

FEBRUARY 2014 #45

Together

magazine

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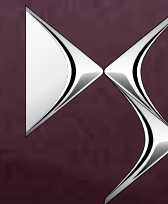
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SEIZE THE YEAR

Editor's LETTER

ON THE COVER



The very talented and glamorous Scarlett Johansson

We're quite a few weeks into a new year and we're getting an idea what she looks like. It's tempting to chide ourselves that we're behind on some of those resolutions we made as we chinked glasses with friends and family at midnight.

I wasn't sure who first said 'patience is a virtue', perhaps someone whose significant other or child had a very short fuse. No, it turns out – as it usually does – that some writer, with too much time on his hands, first introduced it into our daily lives. This time it was the English author and courtier Geoffrey Chaucer (ca. 1345-1400) who, clearly, had so much leisure time he could afford to be patient.

Once he had said it, Geoffrey didn't have the benefit of Wikipedia ('good things come to those who wait' is a synonym, it appears) to ask the internet the obvious question: why exactly is it a virtue? Good things come to those who wait is fine for your Chaucers sitting back with a fine port and a good book in a musty study conjuring fine phrases.

2013 was unlucky and downright horrible for some. For the 2014 vintage, I say make it a bit more robust and throw patience to the wind. I'm going with Roman poet and philosopher Horace – born some 1,400 years before Geoffrey and therefore coming up with quick quotes long before him. It was Horace who coined the original of 'take the bull by the horns': Carpe diem, quam minimum credula postero, meaning 'seize the day while trusting little on what tomorrow might bring'.

Paul Morris
EDITOR

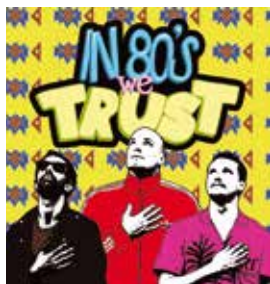


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Hommage à Alphonse Mucha





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WHAT'S ON BELGIUM



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ELIZABETH TAYLOR

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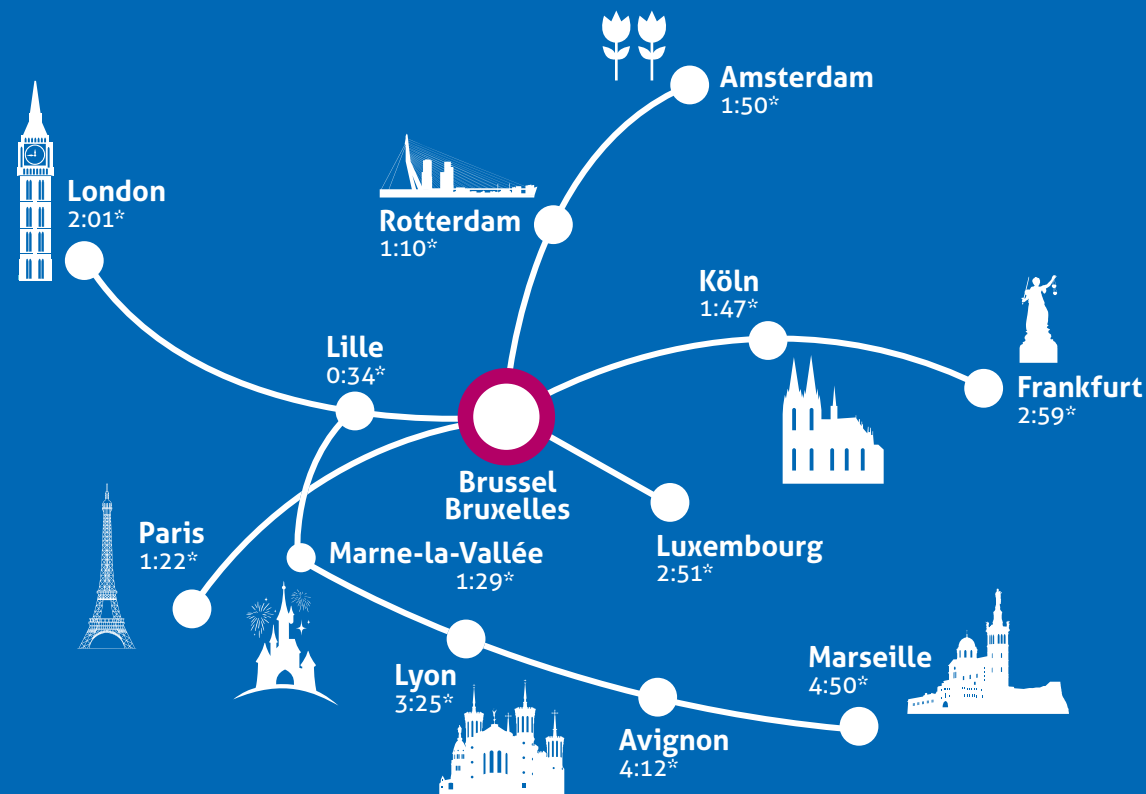


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Elbow

With an album *Live At Jodrell Bank* that has just come out, and also a sixth studio album in preparation (scheduled for release 10 March), the English quintet are back in Brussels for just one concert. Rare, talented and genuine, they impress with a smart endearing fearless style. Palais 12, Brussels Expo.

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Tinariwen

Tinariwen ('the people of the desert') has been the band around Ibrahim Ag Alhabib for more than thirty years now. From the Southern Sahara, they have been described as rock, desert world-music and the roots of the blues. **9 March.**

Tickets: €26
www.abconcerts.be



Midlake

The bearded ones are now led by frontman/guitarist Eric Pulido and have released a fourth album, *Antiphan*, which vintage Midlake. Ancienne Belgique. **2 March.**

Tickets: €25 - www.abconcerts.be



Justin Timberlake

This third solo album received a rave reception thanks to titles *Suit & Tie* (featuring Jay Z) and *Mirrors*. He has also sold more than 3.5 million copies to date, making this the best-selling album of the year. He is indeed back in a suit and tie and in Antwerp for two nights. Sportpaleis. **1&2 May.** Tickets: €49.50 www.livenation.be

PERSONAL DEVELOPMENT

Changing habits takes time. It is a process, a journey towards health and vitality, by trial and error.



2014: Balancing the in and out

January is the month everyone starts with the best of intentions. But how many of us keep to these resolutions? Why do so many people give up on them?

In our lives and in society, we constantly strive for results, and time is always catching up with us. We want results as quickly as possible, we have very little patience, and so we immediately jump into keeping fit, often from zero to exercising three times a week.

This is too sudden, but it's a huge step we are prepared to take because we are so determined to achieve. We crave quick results in the short term. However, it puts an enormous amount of stress on our bodies, and that extra stress is often too much for us in our results-driven world. So, we drop out prematurely.

Human beings are, of course, creatures of habit but also of changing habits – these changes cannot be done in two days or a couple of weeks. Changing habits takes time. It is a process, a journey towards health and vitality, by trial and error. It covers more than just sports; it is part and parcel of what your goals may be.

Life consists of finding the right balance, and this is just as true in sports: a balance between 'working out' and 'working inwards'. Because we think too highly of intensive training (working out), we put an enormous amount of stress on our bodies. In contrast, with 'working inwards' we fill our bodies with energy. In other words,

Filip Debast preaches patience and balance when assessing your new health and fitness goals

we recharge our batteries again. Pilates, yoga and breathing exercises are ideal for this. Pick one or all of several leisure activities that you enjoy doing (walk the dog, play outside with the kids, etc.) and go out and do them!

A progressive build-up of your exercises and the right balance between working out and working inwards ensures that you maintain your health and vitality!

If you find it difficult to maintain this balance in your busy schedule or you need help with a good progressive structure of your training, contact our personal coach at Waer Waters.

Filip Debast is a personal trainer and holistic lifestyle coach at Waer Waters

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**WITH 'WORKING
INWARDS' WE
FILL OUR BODIES
WITH ENERGY**

CHANGING HABITS TAKES TIME

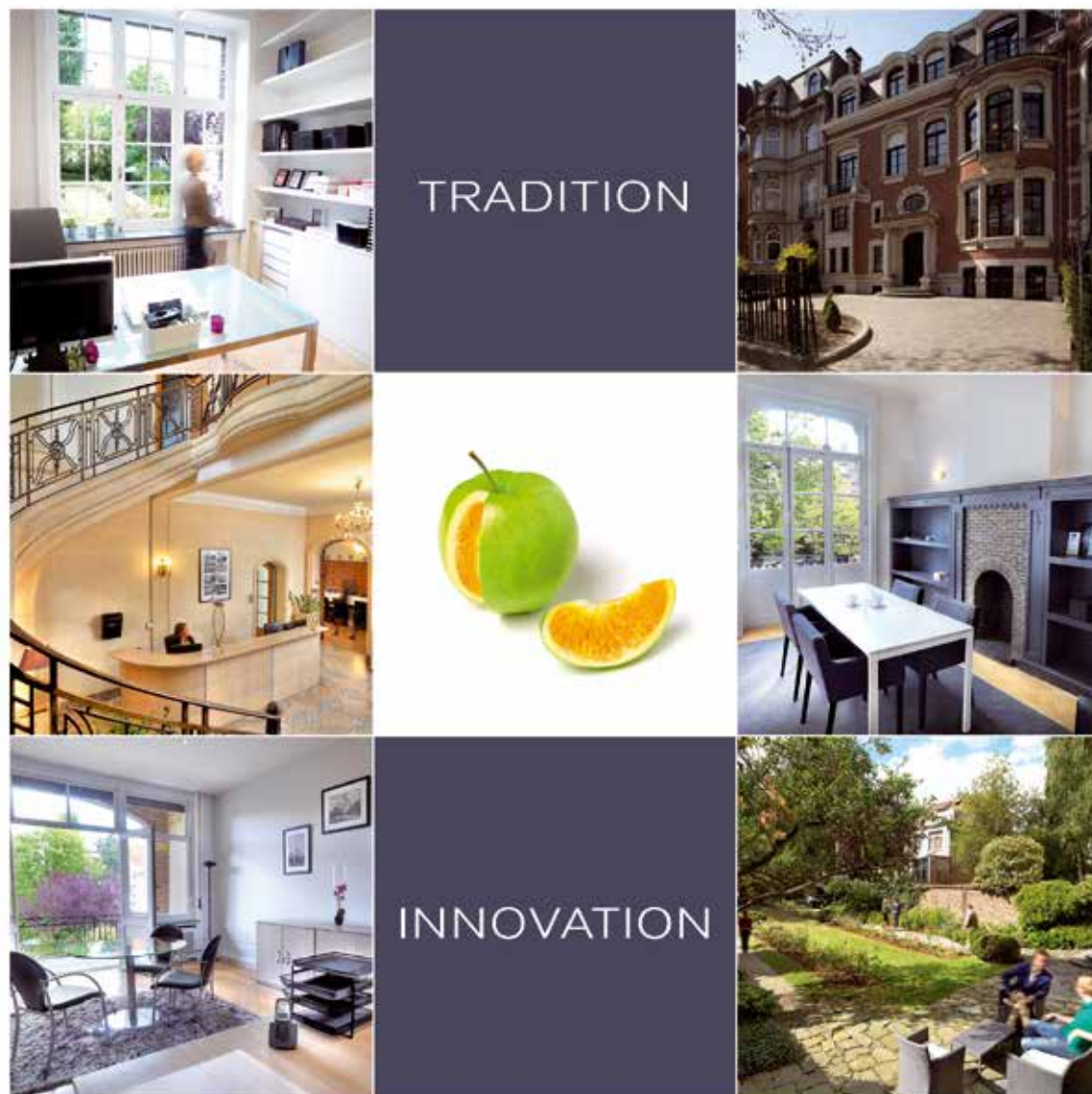
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PERSONAL
DEVELOPMENT

Self-Help

Health is in your hands

Tom Meyers,

Stress Coach for Body and Mind, says that improving your life is within your reach

Stress is a constant factor in modern life. With increased demands at work, social and personal challenges, extensive to-do lists, pressures and time constraints, stressors have pushed our body's equilibrium-maintaining mechanisms over the tipping point of self-regulation.

