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ON THE COVER



LEONARDO DICAPRIO
Currently appearing in
The Great Gatsby

Editor's LETTER

TRY TO SEPARATE THEM, IT'S AN ILLUSION

The expression in English 'take the plunge' is not so much to do with diving into a cool pool or river (though let's hope the temperature heats up enough to make that possible very soon). It's more to do with taking a risk, doing the thing you've always wanted to but couldn't find the nerve, couldn't pluck up enough courage – more commonly it refers to making a big life decision, such as getting married.

Marriage and love are in abundance in this issue – sometimes that love remains unrequited, such as was the case for rich man Gatsby, all at sea in the Jazz Age over his obsession for one woman. It appears this current generation (these millennials) are keeping up long-held traditions, tying the knot in their twenties or early thirties in much the same way their parents and grandparents did before them. Surely, love is enough without expensive, stressful nuptials...

Has marriage made the great comeback, rising from the canvas after so many knock-out punches over the years? Perhaps lyricist Sammy Cahn had it right all along in his song *Love and marriage*: "This I tell ya, brother, you can't have one without the other."



Paul Morris
EDITOR



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P43 INTERVIEW:

Valérie Delafosse
The designer discusses
swimwear and sunwear



P68 INTERVIEW:

LEONARDO DICAPRIO

Gatsby created himself
according to his own
imagination and dreams

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magazine

PUBLISHER
David Mc Gowan
david@togethermedia.eu

KEY ACCOUNT DIRECTOR
Renaud Philippart
renaud@togethermedia.eu
+32 (0)494 64 67 93

EDITOR
Paul Morris
paul@togethermedia.eu

ART DIRECTOR
Xavier Bostem
carafe.xavier@gmail.com

CONTRIBUTORS
Natasha Abudarham Black;
Patti Bruns; Dave Deruytter;
James Drew; Philippe Geluck;
Anna Jenkinson; Amy Longsdorf;
Christel Martin; Delphine Stefens;
Linda A. Thomson; Paul Morris;

STYLIST
Nicholas Sirot

ONLINE EDITOR
Nigel Griffiths
nigel@togethermedia.eu

FOUNDER
Jérôme Stéfanski

Together Media
Boulevard St Michel, 47
B-1040 Brussels
+32 (0)2 400 00 24
info@togethermedia.eu
www.togethmag.eu

For advertising sales rates please consult
www.togethmag.eu

Together magazine France
LMedia - 201/203, rue de Vaugirard
75015 Paris - www.lmedia.fr
Director:
Jean-Baptiste Leprince
jbl@lmedia.fr
Business development director:
Damien Delachaux
damien.delachaux@lmedia.fr

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Starring in Belgium

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Leonard Cohen

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Just add water

Personal trainer **Patti Bruns** says you can't get enough of plain old H₂O

I think it is now safe to say, winter is over! Hurrah! If you are anything like me, I'm outside as much as possible enjoying various sports, playing with the kids and eating and drinking on the terrace with my friends. With all the extra activities, it is easy to become dehydrated, which can hamper your daily wellbeing and have a serious impact on your sports performance. It's time to develop a sound strategy for keeping ahead of your daily fluid needs, while still having as much fun as possible this summer.

Water first!

First, a few facts. Water is the most essential nutrient that we consume each day. Two-thirds of your total body weight is water and it is vital for the proper function of every major organ in the body. Water is life. Years of hydration research has proven that even mild levels of dehydration can affect how we perform physically and emotionally. Sight and hearing are the first senses impaired by dehydration. As for your muscle function, 70% of this tissue is water and as you become dehydrated your body will shuttle water around the body to keep you moving. Without taking on water it isn't long before your muscles cramp, stopping you in your tracks. Many an athlete has reported entire races being ruined because they didn't pay enough attention to their hydration needs early enough.

Here are a few strategies to keep ahead of your daily water needs:

- Men should aim for 3.5 litres of water per day, women slightly less at 3 litres per day.
- Water should make up half of your daily fluid intake. Pure juices, milk, soup, non-caffeinated

teas, juicy fruits and vegetable also provide hydration.

