas-pedal, get carsick

Life gives birth to slowness, just begun  
We straightaway shift down at the sight  
Of being there, without any clue

We faint when we must run or fly, one  
Second only at the speed of light  
And death gets us - snails wading through glue

*C. Gijsen, March 2011  
translation: Erik Honders*



full contributions on  
[slow-project.blogspot.com](http://slow-project.blogspot.com)

new projects  
[www.colori.nl](http://www.colori.nl)