In other words, modern life makes us sick due to distress. Distress is a person's inability to cope and the psychoneurophysiological adaptation processes fail to return to a dynamic homeostasis (allostasis). Chronic stress leads to structural and functional changes in your brain, increases the ageing process of your DNA and leads to anxiety, depression and many other psychiatric disorders on top of the better known stress-related ailments of back, neck and shoulder pain, digestive and cardiovascular problems.

Like a thief in the night, stress robs you of your health and wellbeing.

The good news is that health is in your hands. You are holding in your hands all that is needed to help yourself and others to regulate stress and promote health.

Stress on a biological level is when the sympathetic branch of the autonomic nervous system is triggered to get you ready for fight or flight and the parasympathetic branch is inhibited. This binary – on and off mechanism – was well adapted for the mostly physical



challenges our prehistoric ancestors had to face but is not so suited for what modern life brings along. Unfortunately, our biology hasn't really had the time to evolve, so stress can also be described as the conflict between biology and culture.

Inhibition of the parasympathetic nervous system means that your relaxation, recuperation and regeneration response and your digestion are suppressed. Chronic stress or sympathetic (over)load thus means constant inhibition of all the processes required for health and healing to manifest.

To give health a chance to express itself the solution is very straightforward: start implementing behaviour that activates the parasympathetic nervous system to promote the R-Responses. No, it will not take all ills away but you'll be increasing your health, wellbeing and become much more resilient and happy.

Health is in your hands, so if you consider health important, give your health a helping hand. How? Well, as you are unique that question is really difficult to answer and can only be generalized. But think about what your body needs to really relax, recuperate and regenerate. Sometimes it might be that it is just by doing nothing and not feeling guilty about it.

However, don't combine it with watching a horror movie that gets you on the edge of your seat. Think and analyse all those things you say you should do but don't when it comes to health-promoting behaviour. What things upset you but you are still doing them to please others? What's your mindset like? We all have to work, and changing jobs isn't always an option, but how can you improve the current

situation? Over what aspect of your social or personal life or work don't you have control? How can you gain more control over that situation? All of these are important elements to look at if stress has got under your skin. Yes, it takes time, and yes, you might need some help with it.

But before you begin the introspection, start to practice a breathing exercise three times a day for three minutes with a cycle of 10 seconds. Breathing, believe it or not, is the best stress regulator you have control over.

On www.tommeyers.be you can download a free copy of Reaset: The return of Ease with information on how to breathe your stress away. It also has a free mp3 to help you drift into ease.

You can also listen to the feature 'Health Matters' on www.radiox.eu for more tips on health-promoting ideas.

Tom Meyers, Stress Coach for Body and Mind



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Relationships that rock

Natasha Black offers seven tips for attracting, creating and maintaining your relationship



Love, love, love, the month of love is upon us again! And whether you do or don't take part in the St. Valentine's Day reverie, there is no denying that every single one of us wants to be loved, adored and cherished by a significant other.

Ultimately, we all want the same thing, so why is it that expert relationship help, advice and guidance is so highly sought after? You would think we'd all have perfected it by now! But the truth is many people struggle in the love department and have no idea how to change it.

In this month's article, I'm sharing my top seven tips to help you attract, create and maintain relationships that rock.

1. Know what you want

When your relationship, or lack of, isn't going the way you want it to, it's easy to focus on what's not working or happening. Every time you focus on the downside you take yourself deeper into the abyss of not having what you want. When you flip this around and focus on what you do want, you give your brain the ability to seek out what you want. Let me give you an example: if you want to be in a relationship but keep telling yourself and anyone who'll listen

that there's nobody out there for you, you will keep being shown people who don't fit the bill. But let's face it, you're only looking for one person (hopefully), in a world filled with billions of people, and that one person can only be found when you know what you want and give that your focus and attention.

2. Know how you want to feel

It's my guess that if you're not getting what you want out of your relationship, you're probably not feeling too great about it. Unhappiness, loneliness, despair, take your pick of emotion, are hardly conducive to being in a loving relationship. You know you don't want to feel this way, but somehow you can't get out of it. The best way to counteract this is by knowing how you want to feel and focus on doing more of the things that make you feel that way. The key here is to recognize that, whilst your perfect mate can make you happy and take away the loneliness, ultimately it is down to you to find it within yourself first.

3. Put your relationship with you, first!

This is so important and leads on perfectly from the previous tip. Quite simply you cannot expect someone else to give you everything you need if you can't, won't or don't give it to

PERSONAL DEVELOPMENT

Self-Help

yourself first. The relationship you have with yourself is the most important relationship you will ever have and let's face it, you have a lifetime of being you, so don't you think it would be a good idea to first fall in love with yourself?

When you do this, I guarantee that your whole life will take on a whole new meaning.

4. Let go of the need to have what you want

One thing I've come to learn is that when you become too attached to what you want, you become blindsided to what else is out there and end up missing out on possibilities you hadn't even considered. When you are attached to something, you leave no room for the unexpected to show up. When you let go of the need to have what you want, you free yourself up to enjoy everything else that is out there and it's more likely that you'll attract what you want into your life more easily and more quickly.

5. Recognize your themes and break the cycle

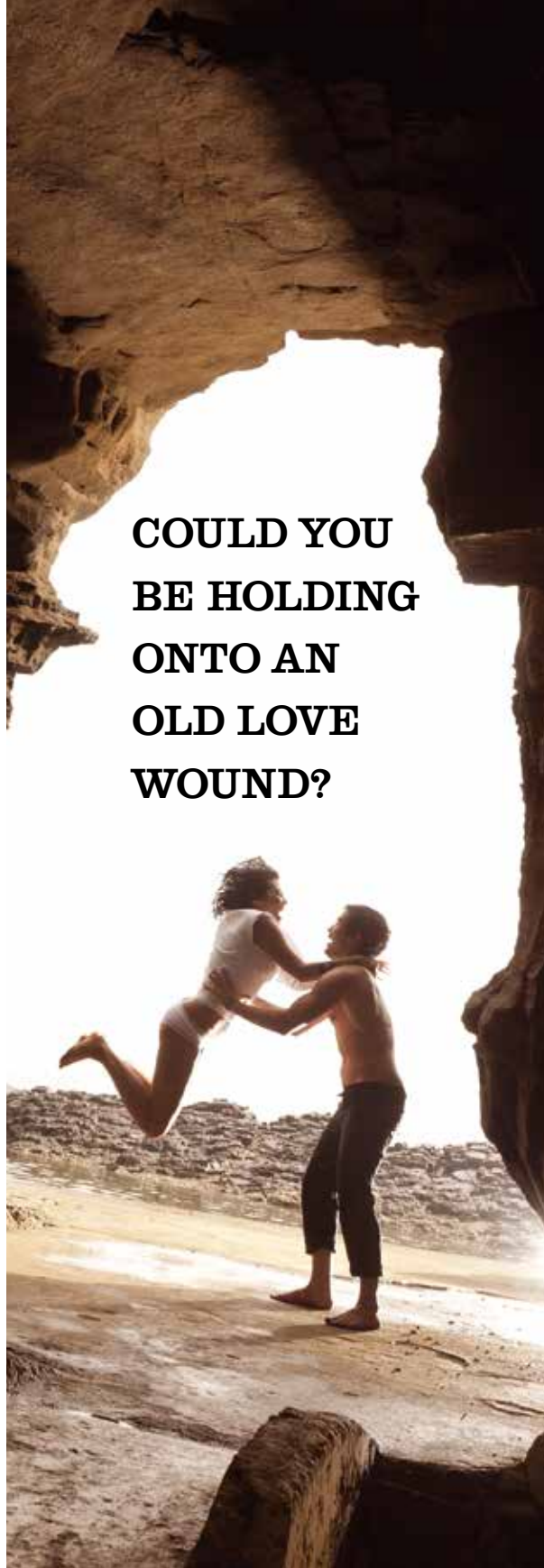
What recurring themes, scripts or stories keep showing up in your love life? To recognize them, all you have to do is take note of the things that keep happening to you over and over again. Perhaps you keep attracting the bad boys that love you and leave you or maybe the women you meet aren't ready to settle down to have a family yet. Once you are aware of the road you keep going down, you can make a conscious choice to break the cycle and choose something different for yourself.

6. Clear old love wounds

Could you be holding onto an old love wound that is keeping you from having the relationship of your dreams? You would be amazed how many people still hold onto the hurt of splitting up from their first love, years, even decades after the relationship ended! It isn't uncommon to still feel the pain, sadness and hurt on some level, even if you aren't consciously doing it. If you hold onto a wound from a past relationship, the stored up emotions will pretty much affect every relationship you have.

Your subconscious holds your emotions, feelings, values, attitudes, behaviours, patterns and stores them like a computer in order to protect you. The problem is that your subconscious will keep on protecting you even when there is no longer a need.

COULD YOU BE HOLDING ONTO AN OLD LOVE WOUND?



PERSONAL DEVELOPMENT

Self-Help

going out, having fun, buying each other presents, giving love, sharing, supporting and contributing?

If you want to attract a new relationship then this is all about taking a look at where the space is to allow that new relationship to come in. For example, does your home need a good clean out? This may sound strange, but if you've got old photos or possessions of past lovers then the message you are giving out to the universe is that you are holding onto your old lover. It could also be that you spend all of your free time doing stuff - it's amazing how many people are constantly busy and they don't give time in their life time to let a partner in.

Keep these tips to hand throughout the year, so you too can experience a relationship that rocks! 🎶

A great way to clear these kinds of wounds is to write a letter to the person, being as explicit as you like, writing out everything that comes into your mind. When you feel as though you've got everything off your chest, either rip the letter up into tiny pieces or burn it and let yourself release any pain and suffering you may have held onto.

7. Open your space to love

If you aren't open, you can't let anything in. Imagine you are in front of a closed door. You can't just walk straight through it, you have to open it and then walk through. If your space is closed to love then you can't let in the love you crave.

If you are already in a relationship then this is all about taking a good look at yourself and becoming aware of how you may have closed your love off to your partner. For example, how much time do you really spend with your partner doing stuff to nurture your relationship,

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STARCROSSED LOVERS

*"I can only 'boil and bubble' inside
and hope you understand how I really feel.
Anyway I lust thee..."*

Antony and Cleopatra

Colin Moors
steps back in time
to unravel a stirring
love story

**CLEOPATRA,
THE WILY
SEDUCTRESS AND
MARK ANTONY,
THE DASHING
GENERAL**

"Upon her landing, Antony sent to her, Invited her to supper; she replied. It should be better he became her guest, Which she entreated. Our courteous Antony, Whom ne'er the word of 'No' woman heard speak, Being barber'd ten times o'er, goes to the feast, And, for his ordinary pays his heart For what his eyes eat only."

This was Mark Antony's good friend Gnaeus Domitius Ahenobarbus, narrator in Shakespeare's play about the life and times of one of history's most celebrated couples. 'Couple' here is used in the very loosest of senses, as both of Cleopatra's lovers were already in relationships, even if they were wishing their spouses dead. Caesar, then Mark Antony, she held sway over Rome for many years. History is somewhat confused as to whether she was truly a radiant beauty. Historians argue over petty facts, but she can't have been hideous to look at and was certainly a consummate charmer.