- Sip water throughout the day and stay ahead of your thirst. Once you are thirsty, you are already entering dehydration. If this happens, drink a big glass of water and avoid caffeine for the rest of the day.
- Two hours before you train drink 750ml of water and then top that up with an additional 250ml, 30 minutes before you start.
- Drink throughout your workouts and replace lost fluids when finished.
- Sports drinks are an option for exercise lasting more than 60 minutes.. These drinks contain important carbohydrates for endurance performance but are high in calories.

The other things we drink

Coffee, tea, caffeinated fizzy drinks and alcohol are among the things we drink that negatively impact our hydration levels. Don't worry, I'm not going to take away all your fun! You can have

“
**WATER SHOULD
MAKE UP HALF
OF YOUR DAILY
FLUID INTAKE**
”

these drinks in moderation as long as you compensate fluid loss with fresh water.

Around 90% of adults drink some form of caffeinated beverage every day. For some, it is a single morning espresso, for others, caffeine-laced beverages are always close at hand.

Research has confirmed that caffeine is a mild diuretic, stimulating urine production from the kidneys. When drunk in moderate amounts, you will not suffer dehydration from caffeine consumption alone. So, you ask, what is moderate consumption?

- Two caffeinated drinks a day should satisfy your need for a pick-me up without affecting your hydration.
- Excessive use of caffeine can have other side effects such as nervousness, tummy upset, irritability and insomnia.
- Aim to drink non-caffeinated drinks in the afternoon, avoiding dehydration at the end of the day.

A glass of wine or bottle of beer is a great way to relax at the end of the day. Alcohol, however, plays no role in the recovery of human tissues and is a proven diuretic. Alcohol and sports performance don't mix well and cutting out alcohol from your diet will improve your ability to stay healthy and increase the benefits of training. Caution should be used when consuming alcohol as it has a negative impact impacts hydration and can interfere with the proper uptake of vitamins and minerals in your body. Further to this, alcohol is full of empty calories that your body metabolizes as fat. When faced with a situation where you want to have a drink, remember the following:

- Match your alcohol consumption with water consumption. Alternate one for one when you are out socializing.
- Know your limits and respect them.
- Don't train after you have had a few drinks – you will be dehydrated and your reaction time will slow down.
- Training after a big night out? Drink at least 1.5 litres of water before you start and go easy! Hydration is key to feeling great every single



PERSONAL DEVELOPMENT

Health & Fitness

day. By paying just a little extra attention to your daily fluid needs you will be ready to enjoy the glorious summer that awaits us. As a little present from me to you, here are a couple of recipes to spruce up your next glass of water.

Ginger mint water

1-10cm piece of ginger, cut into 1/2cm pieces
3 sprigs fresh mint
2 litres of fresh mineral water

Crush the ginger and mint. Place in a pitcher and add water. Refrigerate and steep for one hour, strain over ice. Pour any extra into a clean pitcher or water bottle.

Pineapple mint water

¼ pineapple, peeled and cut into triangles
8-10 mint leaves
2L of fresh mineral water

Place pineapple and mint in a pitcher and pour in water. Refrigerate and steep at least 3 hours, strain over ice. Pour any extra into a clean pitcher or water bottle.

