



# NIMIEDADES

≡ a show by Helen Bertels ≡



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# NIMIE DADES



*Helen E. Bertels*

[www.helenbertels.com](http://www.helenbertels.com)  
0034 666 72 92 19  
[helen@helenbertels.com](mailto:helen@helenbertels.com)

**CAST**

Direction: .....Helen Bertels

Interpretation and creation: .....Mónica de Nut and Helen Bertels

Assistant direction: .....Marta Pérez, Paulina Funes

Texts: .....Helen Bertels - *Diario de Nimiedades*

Music: .....Mónica de Nut

Lighting: .....Afonso Castro

Production: .....Helen Bertels, Manu Lago, Belém Brandido

Photography and graphic design: ...Martíño Picallo

Video: .....miramemira

Collaborators: .....A Regadeira de Adela,  
City Council of Santiago de Compostela -  
(CSC Santa Marta),  
Sala Ingrávida.



FOOTSTEPS ARE HEARD. THUD THUD THUD. TWO GREY, SLUMP-SHOULDERED FIGURES APPEAR ONSTAGE. THEY LIFT THEIR GAZE. THEIR FACES ARE EXTREMELY WHITE. DO THEY SEEM SAD? WHAM! THE LIGHTS GO OUT... AND RETURN. THERE ON THE GROUND TWO DIVING FINNERS ARE LEFT. WHAT HAPPENED?

NIMIEDADES [TRIFLES] ARE 13 GIFT BOXES. 13 STAGE ACTIONS CARRIED OUT BY HELEN BERTELS AND MÓNICA DE NUT. THEY USHER IN A FEMININE UNIVERSE. A WORLD MADE DISTANT AND CLOSE AT THE SAME TIME. A WORLD OF RIDDLES, PARADOXES, TEARS AND LAUGHTER. A WORLD THAT GIVES STRENGTH AND CAUSES FEAR TO FLEE. A CIRCULAR UNIVERSE IN WHICH DARKNESS IS NOT SET ASIDE AND CURSED, ONE WHERE CRYING EVERYDAY IF NECESSARY IS ALLOWED AND WHERE WE CAN BE RIDICULOUS AS MUCH AS WE WANT.

LIFE IS LIKE A GAME. YOU ADVANCE SOLVING RIDDLES. SOMETIMES THE RIDDLES CAN BECOME OBSESSIVE. THEY TORMENT. THEY DON'T LET YOU SLEEP. THEY'RE AFFECTIONATE, THEY REQUIRE YOUR FULL ATTENTION (UNGETEILT), AND CAN CONSUME YOU IF YOU'RE NOT CAREFUL. THEY CAN BECOME BIG, DARK GHOSTS, SHADOWS OR BLACK BIRDS BORN IN THE NIGHT WITH A SONG LIKE A CRY FULL OF SUFFERING AND LONGING (SEHNSUCHT). THE CIRCLE STARTS CLOSING, THE RIDDLES START GETTING ANSWERED CORRECTLY, THE PAIN STARTS LESSENING, THE ORPHANS FIND HOMES, THE OLD MIXES WITH THE NEW, A CALM OF HUNDREDS OF DIFFERENT BLUES BECKONS. TORMENT ALLOWS US TO FEEL.

DIARIO DE NIMIEDADES [DIARY OF TRIFLES] - HELEN BERTELS

NIMIEDADES IS A SHOW BASED ON THE BOOK DIARIO DE NIMIEDADES BY HELEN BERTELS, WHICH REVOLVES AROUND THE IDEA THAT LIFE IS A GAME THE ADVANCES BY SOLVING RIDDLES. THE TWO FIGURES THAT OCCUPY THE STAGE DURING THE AUDIENCE'S NIGHT OF THEATRE STUMBLE UPON RIDDLES WHICH CONSTRUCT THE PATH THEY ARE TO TRAVEL. OR ARE THE RIDDLES THE AUDIENCE ITSELF? QUESTIONS THESE FIGURES MIGHT ASK AND WHICH MAY INDEED BE ANSWERED... AND THE PATH, WHO WILL BE ALONG THE PATH?

Footsteps are heard. Thud thud thud. Two grey, slump-shouldered figures appear onstage. They lift their gaze. Their faces are extremely white. Do they seem sad? Wham! The lights go out... and return. There on the ground two diving fins are left. What happened?

**Nimiedades** [Trifles] are 13 gift boxes. 13 stage actions carried out by Helen Bertels and Mónica de Nut. They usher in a feminine universe. A world made distant and close at the same time. A world of riddles, paradoxes, tears and laughter. A world that gives strength and causes fear to flee. A circular universe in which darkness is not set aside and cursed, one where crying everyday if necessary is allowed and where we can be ridiculous as much as we want.