Her charm and guile certainly had the men begging for more. A combination of 'you go, girl' and Eve in The Garden of Eden, she had the power and the skill to get what she wanted but, unfortunately, her actions were to bring about not only her own demise but that of an entire republic.

Mark Antony was, as most of us know, the favoured general of Caesar and the one who picked up the job of raising Caesar's son when the emperor died. He was also something of a ladies' man, with four wives and countless mistresses. It hardly seems a match made in heaven but they did things differently in those days. Whatever really happened between them and whatever the outcome of their shenanigans, they left the world – largely thanks to Shakespeare – an enigmatic and stirring love

**IT'S CERTAINLY POSSIBLE THAT
CLEOPATRA AND ANTONY HAD A DEEP
LOVE FOR EACH OTHER**



story. If you're over 30, you'll probably have seen the epic three-hour-plus film *Cleopatra* starring another tempestuous and passionate pairing, Richard Burton and Elizabeth Taylor in the roles of the fated couple. If you haven't seen it, do – it plays a little fast and loose with the facts but is probably the best cinematic telling of the story.

The status of Mark Antony, co-ruler of The Roman Empire with Caesar's adopted son Octavianus and the wit, charm and intelligence of Cleopatra, a woman who was a skilled mathematician and fluent in nine languages, must have proved to be the ultimate aphrodisiac in days of old. Cleopatra wanted Egypt to be safe from Roman occupation and Mark Antony needed some help with the mess he'd got himself into across the road in Parthia (now

Iran). It was probably as much a 'marriage' of convenience as anything but it certainly worked. At least, it did until the tide turned against them.

Their individual suicides are the stuff of legend. Parallels can certainly be drawn to one of Shakespeare's other masterpieces, *Romeo and Juliet*. Desperate lovers unable to imagine life without the other, choosing to exit this life rather than face the reality and a difficult love affair. It's certainly possible that Cleopatra and Antony had a deep love for each other but as history is always written by the winners, the story has been subject to propaganda and spurious retellings ever since.

It's a testament to how they lived that every attempt to recreate their lives in the cinema has

STAR-CROSSED LOVERS

Couples

invariably involved an awful lot of cash. The Burton/Taylor film was eye-wateringly expensive, with Taylor alone being paid \$1m plus 10% of the profits – and this was 50 years ago when that sort of money could buy you the continent of Europe. It's also the film on which they met and began what was to be a long and fiery relationship. Burton was seventh in line for the role in the film, but Mark Antony was only second.

Popular culture rewrites their characters as distinct and very different; Cleopatra, the wily seductress and Mark Antony, the dashing general, waging war and saving the queen from the might of the Roman army. This is partly true, although in reality, Cleopatra was a clever woman who already ruled a nation with her brother and husband (yes, the same person) and who wanted peace in her land. Antony was



a soldier, co-ruler of Rome and, ultimately, a man who made poor choices in which countries to invade, leading to the tragic ending to the story.

Their tale has been recounted so many times, it's something everyone has an almost innate sense of. How many other queens of Egypt and their husband could you name? By fair means or foul, their story is one that has survived over 2,000 years.

It's probably best to finish on Shakespeare, as he says it better than I, with Antony's words as the sword goes in:

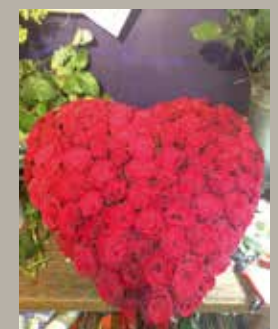
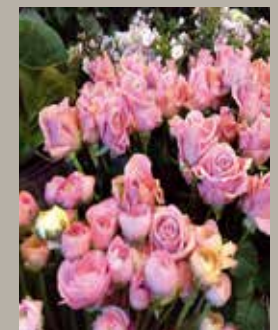
"I have done my work in, friends: O, make an end Of what I have begun." ❶

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Burton and Taylor

Paul Morris retraces the footprints left by the 20th century's greatest proponents of boundless love



**SHE WAS, IN
SHORT, TOO
BLOODY MUCH,
AND NOT ONLY
THAT: SHE WAS
IGNORING ME**

If I asked you what you thought of Burton and Taylor you would be forgiven for imagining a rather smart bespoken gentlemen's clothiers off Chelsea's fashionable King's Road. Put those two surnames together though and what you get is arguably the most explosive, most romantic and, ultimately, most tragic love affair of the century just passed.

Writing in *The Telegraph*, Michael Thornton, who got to know both Elizabeth Taylor and Richard Burton well, reviewed the new BBC biopic *Burton and Taylor*, with Helena Bonham Carter and Dominic West in the titular roles, and said that it "brilliantly recreates the turbulent relationship of the glittering Hollywood couple".

"Turbulent", "destructive", "diabolical", "furious", these are the adjectives thrown like palmfuls of mud at a couple who simply made the rest of the world look very ordinary.

Thornton describes his first encounter with Burton, on location for the film *The VIPs*: "Burton, wild-eyed and red in the face, was punching the air like a boxer who had lost co-ordination. My first impression was that he must be filming a drunk scene. But then several of his wild lunges landed on innocent passers-by, and I realized that he was paralytic. I discovered that he had consumed 14 Bloody Marys before lunch, then moved on to neat vodka in the afternoon."

Liz made a valiant attempt to keep up with him in their extended drinking bouts, but William Ivory, writer of the 90-minute film, who himself has struggled with the demon drink, claims: "Burton and Taylor were addicted to more than alcohol. They were addicted to each other."

In one of his letters (included in a collection *Furious Love* compiled by Sam Kashner and Nancy Schoenberger) Burton confides to his diary his recollection of first seeing Ms Taylor. "A girl sitting on the other side of the pool lowered her book, took off her sunglasses and looked at me." Burton was 28. "She was lavish. She was a dark, unyielding largesse. She was, in short, too bloody much, and not only that: she was ignoring me."

In true movie fashion let us cut to nine years later and they are starring in the epic *Cleopatra*. And – after much mutual volcanic smouldering (both married, remember) - one sizzling on-set kiss (which lasted way after everyone else had gone to lunch) was enough to trigger an off-on-on-off love affair that would last decades, during which it could be argued that they had a fairly balanced relationship: they married twice and divorced twice.

That bookworm girl from the poolside was a distant memory. As one half of the world's most famous couple, he later wrote: "She is a wildly exciting love-mistress, she is shy and witty, she is nobody's fool, she is a brilliant actress, she is beautiful beyond the dreams of pornography. And I'll love her till I die."

That they had begun their acting collaboration in a drama that Shakespeare was drawn to was

perhaps an augur that the Fates would deal them a few bad decks. In 1968, Taylor had to undergo a hysterectomy. "A child with Richard. I would have wanted that above everything in the world," she later said.

Romance of this sort can bring wild mood swings. He once told her: "I do not wish to touch your hands. They are large and ugly and red and masculine." To make amends, he shelled out \$1.1 million for a Cartier diamond ring. And they were actors 24/7 after all: the competition was always – rightly so - fierce. Harking back to their debut, he said: "I was acting Antony... she was *Cleopatra*." In 1973, when Burton had an affair with co-star Nathalie Delon on the set of *Divorce His, Divorce Hers*, Taylor called off the marriage. "Maybe we loved each other too much," she said.

In later years, when they came together once more in *Private Lives* (ironic titles appeared to hound them), 51-year-old Taylor's performance was lambasted as "perfectly terrible... a caricature of Coward's heroine, inside a caricature of an actress, inside a caricature of Elizabeth Taylor". But the American public loved them all the same – you had to kill for a seat. It wasn't Noel Coward, it was the Liz and Dick Show.

Few people under thirty will get the point of all of this, and how could they? You had to see the films close to those times, close to their context, when movies were allowed languorous scenes that allowed intense, heated drama to develop with the help of something called dialogue – and extraordinary creatures masquerading as actors.

I was quite young when first I saw *The Taming of the Shrew* (we had to do read it at school) but I couldn't care less about the fact that the words were mostly gibberish: here, the Bard Bill's story was being told without the need for his clever rhyming couplets - it was unfolding in action, in pure animal energy. You could turn the volume down and still get the point of it all. When Liz hurled stuff at him, you felt like ducking.

STAR-CROSSED LOVERS

Couples

To watch them together – even in flops – still brings goose bumps because there's a fathomless passion there and also, lest we get caught up in all the sex and violence, intelligence and a rare kind of symbiotic grandeur. It's a dangerous cocktail, sure, but it was a train crash that we couldn't take our eyes off as we watched the couplers of their extraordinary, shared life snap and the carriages list into the ditch.

In the summer of 1984, Burton sat in the library and wrote Taylor a love letter. The following day, he went out on a binge with his friends, got in a fight and hit his head on the floor. He suffered a massive cerebral hemorrhage, dying on the operating table. He was 58 years old.

Taylor got back home after he was laid to rest and discovered the letter, postmarked the day before his untimely death. He wrote: "Home was where Elizabeth was." He wanted to come home, and she kept that letter by her bedside until her death in 2011.

And surely that's a fine ending to this romantic episode in the hearts of any man or woman. Except...

Today, fifty years on from that first spark of their courting, a letter – discovered inside a book left behind at a house in Oroville, California, that Burton and Taylor rented while he was filming *The Klansman* - went up for auction. It was written by Taylor to Burton on the eve of their quarrel-ridden 10th wedding anniversary. It's a wonder it survived: from the content you would expect the writing paper to combust and wither



in flames.

Not many married people would compose a missive like this a decade into their union: "I wish I could tell you of my love for you, of my fear, my delight, my pure animal pleasure of you - my jealousy, my pride, my anger at you, at times. Most of all my love for you, and whatever love you can dole out to me - I wish I could write about it but I can't.

"I can only 'boil and bubble' inside and hope you understand how I really feel. Anyway I lust thee,

Your (still) Wife."

Read it and weep, as the old saying goes... ❶

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Romeo and Juliet

James Drew spools back in time to revisit the cinematic attempts to capture Shakespeare's classic

And so, with a certain weary inevitability I suppose, given that it is the greatest love story ever told, a new version of William Shakespeare's *Romeo and Juliet* has recently opened in cinemas across the world (in time for St. Valentine's Day), and is set to grace Belgium's screens later in the year.

Italian writer and previous TV director Carlo Carlei is at the helm of the UK-produced film with screenwriter Julian Fellowes (*Gosford Park* (2001), *Downton Abbey* (2010-)) adapting to modern sensibilities – Douglas Booth and Hailee Steinfeld star as Romeo Montague and Juliet Capulet, the 'star-crossed' lovers to beat 'em all.

And, while the story may be utterly timeless, Carlei's version has already come in for the critical carping that one might expect – controversially, the adaptation has eschewed Shakespeare's original language, concentrating instead on the story's thematic elements, and turning your back on the Bard's best feature (that would be his use of English) was never going to be a popular choice. Like Franco Zeffirelli's adaptation of the play, the film uses the traditional setting of Renaissance Verona but, unlike any of the previous major film adaptations, only follows the plot and uses very little of Shakespeare's traditional dialogue. "Seventy-five per cent of the film is Shakespeare," Fellowes claimed in an interview with *The Globe and Mail*. "We've tightened the narrative, we've made certain things clearer that were difficult to understand, but the great speeches are all still in."

Your correspondent has not yet had the



chance to catch it – we shall see. The motivation may have been to make the film accessible to all, something of which Shakespeare would most certainly have approved – the tragedy, written early in Shakespeare's career, was and is (along with *Hamlet*) among the most frequently performed of his plays, concerning two young lovers whose deaths ultimately reconcile their feuding families. It was one of Shakespeare's most popular plays during his lifetime and, to date, has been the subject of 12 film adaptations (dating as far back as 1900) and even a 2007 animé television series, *Romeo x Juliet*. The first four versions were silent and only one, made in 1916 (the 300th anniversary of Shakespeare's death), is believed to still be in existence.