Cheers, enjoy the summer! 🍷

Patti Bruns is a Personal Trainer at Aspria Royal La Rasante patti.p2b@gmail.com

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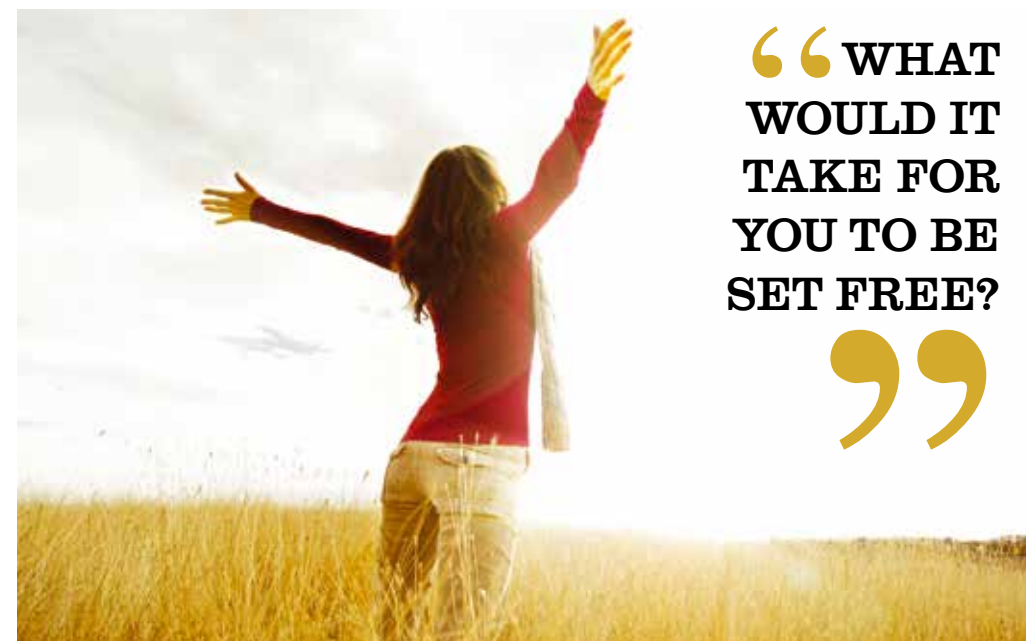
Life in a straitjacket

Natasha Abudarham Black attempts to help out when you get all tied up

Have you ever experienced a time in your life when you wanted to do something, achieve something, be someone? You felt so inspired, you set yourself a goal and allowed your good intentions to help you to set out a plan of how to make it happen. The more you planned, the more excited you became and the easier it was to see into the future. Gorgeous glimpses of what life would be like when you had what you really, really wanted.

And so you set the wheels in motion, things start to take shape and then as quickly as you started... you stopped. Instead of carrying on with your carefully laid plans, you start doing something else, like working on that other big brilliant idea that popped into your head while you were drinking your tea. This new shiny idea, that is so brilliant it knocks the socks of what you were previously working on...

And before you know it, you've tied yourself up in knots. You've started so many projects but none of them are close to the finishing line. You're battling with time and you've managed to supersize 'the overwhelm'. The lovely big



“WHAT
WOULD IT
TAKE FOR
YOU TO BE
SET FREE?”

money generating idea isn't the cash growing tree you needed it to be. The kick-ass diet that was going to change your life no longer suits your body type. The romantic interest you crave can no longer fit into your busy schedule.

The thing you wanted to do, the something you wanted to achieve, the someone you saw yourself as pales into insignificance.

So, your business doesn't grow. Your bank balance doesn't increase. Your body remains heavy and lethargic. Your heart continues to yearn for love. And you remain in this state of flux, wanting and needing to grow but always being reined back in.

How can this be when your deepest desire is to live a life which has more meaning, which makes a difference? Because let's face it, that's what you want isn't it? You have a drive inside you that tells you that you can do it but for some reason you keep being held back. There's an invisible something that just won't budge, other than when it pops up to sabotage your good intentions.

It's almost like there's two of you. On one side there's this amazingly talented driven individual with tons of get-up-and-go and motivation and then on the other side there's this other you stuck in a straitjacket, tied to a chair.

The amazing one is jumping up and down like a little kid shouting at the straitjacket, "Come on let's go play, there's so much we can do together, woohoo, we can do this and we can do that and I know how to do it and it's all going to be so much fun, yeah, come on let's go!"

But the straitjacket says, "Look kid, we ain't going nowhere, we're not free to go play and have fun, we're stuck in this jacket, tied to this chair and there's no way out, we're just going to have to stay here, exactly where we are."

The amazing one doesn't understand, she looks around but all she can see is herself jumping up and down, free as a bird. So, she tries to convince the straitjacket but her attempts are futile.

The next day she tries again, this time with a new idea: "Hey you look at how brilliant this is, we only have to do these things and look what we'll have, come on let's go play, there's so much we can do together, so much fun we can have, yeah, woohoooo, life is great."