*Wurzeln geben Halt.*

*Life is like a game. You advance solving riddles. Sometimes the riddles can become obsessive. They torment. They don't let you sleep. They're affectionate, they require your full attention (ungeteilt), and can consume you if you're not careful. They can become big, dark ghosts, shadows or black birds born in the night with a song like a cry full of suffering and desire (Sehnsucht). The circle starts closing, the riddles start getting answered correctly, the pain starts lessening, the orphans find homes, the old melds with the new, a calm of hundreds of different blues beckons. Torment allows us to feel.*

*Diario de Nimiedades - Helen Bertels*

**Nimiedades** is a show based on the book *Diario de Nimiedades* by Helen Bertels, which revolves around the idea that life is a game the advances by solving riddles. The two figures that occupy the stage during the audience's night of theatre stumble upon riddles which construe the path they are to travel. Or are the riddles the audience itself? Questions these figures might ask and which may indeed be answered... And the path, who will be along the path?

**NIMIEDADES**



### HELEN BERTELS



Helen Bertels is an actress, creator, author and German artist residing in Santiago de Compostela since 1999. For more than 10 years she has devoted herself almost exclusively to the performing arts, working and training with the *Matarile Teatro company*, the *Teatro Galán*, the International Festival *En Pé de Pedra* and the CECC (*Centro d'Estudis Cinematogràfics de Catalunya*). Later she decides to broaden horizons and diversify her artistic activity, prioritizing what she wishes to express: from early on she has maintained a close relationship with the feminine world.

Standing out among her stage works are *Wir Frauen* (show co-produced with La Tía Mardalina), *AMOR* (show accompanied and supported by ALTprocrea—a program pertaining to the ALT Festival of Vigo—where she was the 2014 artist), *poemas para llevar* (an action in which she reads from her book *Diario de Nimiedades* to passersby) and *Nimiedades* (13 stage actions working alongside Mónica de Nut and Marta Pérez). Currently she is working on *poemas visuais* (collage series in mixed technique), as author in various projects, in *Agasállame un día da túa vida* (Gift me a day of your life] (a project in which she accompanies women throughout one day and creates an artistic portrait of them), and in *AMOR* a show which is constantly changing.

### MÓNICA DE NUT



Mónica de Nut holds a singing degree from the Escuela Superior de Canto de Madrid, with a specialization in Opera, studied at the Professional Music Conservatory of Vigo and holds a music teaching degree from the University of Vigo. She has studied Jazz in the Escola Estudio in Santiago de Compostela and at the Seminario Permanente de Jazz in Pontevedra, as well as traditional Galician singing at Vigo's Etrad and with Mercedes Peón. In dance she has studied with Mónica García, Rut Balbís, Isabel Sánchez and Leodán Rodríguez.

Her trajectory includes three albums published as a soloist (*Mónica de Nut trío* in 2011, *Dos Fios invisibles chegan as cores* in 2014, *Raíces Aéreas* in 2016), solo concert-performances with *Voz Soa* and *Non te Cortes coa ópera* and collaborations with groups of folk, jazz, traditional and contemporary music, as well as opera and theatre pieces.

#### Awards:

2012 *Mónica de Nut trío* - best Spanish Jazz Album according to *Distrito Jazz*.

2014 Awarded at the *Sapporo International Art Festival* (Japan), for the interpretation of the work of the Composer Karolis Biveinis Voicing (III part), with the Silver Award from Ryuichi Sakamoto.

2014 *Dos fíos invisibles chegan as cores*, best musical project in the *World Music* category of the *Martín Códax Galician Music Awards*, and best Spanish Jazz Album according to *Estrella Galicia Club 1906*.

2016 Winner of the *María Casares de Teatro* for the best stage music for *Manawee* by the Matrioshka Company.

Currently she is collaborating in the recording of the upcoming album of the Galician musician Mercedes Peón, soon to be released, and is on tour presenting the album *Banda Tosta*, with a repertoire focused on European Celtic minority cultures, produced by Txalapart and Oreka TX.

The *Helen Bertels Company* began in 2011 with the premiere of the solo project *Wir Frauen*, a show co-produced with La Tía Mardalina. Following the next production *AMOR [LOVE]* (part of the project *Agasállame un día da túa vida* and and is accompanied and supported by the ALTprocrea—a program of Vigo’s Festival ALT—where Helen Bertels is Artist 2014) in which Helen Bertels also works alone, arises *Nimiedades [Trifles]* (from the book *Diario de Nimiedades*), which is a piece interpreted and created by Helen Bertels and Mónica de Nut, made with the help of Marta Pérez (Inversa Teatro).



# NIMIEDADES

≡ a show by Helen Bertels ≡

D A D E S

# NIMIE DADES



NIMIE

DOSSIER

# NIMIEPADES

a show by Helen Bertels





PHOTOS



DOSSIER

# NIMIEPADES

a show by Helen Bertels





PHOTOS



DOSSIER

# NIMIPADES

a show by Helen Bertels





DOSSIER

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