George Cukor was to make the first definitive version in 1936 and, while neither critics nor audiences responded enthusiastically at the time, the film, starring Leslie Howard and Norma Shearer, was nevertheless nominated



for four Oscars, and has since been accepted as a classic. However, given that Howard was 43 and Shearer 34 at the time of the film's production, they could hardly have been described as the 'young' lovers of Shakespeare's original story.

Renato Castellani's 1954 adaptation was the first to dare to represent the tragic lovers as young – Lawrence Harvey was just 26, and his Juliet, Susan Shentall, was 20 – Castellani's fidelity paid off in certain quarters, with the film winning the Golden Lion at the Venice Film Festival and voted best foreign film by the National Board of, but, elsewhere, the critical response was distinctly underwhelming. Castellani was heavily criticized for his decision to include interpolated scenes and greatly reduce the major supporting roles, such as that of Nurse, Mercutio (Romeo's close friend) and Tybalt (his nemesis and the play's main antagonist), and for much reducing a key scene in Shakespeare's original, the fatal fight between Romeo and Tybalt.

It was Franco Zeffirelli's 1968 British-Italian production that was to first bring the Bard

back to the masses. Starring teenagers Leonard Whiting and Olivia Hussey, it won Academy Awards for Best Cinematography and Best Costume Design and was also nominated for Best Director and Best Picture. The most financially successful version of a Shakespeare play ever made at the time, it was popular among teenagers, partly because the film used actors who were closer to the ages of R+J for the first time.

Zeffirelli's film managed to absorb key events and characters from the play into a new composition that nevertheless did not feel compressed or abridged – contextualizing the narrative in the anxieties of the late 1960s, namely such issues as sexual identity and generational conflict (think Vietnam for Verona) linked the film brilliantly to the mores of the original and, in reducing the verbosity and articulacy of the two central characters, provided a clever, realistic take on star-crossed, almost 'tongue-tied' lovers.

And so to the tragedy's last (and perhaps most important) adaptation of the 20th century, Baz Luhrmann's *Romeo + Juliet* (1996) which, despite its post-modern, quasi-

STAR-CROSSED LOVERS

Couples



futuristic Verona Beach setting and guns that are branded as 'Swords', has strong links to Zeffirelli's version, both with its visual parallels in terms of mise en scene and costumes, and in the youth and sympathetic nature of the actors (Leonardo DiCaprio and Claire Danes) performing the lead roles.

Like Shakespeare's, Luhrmann's version also reflects his era, and, with its urban setting of anarchic gang violence and disintegrating social structures, a political tableau of which Shakespeare would most certainly have approved. Luhrmann's film was perhaps the first ever to truly give the story back to the masses – with his reworking, Luhrmann spoke clearly to the very late twentieth century: US teenagers rushed to see the film more than once, and adults gave it a positive, sometimes enthusiastic response.

So, shall audiences' love "be wasted on somebody, who does not value it" with the latest version of this tale of woe? We shall see, but *Romeo and Juliet* shall doubtless live again. ❶



LIKE SHAKESPEARE'S, LUHRMANN'S VERSION ALSO REFLECTS HIS ERA



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Aude: Total look MSGM, Shoes Vagabond

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Stylist: Nicholas Sirot
Make-up artist: Coline @ Make up for Ever

Niels cap: A Cut Above
Bomber: Carven
Trousers: Kenzo,
Shoes: Adidas for Raf Simons





Céline and Philippe
Couple for three years

Céline is a designer for Rue Blanche
New summer collection 2014 arrives February in Rue
Blanche stores
Céline: Total look Rue Blanche
www.rueblanche.com

Philippe is a designer for OMSK of T-shirts, shirts,
embroidered sweat shirts
New summer collection arrives February 2014
Philippe: T-shirt American Vintage
Jacket: Bellerose
Watch: Rodania
www.omsk-belgium.com

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Business partners for three years

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shoes Salvatore Ferragamo, scarf & handbag Percy Stone

Pierre: Pullover and vest APC
Trousers: Diesel
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Bénédicte: Dress Paule Ka, shoes Salvatore
Ferragamo, ring and bracelet Pomellato 67

Damien: Suit Z Zégna, shirt Control, shoes Diesel

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Laura and Pierre Couple for four years

Laura is a showroom manager at tandem press office

Laura: Shirt Sonia by Sonia Rykiel

Jeans: Diesel

Shoes: Mellow Yellow

Ring: Pomellato 67

Bracelet and jewel: Pomellato

www.tan-dem.be

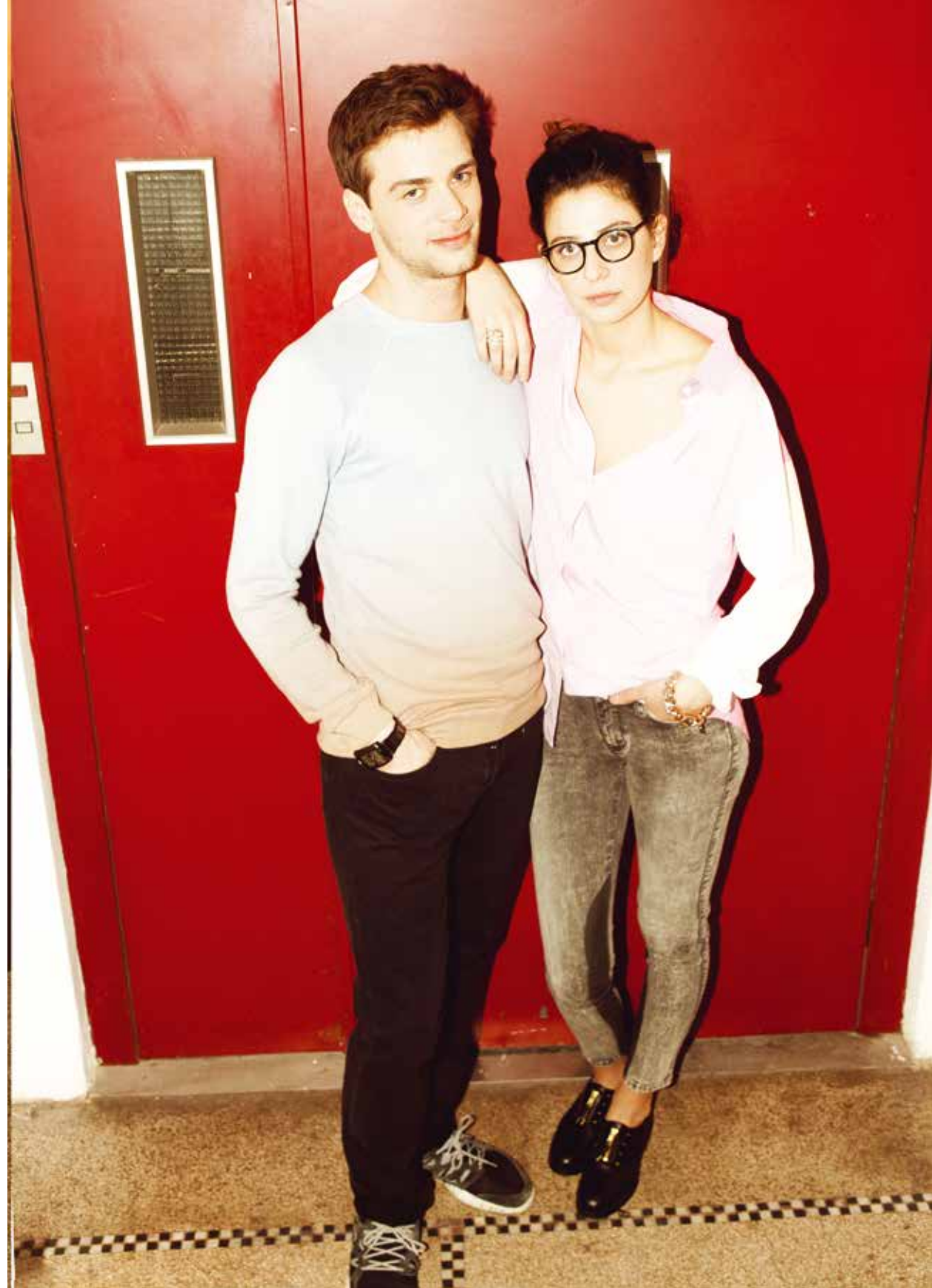
Pierre is a music producer and DJ

Pierre: Sweat shirt Melinda Gloss

Trousers: APC

Watch: Rodania

Trainers: Nike





Claudia & Benjamin
Couple for four years

Claudia is fashion press officer and designer for LaLonna accessories

Claudia: Total look Christian Wijmans

Shoes: Pinko

www.claudialomma.com

Benjamin is an artist/painter

Next exhibition: 16 /02/ 2014 at Mazel gallery

'Made in Belgium'

9/ 05/14 at BCK gallery in Marrakesh

16/10/14 at Mazel gallery "Solo show"

Benjamin: Total look Hermès

Shoes: Louis Vuitton

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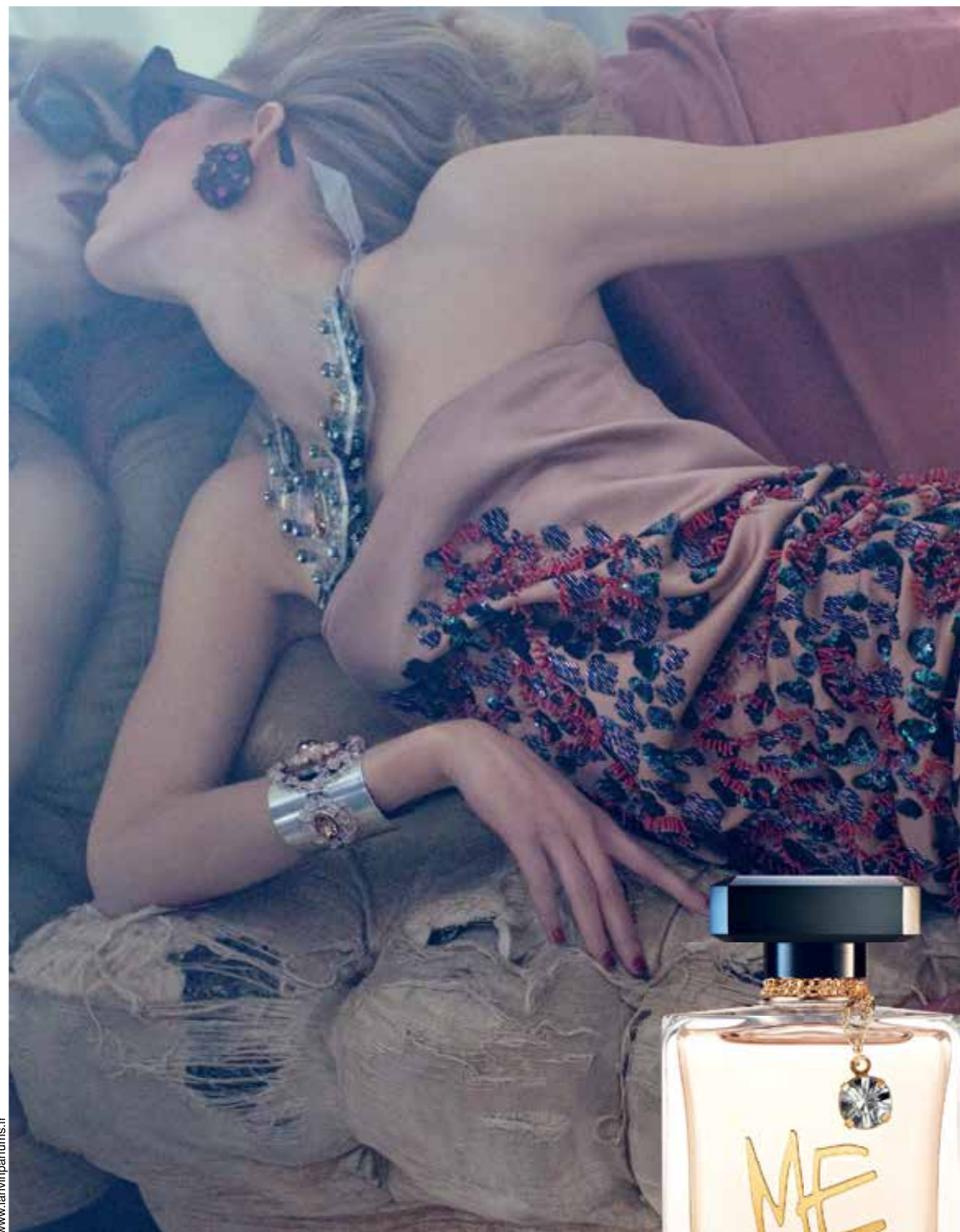
Cici and Gilles
Business partners for six years
Cici is a photographer and muse for Pylône magazine

Cici: Total look JeanPaul Knott
Shoes: Robert Clergerie
Gilles is a conductor, editor-in-chief of Pylône
and image consultant
Gilles: Total look Jeanpaul Knott
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BEAUTY NEWS

La Vie en Rose

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Highlighter 01 Rose
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Our beauty expert
Delphine Stefens says
that while Cupid may
sweep you off your feet, or
not, the spring make-up
collections will definitely
make you fall head over
heels... in love.



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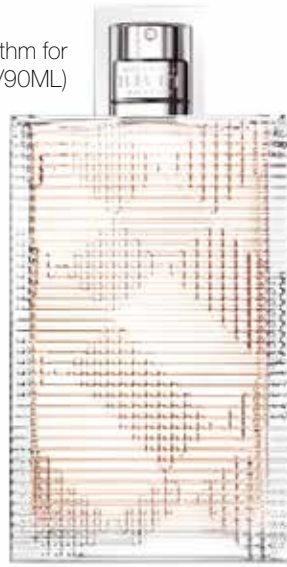
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BEAUTY NEWS

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polish (€26)



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Balenciaga Rosabotanica
(€110.56/100ML)



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La Palette Collector Yeux
Pivoine Crush (€62)

DIOR HOMME



SHOPPING

St. Valentine's shopping

Love is in the air and here are our gift suggestions

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www.corneliani.com



Stephanie Duval

Diamanti Per Tutti pink sterling silver ring: **€120**
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Chaumet

Valentine's heart necklace: **€1,800**
www.chaumet.com



SHOPPING

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Regina Magic Sphinx Corail Jewel Watch: **€1,540**
www.freywille.com



Ice-Watch

Ice-Forever, which has been a favourite with fans of the Ice-Watch brand from the start, is now also available in turquoise: from **€89.90**
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OMEGA

OMEGA's "Pluma", the latest addition to the elegant Constellation collection: **Price on request**
www.omegawatches.com



Maurice Lacroix: Making time for authenticity

Together visits a company whose watchword is 'authenticity'

The world of luxury watchmaking is, by necessity, dominated by the microscopic work of craftsmen and women. However, Maurice Lacroix is also capable of seeing the larger picture – one previous slogan was 'Follow Your Convictions', backed up by then brand ambassadors Bob Geldof (musician, activist, businessman), Jimmy Wales (founder of Wikipedia) and Justin Rose (professional golfer). This might appear unusual for a Swiss luxury watch brand but, launching its first watch in 1975, the firm is a bit of a new kid on the watchmaking block.

In its three decades it has managed to combine tradition with innovation, striving to improve the complex mechanics of their watches, while developing what they call an 'authentic' approach to it all. As Geldof said, "You can't just say you're authentic or that you have substance. That won't wash. You've got to prove it. You've got to be it. In everything you do."

The firm talks of "leading the times, rather than chasing them by inspiring others to be who they really are". For Lacroix it is all about authenticity. Pure and simple. It is an independent company, with its own workshops where skilled workers handcraft contemporary designs and unique, innovative movement complications. At Lacroix, they have an "inner confidence to do things their way – just like our clients".

Their target customer is someone who is driven and has seen it all – so soft-soaping them

doesn't work; they have proved to be a very problematic market for this very reason. These consumers can see through marketing spiel like an open window. Only when the brand is honest, true and speaks with mutual respect will they listen.

In just over three decades the company has made its mark with several design awards and registered patents for its innovative complications and ingenious mechanisms – recognized for the very stuff of watchmaking as we imagine it but always redefining the meaning of luxury in the market. The notion that 'true quality comes from within' is a rich seam running through everything they do.

There are not many independent watchmakers. So, it is a great source of pride to Maurice Lacroix that it joined the exclusive league of Swiss watchmakers at the end of 2006. It has its own factories, with over 200 employees producing complex components for mechanical calibers, allowing it a great deal of freedom in R&D. It is a worldwide operation, but the majority of the staff are based at the international head office in Zürich and the production facilities in Saignelégier and Montfaucon in Switzerland, close to the historical home of fine watchmaking.

Bob Dylan once sang "Time passes slowly when you're lost in a dream". But these days it appears to move a great deal faster than that gentle tick of the second hand on a watch, and Maurice Lacroix is determined to keep up with it



– or go one better. As if attempting to stop time in its tracks, the new slogan states: 'Your Time Is Now'. Managing Director Marc Gläser said about the new campaign: "Just what Maurice Lacroix is all about. It is fresh, evocative, inspiring and the message is very clear and direct. It will strongly contribute to build the image of our brand which is all about stylish, meaningful enjoyment... with great substance."

The latest recruit to their ambassadorship would know more than most just how precious every microsecond can be – the difference between winning and losing, between celebrating and picking yourself up and starting again. He's Australian Olympic swimmer James Mangussen who has earned the nickname 'The Missile' for his speed on the water's surface. The only competitors to beat his record time of 47.10 seconds have only done so when wearing the now-banned 'super suit'. No one is

faster in a conventional textile suit than Magnussen.

"Every day, as a company, we seek to enhance our interaction with time. Performance is critical to our success, both in terms of accuracy and the way we seek innovative methods to impart time. Our team consists of staff who go all out to improve everything we do. They have a 'can-do' attitude which is refreshing and has produced many success stories for our company. James Magnussen shares our values and drive for greatness."

How will Magnussen fare at the next Olympic Games? Only time will tell...

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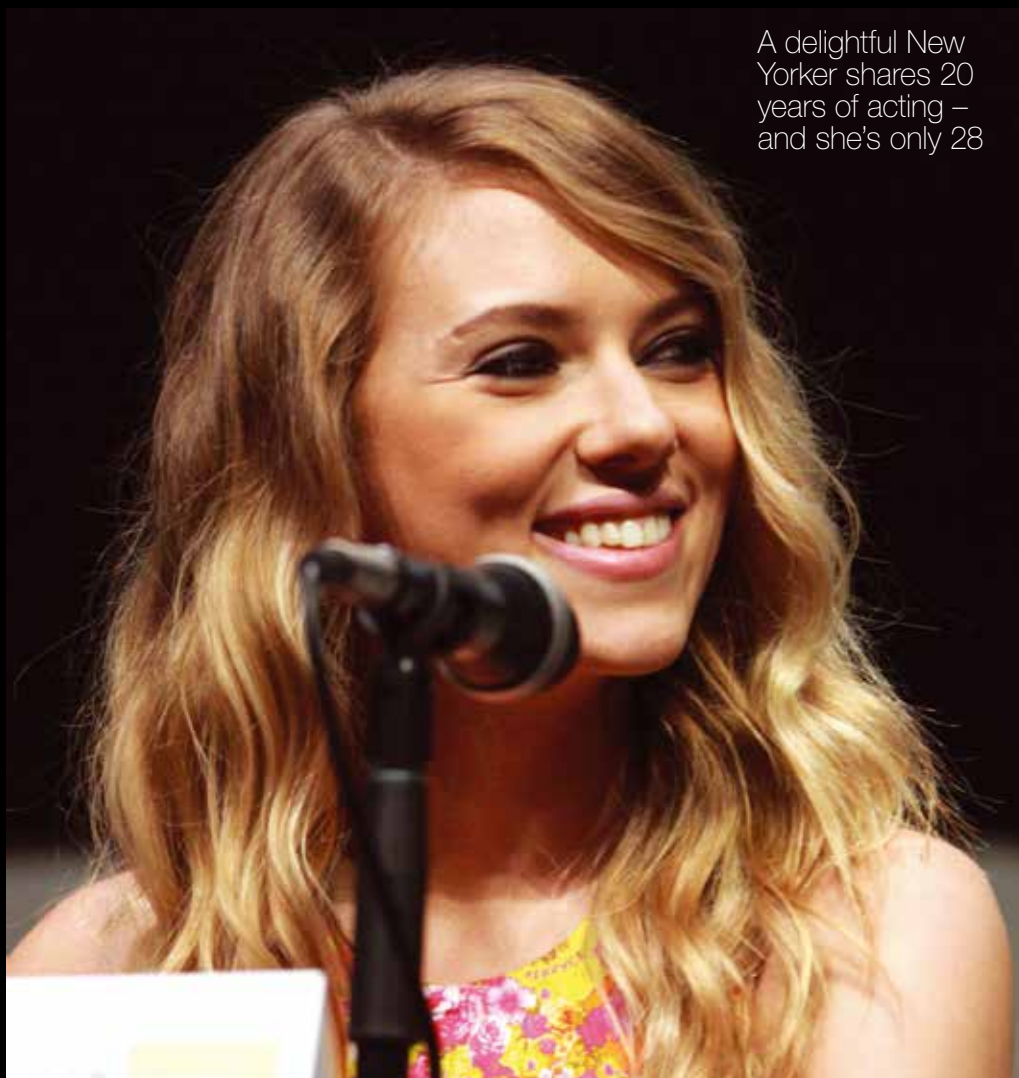


LIFE OF LEISURE

I'm human. Yeah, of course. I'm a girl. We wake up every day and go, 'Oh God. What changed as I slept?

Scarlett Johansson: New York's finest

A delightful New Yorker shares 20 years of acting – and she's only 28



Scarlett Johansson, 28, is enjoying one of the most prolific periods in her career. She has three upcoming movies: *Don Jon*, *Her*, and *Under the Skin*, and is soon to work behind the camera when she directs *Summer Crossing*, a film adapted from a Truman Capote novel.

A glamorous icon, Johansson has appeared in advertising campaigns for Calvin Klein, L'Oreal, and Louis Vuitton. She has been the face of Mango since 2009, as well as Dolce and Gabbana and Moët & Chandon.

Born in New York City, her father, an architect, is from Denmark, and her mother is a producer from the Bronx. She has an older sister, Vanessa, who's also an actress, an older brother, Adrian, and a twin brother, Hunter. She also has an older half-brother, Christian, from her father's first marriage.

Currently engaged to advertising executive, Romain Dauriac, since September 2013, she was formerly married to Ryan Reynolds for over a year between 2007 and 2008. Prior to these relationships she dated her *Black Dahlia* co-star Josh Hartnett for two years until the end of 2006.

Considered a modern sex symbol, she has frequently appeared on numerous 'sexiest' lists, most notably by *Esquire* in both 2006 and 2013, and the sexiest celebrity by *Playboy* magazine in 2007.

A staunch Democrat she campaigned for candidate John Kerry in the 2004 presidential elections and did the same for Barack Obama original campaign as well as his re-election in 2012.

Together: You seem very busy at the moment.

"Yes and also I will be directing and that's something that has been a journey to get to, it's

something that I have been developing for about six years. *Summer Crossing* is based on a Truman Capote novella and it takes place in New York, in 1948. It was published posthumously by his estate. Actually, I found it in an airport bookstore. I was looking for a new thing and I saw it and thought, 'Oh. I don't know that Capote book.' I read it on a plane and I was like, 'Oh my God. This is the book I've been searching for to adapt!' So that's something new for me and other than that, who knows? I hope to continue to be able to do more theatre in New York."

Together: After 40 films and 20 years in the business did you find out what you are capable of and what your limits are?

OH MY GOD. THIS IS THE BOOK I'VE BEEN SEARCHING FOR TO ADAPT

"I think I have a much deeper understanding of the complexity of my job and the possibilities now than ever before, just by the manner of the variety of the work that I have done and the time I put into it. What do they say? 10,000 hours, is what makes you good at something? Well, I put

like 100,000 hours in. (laughs) But I am more inspired by my job now than ever before because the possibilities seem limitless. I understand my job in a totally different way. It's evolved, it's different, I am interested in different things, I can imagine somebody going into teaching classes. I like the collaboration and I like young actors. I love the collaborative experience of working with a cast and I think I appreciate other people's strengths in a different way and their weaknesses in a way I hadn't before."

Together: Did you have paparazzi there when filming *Under the Skin*? The British tabloids can be very tough.

"We did have one or two but we were also in the middle of Glasgow. There was one guy who was just relentless, but it wasn't like shooting in London."

Together: Is there a certain subject where you say 'that relates to me.'

"No, you never know what is going to come up, you just never know. I mean, this year has been such a strange series of opportunities. When I was doing *Captain America 2*, I was simultaneously making three other movies at once and I was doing *Her* with Spike (Jonze), and I had all kinds of projects going on at one time."

Together: The reception for *Under The Skin* quite controversial when you were in Cannes.

"Yeah, people are rude sometimes, especially at a festival where there's a certain kind of mass hysteria that happens and people kind of lose sense of common decency which seems to happen often. But it was the first and only time I will ever watch this movie with an audience. I think people forgot to breathe at points and so at the end I looked around me and everyone was like, (exhales) and just tried to contemplate what was that experience about. I don't know, it leaves you like full of thought, whether it's bad or good, and that to me is interesting. I

remember seeing *Eyes Wide Shut* and it had that same thing, but it wasn't in a festival. Festivals are crazy because people boo and cheer and clap and stand. Normally you don't have that experience in an actual movie theatre so you are already putting yourself in a vulnerable position just knowing that people will actually comment about it. People would laugh, point, yell, walk out, it was very strange."

Together: Have you ever felt uncomfortable with your body as your character does in the movie?

"Yeah, I mean, I'm human. Yeah, of course. I'm a girl. (laughter) Aren't we all like that when we wake up every day and go, 'Oh God. What changed as I slept?'"

Together: Do you have that feeling looking back at your career that certain projects didn't turn out as well as you expected or hoped they would be?

"Of course. And then other movies, I was like, 'Wow, I didn't even know I was like that.' I remember with *Lost in Translation*, the script was 72 pages, we shot it in like 26 days or something. Commercially, it was a huge success, and critically, I had no idea people were going to respond the way they did. So you never know. I mean, I was in *The Island*, which is like Michael Bay's only failure at the box office (laughter) and I think the movie actually kind of did succeed artistically for him, but you never know."

Together: So you just move on and kind of learn to live with things?

"Yeah, I think I had more small films that have succeeded, (laughs) that always feels like a huge accomplishment, and it's more effective when a small film succeeds than when a big movie fails. I don't know why, but for some reason it's more profound I guess. When a big movie fails, it's usually

not your fault."

Together: What do you think was the important element for you in staying grounded in Hollywood having success at such a young age?

"I never moved to LA. I always stayed in New York, and that itself I think was just such a consistency, being in New York and having my friends there, going to school and always kind of returning back to the city. And New York doesn't give a shit basically so when you are there it feels like we are all crammed together in this one crazy city, these different socio-economic backgrounds and race and culture, it's a melting pot."

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INSPIRED BY MY
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POSSIBILITIES
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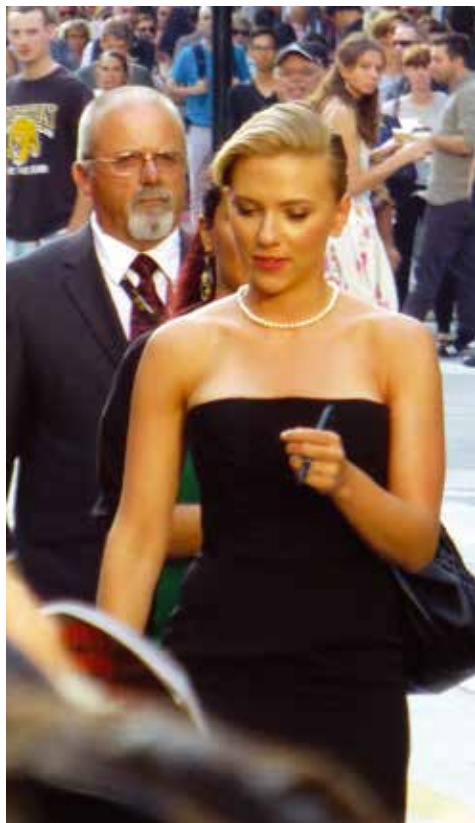
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I REFUSE TO BE A PRISONER IN NEW YORK, I WILL NOT LIVE IN A TOWER - IT'S MY HOMETOWN



Together: And you can move around without paparazzi in New York easily?

"That's not true. There's the citizen paparazzi (amateur photographers). I know that city better than the back of my hand, so I know the good places and I refuse to be a prisoner in New York, (laughs) I will not live in a tower - it's my hometown."

Together: Is it true that you might be interested in going into politics one day?

"I mean, I am politically active and I think the idea of being a public advocate is attractive, but I'm only 28 years old. I think in 25 years time who knows where my interests will lie but I will always be interested in politics for sure and I will always be interested in any new development and social activism."

"I grew up in a politically verbal family, and we were always having that dialogue in the house a lot and I'd go with my mum to different mayoral rallies and to vote. We used to watch the debates growing up and stuff like that. My brother Hunter ended up working in local politics, so it's always been something that, when I turned 18, I registered to vote."

Together: Is it important showing your family your movies? What do they say about them?

"I don't even know if they've seen a lot of my movies, but I am sure they have. (laughter) I rarely talk about work with my family and that's probably a side effect of the fact that I started working so young. I think it's a psychological reaction to psychological reactions. I'll have to analyze that for a bit. (laughter)"

Together: So when did you know that you wanted to be an actress?

"I have always been interested in performance and when I was a little kid, I was singing and dancing, I took all kinds of classes and tap dance and I was one of those jazz-hand kind of kids. I wanted to be in musicals and everything, but it wasn't until I was twelve, I think I made The Horse Whisperer, and I started to go, 'Oh, I understand this as a performance,' and I couldn't imagine doing anything else."

Together: So what roles are left for you to do?

"I want to be a cowboy. (laughs)" 🎬

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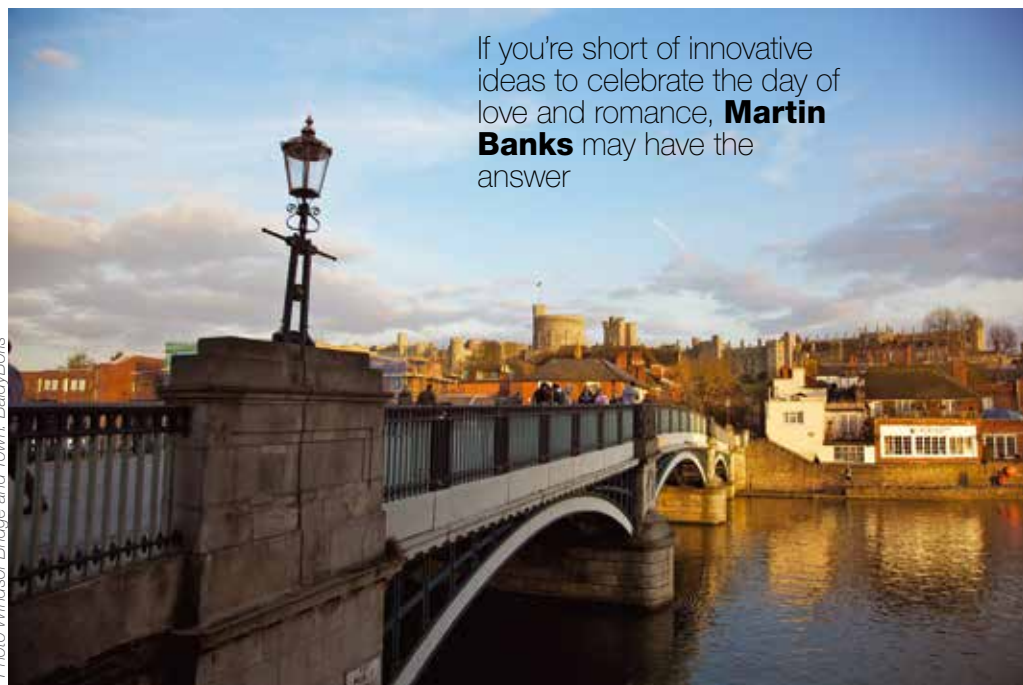
(RE)TAKE TIME



Romantic Windsor and Eton

If you're short of innovative ideas to celebrate the day of love and romance, **Martin Banks** may have the answer

Photo Windsor Bridge and Town: BaldyBois



If so, you'd do well to consider whisking your loved one over the Channel to the Royal boroughs of Windsor and Eton for a romantic short break.

It may be a little-known fact, but the area has a direct link with St. Valentine's Day. Back in 1389, Geoffrey Chaucer, medieval England's most famous writer, was given the job of maintaining Windsor Castle and St. Valentine's Day was first associated with romantic love in Chaucer's circle.

It was in the Middle Ages that the tradition of courtly love flourished and Chaucer's Parliament of Fowls poem is one of the first

references to the idea that St. Valentine's Day was a special day for lovers.

Fast forward a few centuries and Windsor – where Chaucer, as Clerk of the King's Works, was employed repairing the Castle's St. George's Chapel – still offers lots of ways of expressing love.

Arguably, the most romantic setting is nearby Roman ruins, featuring 2,000-year-old Corinthian pillars. Just the place to charm your very own god or goddess!

For those thinking of popping the question a gentle sail along the River Thames, with

Photo Windsor Castle: David Iltf



beautiful views of Windsor Castle, is the perfect backdrop to get down on bended knee. Alternatively, what could be more romantic than surprising your future-intended with a horse-drawn covered carriage ride in Windsor Great Park, available throughout the year.

A great local base for a short break is The Christopher Hotel Bar and Grill, just across the river, which offers a spot of history of its own. Originally built in 1511 and rebuilt as a coaching inn in 1847 for the princely sum of €956, the headmaster of nearby Eton College had it closed down and moved due to the «improper reputation» it had acquired.

Its reputation now firmly restored, this stylish 34-bedroom hotel (ranging from junior suites to deluxe singles) is surrounded by antique shops and art galleries. The bar and grill offer the chance to enjoy all day dining. This charming private hotel, a former magistrates court, is joined to Windsor by a pedestrian bridge and is the perfect venue for a spot of romantic carousing.

Yet more romance can be found just over the river at the Sir Christopher Wren Hotel, built by the great architect in 1676 (he also lived there with his family). Wren is one of England's most distinguished architects, famous for designing St Paul's Cathedral and Windsor's Guild Hall. Sir Christopher Wren has been a hotel since 1920.

Nowadays, it's also rightly famous for fine cuisine served in a stunning riverside setting, ideal for smooching your partner. Dishes are

expertly prepared using a combination of fresh seasonal goods from local suppliers and carefully sourced ingredients from further afield. It makes for a great venue for Valentine or any time of year.

The world-renowned Windsor Castle is within easy walking distance for those travelling with kids, and the famous Legoland is just a short drive away. In 2014 it will be opening an all new pirate adventure play area complete with a towering forgotten fortress and fearsome battle ships. Its hugely popular Pirate Falls log flume will host a brand new quest featuring more than 100 new Pirate themed LEGO models.

Windsor is easy to reach from Belgium and for those with a bit more time to spare you should consider P&O Ferries which has no less than 23 daily crossings on the Calais/Dover route, with prices for a daytrip starting from a mere €24 return (same calendar day). A long stay (over 5 days) costs from €39 each way while a short break is from €44 return. All prices are for one car and up to nine passengers.

Still unconvinced? If so, check out the stately home at nearby Cliveden. Its beautiful gardens include 'The Fountain of Love' at the end of the Grand Avenue. Enter the impressive recreation of a maze designed and built for Lord Astor, the former owner of Cliveden, in 1894. A word of warning: be careful not to lose your beloved before you have a chance to propose!

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A FAMILY- FRIENDLY HOLIDAY DESTINATION WITH THE CLUB MED TRADEMARK

Club Med's latest 4-trident resort on the Turkish Riviera opened last spring and is situated just next door to the Lykia Links golf course. The latter is one of the few genuine links golf courses in the Mediterranean and has been voted one of the world's top 100 courses by Golf World. It is open to players with a minimum handicap of 36 and located on 60 hectares of land and stretching for some 7km along the sandy beach and clear blue waters of the Mediterranean. This 18-hole, par-72 professional course was expertly designed by world-renowned, award-winning American golf architect, son of the legendary Pete Dye.

Other sports and activities at Belek include tennis, flying trapeze, sailing, windsurfing, archery, Pilates and many more. And as holidays are also about relaxing and being pampered, Club Med has joined forces with French beauty expert Carita. The Club Med Spa by Carita features à la carte treatments as well as beauty and wellness packages, but one can also choose to unwind in a Turkish bath, a bio, traditional or Russian sauna as well as in the indoor Japanese pool just outside the spa.





Belek is a family-friendly holiday destination with the Club Med trademark and professional childcare with a minimum entry age of four months, but it also caters to the needs of its somewhat older guests. And just as the children and teens enjoy dedicated care areas and activities, so do the grown-ups in search of some peace and quiet. Indeed, one of the six swimming pools of the resort is a designated quite area as is part of the beach reserved for adults and teenagers over 16 accompanied by an adult.

And last but not least: gastronomy. A staple of the Club Med spirit, it is not only all-inclusive but also all-around. The main restaurant Rhapsody features an international buffet including Turkish specialties and live cooking, while the Orientalist (reservation required) offers a more intimate atmosphere and an impressive mezze buffet, and the Adalya beach bar is perfect for a light or hearty snack.



Accommodation includes Deluxe and Club rooms, suites as well as 16 luxury villas. Each villa comes with a private garden, an outdoor and an indoor pool (with a counter-current jetstream system), a sauna and a butler.

Club Med's Belek resort is situated 55km east of and a 45-minute drive from of the Antalya Airport.

For more info: www.clubmed.com



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Sainte Foy: A ski resort like no other

Julia Bush recommends a ski location that blends the old and the new

From incredible opportunities for off-piste skiing to mountain biking trails and 18th-century cottages, Sainte Foy has a little bit of everything for holidaymakers. Tucked in the middle of the French Alps near the Italian border, the beautiful little town is divided into two parts: the old village, at an altitude of 800 metres, and the ski resort.

Known primarily for skiing, Sainte Foy Tarentaise (not to be confused with the town in Quebec) is a magnet for skiers of all levels. The ski resort has 15 slopes that are accessible by four lifts, but skiers can also opt to take on the resort's off-piste, ungroomed terrain. Off-piste areas range dramatically in difficulty, from short runs



between trails to the terrifying descent to La Fogliettaz. Skiers who choose to explore the off-piste options can take a helicopter into the wilderness, where they are released with a guide to explore the mountain. There is also a ski school for beginners with two magic carpets.

In addition to skiing, those who fancy a quieter afternoon can snowshoe through the beautiful spruce trees and breathtaking scenery. Trekking through a postcard setting is an excellent alternative to traditional skiing. Guests even have the option of riding with a guide to discover alpine nature.

During the summer, when there isn't quite as much snow to hike through, the resort opens several mountain biking circuits and hiking trails. Guests can also go rafting or admire the old, preserved cottages built in the 18th and 19th centuries that dot the mountainside.

For mountain climbing enthusiasts, there is an infrastructure in place for climbing and hiking. The climbing routes are accessible to everyone 12 years and up and require no special climbing ability. A via ferrata, which is a protected climbing route with steel cables fixed to the rock, makes climbing safe and secure.

No matter the season, the spa and fitness centre in Sainte Foy's new clubhouse offer a relaxing atmosphere for guests. This wellness centre is a partnership with Payot natural ingredients and includes personal training to help people get in shape and find a balance between mind and body.

When you're done adventuring for the day, grocery stores, bars and restaurants clustered in the village centre make driving unnecessary. Le Monal, a hotel restaurant, is an excellent choice for dinner. Usually full of locals (including some of the mountain guides you may have seen during the day), Le Monal has delicious French cuisine and a beautiful terrace overlooking the mountains.

Accommodation in the centre and in satellite villages are easy to find. Residence Les Fermes de Sainte Foy is a two-minute walk from the ski lifts, restaurants and shops. At Les Fermes de Sainte Foy, guests stay in their own spacious apartments and have access to the swimming pool and spa area, which includes powerful spas, saunas and steam rooms. Another apartment option, Spa MMW L'Etoile des Cimes, offers guests comfortable, first-class accommodation at a very reasonable price. L'Etoile des Cimes is so close to the slopes that guests can ski almost up to their doorstep, and

Skiing

they also have free access to the pool and a lovely reception area with a roaring fire.

Chalet Yellowstone or Yellowstone Ski Lodge also won't disappoint. The lodge is absolutely luxurious and minutes from shops and ski lifts. Yellowstone offers exquisite three-course meals and excellent wines. The Peak is a chalet with eight suites that is also a stone's throw from the ski lifts. At the very heart of Sainte Foy, The Peak offers guests an intimate and comfortable experience with all the services of a 5-star hotel. The décor is especially impressive inside the four-story chalet.

Before all the beautiful lodges and personal trainers, though, Sainte Foy was built around an old farming community, and some of the original buildings and structures were maintained when new homes were built. More recent buildings have stone, wood and slate roofs and are nestled among older structures. The combination of modern and old architecture is unique to Sainte Foy Tarentaise, where luxury apartments snuggle up to more rustic chalets, creating a certain harmony while also respecting the town's heritage.

One hundred small communities combine to make up the town. One of these communities is called Le Miroir, where the houses are in columns. Years and years ago, this construction system made it easy for people to find shelter from bad weather. Now, what was once just a practicality makes Le Miroir beautiful. When in Le Miroir, don't miss a visit to Chez Mérie. The restaurant looks like it's just a house on top of a hill, and it is only open Fridays and Saturdays during the off-season, but the hearty, delicious food makes a night at Chez Mérie an absolute necessity. Be sure to share their starters — they are enormous, and you'll want to try every one.

Most of Sainte Foy is quiet and unspoiled by time, and it's an alpine resort for all seasons.

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A night or two in London



Dorset Square Hotel

Dorset Square Hotel has experienced an extensive refurbishment, stamping it with designer Kit Kemp's signature style: bold colours and textures, and bespoke and one-off pieces of original art collected from around the globe. This beautiful Regency townhouse has 38 individually designed bedrooms, many of which look onto the leafy private garden square which was originally the site of Thomas Lord's first cricket ground – witty references to the noble sport are scattered around the property.

The sumptuous guest drawing room with a fireplace and a fun bar-restaurant is open all day. The Potting Shed restaurant and bar proudly serves the best of British cooking (such as West Country lamb and Kentish goat's cheese tart) and Mediterranean classics, along with a carefully selected wine list. The hotel is surrounded by fashionable shops, cafés, restaurants and world-class galleries in the exciting, urban area of Marylebone.

www.firmdalehotels.com



Firmdale Hotels re-opens the Dorset Square Hotel, and we highlight a landmark London hotel



The Landmark Hotel

Opened in the late 1800s the Landmark Hotel London is one of the few railway hotels from the Victorian era still in existence today and is one of the most popular 5 star hotels in London.

Intricate ceilings, shining chandeliers and grand staircases provide an elegant and glamorous stay for guests occupying the 300 rooms and suites. The marble bathrooms include a soaking tub, walk-in shower and two sinks.

The cozy restaurant and bar – called 'twotwentytwo' – dishes up modern-European fare. Oversized mirrors, wood-clad walls and a wine library offer a sophisticated and unique experience. The Winter Garden Restaurant sits in the heart of the beautiful eight-story atrium and proper afternoon tea is one of its specialties.

The Landmark's spa and health club has includes a sauna and ayurvedic treatments, which range from a seaweed oil massage to an aromatherapy facial.

Located in central London, the hotel is opposite Marylebone Station and a short walk to Regent's Park. Selfridges, Bond Street and Dover Street Market are also close by, making this hotel a perfect location to explore all that London has to offer.

www.landmarklondon.co.uk



Villa del Quar: Hotel and vineyard



Verona's Arena is a fraction the size of its large Roman cousin, il Colosseo. Taking up a chunk of the town's main square Piazza Bra, it hosts all sorts of concerts but is at its best when the open-air opera season begins in the summer. However, in this romantic, wintry month of February take to the side streets leading off and feast on the legacy of Shakespeare's *Romeo and Juliet*, from the balcony to the grave, in a manner of speaking.

And, not twenty minutes away from these bustling streets, along the ancient via Claudia Augusta, an altogether different proposition awaits. Set in its own graceful grounds, Hotel Villa del Quar – a listed National Monument, dating back to the 15th century – is perhaps the quietest spot you may ever find (unless getting lost in the Arctic is your thing).

A hotel should always be judged by its breakfast, not the quantity but the little details. In Villa del Quar they offer porridge, and a fine porridge it is too. It's taken under cover on a beautiful terrace overlooking a citrus garden. I ventured out to work off some of that fine food and found – beyond the garden wall – Villa del

Paul Morris visits a Veronese villa with all the creature comforts

Quar's secret weapon: it has its own vineyard, within view of the long cloister-like main hotel building. Fat grapes hang heavily on the vines and you can walk along the rows and hide from the world.

In the Arquade dining room that evening, just off the grand entrance hall with its impressive reception raised on a dais, I tried the iced foie gras, followed by the pigeon breast in cocoa beans with cream of carrots and ginger, and string beans.

The foie gras simply melted away on the palette and the bird was perfect – all helped along as the sommelier introduced me to the delightful product of those grapes. This is Valpolicella country and their Sublitis red was robust but fair, a perfect accompaniment to the pigeon. If the (very) local wine is not to your taste, there is an antique wine cellar just waiting to be discovered.

The rooms are spacious and luxuriously comfortable, and throughout the hotel the staff welcome their guests with discretion. There is a helipad just beyond the vineyard – I was told that a Croatian family, from Split, land there in their helicopter once a year to savour five-star comfort and totally unwind.

Even though the Bard's most famous lovers await in town, it is tempting to just kick back and have one more meander around the vineyard – with perhaps a glass of Sublitis in hand.

www.relaischateaux.com
www.hotelvilladelquar.it 



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What's on Belgium

The Sustainable Future

The TEDx event "The Sustainable Future" will be held at St. John's International School in Waterloo.

The event, in partnership with the European Commissioner for Energy and Accenture, features an impressive list of speakers from across the sustainable energy spectrum: corporate, academic, regulatory and entrepreneurial leaders will talk about the current state and future outlook. The event will be live streamed globally.

Only 250 tickets will be sold for this event and are now available at www.tedx sustainable.com.

Simultaneously, there will be workshops for 14-16 year old students from schools around Europe. They will be selected based on ideas submitted for a future sustainable energy product that will impact the world. The workshops will be run by science teachers, to explore the concept of sustainable energy and invent new methods and applications for the

TEDx Kids@Brussels
x = independently organized TED event

The Sustainable Future



www.tedx sustainable.com

at St. John's
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St. John's International School, Drève Richelle
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www.stjohns.be

Together is delighted to be a media sponsor for this event.



René Guiette: Zen Composition

Guiette (1893-1976) was born into an artistic family. Yet as a painter he was self-taught, finding work initially as an art critic for the *Sélection* magazine, making his debut only in the '20s. Although his early work owes a lot to the influence of cubism, he was later drawn into expressionism, working closely with Jean Dubuffet after the war.

His house is the only property in Belgium designed by legendary architect Le Corbusier (1927). A classic example of the 'International style' that came into prominence during the late twenties, designer Ann Demeulemeester is thought to be the current owner. **Until 16 March.**

Schiller Art Gallery, 12 rue van Moer, 1000 Brussels
www.facebook.com/schiller.art.gallery



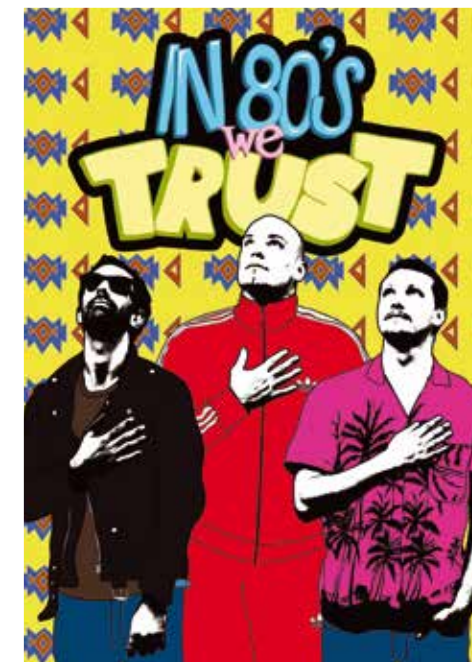
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International Stage 2013 - 2014

This colourful season offers you an opportunity to discover the greats of international theatre. In

the 2013-2014 season, BOZAR THEATRE welcomes, among others, Oskaras Korsunovas in a thoroughly Lithuanian interpretation of Shakespeare's *Hamlet*. Eirik Stubø and Oslo's National Theatre's *Disappear*, a recent play by Arne Lygre. Italian Pippo Delbono and the Romanian violinist Alexander Balanescu.

Until 19 June - www.bozar.be



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www.madamemoustache.be

Mind a Gap

Mind a Gap is the result of an intense collaboration between choreographer Anton Lachky (ex- P.A.R.T.S., dancer Akram Khan, The SlovaKs) and five virtuoso dancers, known for their performance in the creations of Peeping Tom, les ballets C de la B and SlovaKs.

20-22 February. Tickets: €20
www.kvs.be



© Leif Fimfaber Pinos

The Mercedes House Concerts

The Mercedes House is more than just a showroom. Of course you'll find the classy cars, but you'll also discover a great deal more. Within it you'll find WY, a restaurant headed by Michelin two-star chef, Bart de Pooter. There's a shop and regular temporary art exhibitions. The Mercedes House also builds a further link with the cultural community by hosting classical music and jazz concerts.

The concert program is the outcome of a fruitful collaboration between Mercedes-Benz Belgium/Luxembourg and Outhere, a top Belgian classical and jazz music publisher. Well-known labels include Fuga Libera, Aeon, Alpha and Ricercar.

The latest event is a jazz concert featuring Gábor Winand and Ramón Valle on February 27. Although they each have their own repertoire, both solo artists have been playing together since 2007, a collaboration that led to the creation of the joint album *Fabulas*. Gábor Winand is a Hungarian singer who also plays clarinet, flute and saxophone. Born in 1964, Cuban pianist Ramón Valle was a child prodigy in the 1970s, and since then he has brought out five albums.

Practical Information:

Thursday, February 27, 2014

The concert will take place from 19:30 until 20:30 and will be followed by a dinner at the Michelin-starred restaurant WY.

Price: Welcome drink and concert for €15 or welcome drink, concert and 3-course dinner with wine for €75.

Address: Grand Sablon Street Bodenbroek 22-24, 1000 Brussels

Reservations 02/400.42.50 or address mercedeshouse.brussels@daimler.com

Gábor Winand & Ramón Valle:

A Cuban-Hungarian mix in an exclusive jazz concert



What's on international



Isabella Blow: Fashion Galore!

One Aldwych is offering an all-in package of an overnight stay in London and tickets to see the glamorous Isabella Blow: Fashion Galore! exhibition at neighbouring Somerset House and Fashion Galore! cocktails. This major exhibition celebrates her thirty year career which spans working at US Vogue alongside Anna Wintour, British Vogue and Tatler. She is also known for discovering models Sophie Dahl and Stella Tennant, and for her work with top photographers like Steven Meisel and David LaChapelle.

The hotel is perfectly placed in Covent Garden and Tube stations in all directions.

Until **2 March 2014**. Package rates from £390 for two people including VAT. www.somersethouse.org.uk www.onealdwych.com



Hip-hop and classical performer Emily Wells

Les Femmes s'en Mêlent

The festival has been celebrating the female independent music scene for 17 years now.

Le Festival des Femmes s'en Mêlent has a truly eclectic feel and mixes up the type of venue and geographical location, from the Swedish Institute to Machine du Moulin Rouge. It exists to highlight the music of women in the indie, rock and folk scenes, both promising and confirmed.

Though founded in Paris, the acts appear up and down the country for just over two weeks. Various venues. **18 March - 4 April**. Tickets: check online - www.lfsm.net

Steve Forbert

Nashville-based singer-songwriter Steve Forbert returns to Glasgow to play St Andrew's in the Square, the scene of his sell-out show at the Glasgow Americana Festival in 2012.

Live, the Grammy nominee is one of the few artistes who can mesmerize a crowd with nothing but a distinctive voice, an acoustic guitar and his trusty harmonica slung around his neck. One reviewer wrote recently: "Forbert is a hardcore troubadour who works his ass off show after show to earn every single fan's loyalty." St Andrew's in the Square. **27 March**. Tickets: £15 www.fallenangelsclub.com

For the children



school children in Louvain-la-Neuve in 2005; it also bought and renovated a building for students in secondary school in Limal in 2009; it organizes summer and after-school activities every year.

Today, more than 100 students are enrolled in the two schools.

Escalpade is continuing its 'building' role with two new major projects: the enlargement of the primary/kindergarten school and the creation of a day centre for disabled adults... indeed, children are growing fast and will soon become the adults of tomorrow.

Escalpade needs your help with its '8th Opération Briques 2014'.

Buy a symbolic brick containing three delicious Corné Port-Royal

This month we highlight the work of Escalpade, a near Brussels-based institution that provides invaluable education and support for children with motor-neurological deficiencies.

Opération Briques Escalpade 2014: Building their future

For the past 15 years, Escalpade has been building projects for children and adolescents with motor-neurological deficiencies. Thanks to your generosity and the support from numerous donors, the association successfully built an adapted building for kindergarten/primary

chocolates for €5 or make a donation to the Escalpade account (tax exemption as from €40 donation)
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Sales outlets will be organized in NATO, in the European and international institutions throughout February and March 2014. And here's where *Together* readers can help – fancy organizing a sale of chocolates in your work place?

For more information, contact Lisa McGowan on +32 (0)476 213 193.
www.escalpade.be

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Plus d'infos sur vw.be/emobility

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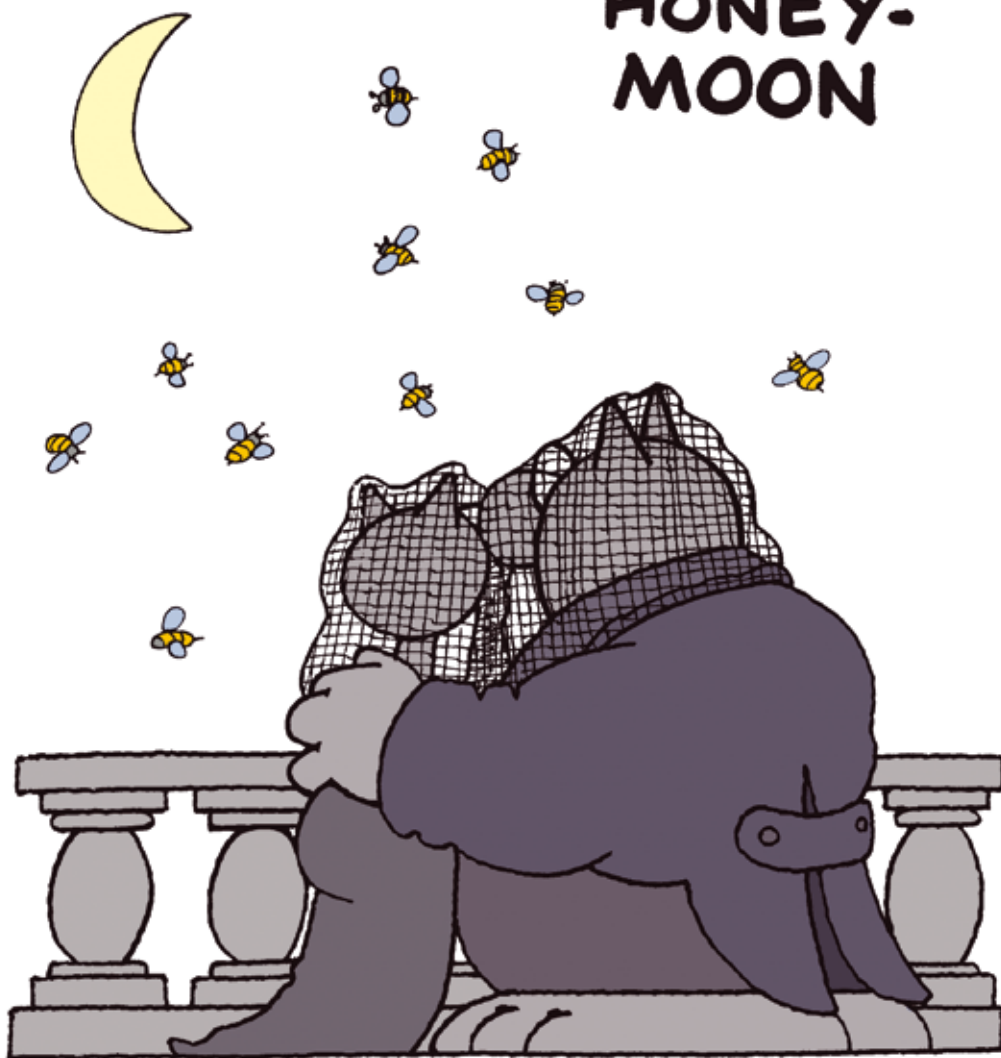
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