But still nothing, the straitjacket stays stuck in the chair refusing to get up. After several attempts the amazing one takes a few minutes of contemplation. She looks in the mirror and what she sees is someone who is capable, willing and passionate but she feels like someone who is being held back, stuck on the spot. There's a discord, an inner wrangling and as she looks deeper, she notices that she's been in this straitjacket, tied to the chair for a long time but she had no idea.

As she looks even deeper, she sees the pain the straitjacket is in, tied to a chair with nowhere to go. She wants to set it free but it doesn't look easy, she doesn't know how. She starts to feel sad, like she's not good enough but deep down she knows she doesn't belong there all tied up. So she asks the straitjacket a simple question: "What would it take for you to be set free?"

"I don't know," comes the sad reply.

The amazing one jumps up and says loudly, "What would it take for you to trust yourself to be you without being in that straight jacket?"

"But this is me," the straitjacket answers quietly.

"How can that be you, when I am you. Look at me, I'm full of life and bouncing with energy, I have all these things I want to do with my life, I want to play and have fun, I don't want to be stuck in a straitjacket, tied to a chair. So come, let me hold your hands, so you can feel the love I have for you, let me show you that it's safe to come out of the straitjacket, you can be trusted, you can be seen, you can be free."

And the amazing one extends her hands lovingly towards the straitjacket. The straitjacket suddenly starts to feel safer and reaches out her hands.

And as they hold hands, the straitjacket does indeed feel the warmth of all of those things and slowly she comes to realize that there's nothing to fear. As her body fills with this new understanding, the straitjacket starts to untie itself, she frees herself from the chair, she starts to feel free. The more love she allows herself to receive, the more free she becomes and, with her arms and legs outstretched, she feels the sun shining on her face, the air flowing on her face. She feels alive again. She can do this. She is an amazingly talented driven individual with so much to share with the world and her life and business is there waiting to flourish.

The straitjacket stands up and walks towards the amazing one. The barrier drops. They are one again and she now sees and feels that she is amazing. And she remembers, she always was the amazing one. ●

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PERSONAL DEVELOPMENT

Couples

The elements of surprise

We are all so busy with life, it's often hard to remember to tell, and more importantly to show, our husbands, wives, and lovers just how much they mean to us. It wasn't always that way. Remember the beginning? It was easy then. Romantic dates, love notes scrolled in the steamed up bathroom mirror; generous courtesies performed without threat of breakup or bodily harm. Ah, those were the days.

Lust then love

Slowly, life, career and kids turned that nubile infatuation phase into something fuelled by respect, love, and a need for more sleep. I don't mean this negatively. While I warmly recall those lustful days of yore, I also love being with someone who really knows me, and loves me exactly that way. Still, there's no harm in injecting a little spice into the relationship now and again, and the element of surprise itself can be a strong aphrodisiac.

Whether you say it with flowers, rent a plane to write it in the sky or simply just do something sweet, you can't go far wrong with a nice surprise. **Kimberley Lovato** investigates

I polled some friends – married and single, men and women – and asked them about surprises in their relationships, what stuck with them the most, and why. The results were surprisingly non-sexual. I expected stories of French maid costumes or handcuffs and leather chaps (I have some kinky friends), but in my unofficial poll what 95% of people cited were simple and considerate gestures like flowers for no reason, taking charge of dinner, or even vacuuming the house. Here are a few other notable mentions. Names have been changed to protect the innocent, and guilty.

Points of view

'C' from Brussels said: "While out for dinner with a girlfriend, my boyfriend sent me a text message that said, 'I miss you and love you and want you to have fun with your friend tonight'. It made me smile and actually made me want to be home with him instead. Perhaps this was his intention all along!"

'F' from Los Angeles said: "My husband drove my car to take our daughter to the bus stop. When I got into the car next, I realized he had not only filled the car with petrol, but had also changed my clock (daylight saving was quite some time ago). Both made me remember how kind he is, and why I married him in the first place."

'T' from London said: "I had just (reluctantly) given my boyfriend the key to my apartment when I had to leave for a business trip. When I got home, he had assembled a ceiling fan I had purchased that came in about 30 different pieces, set up my TV, and had all my bath towels and dishes put away. I'm glad I gave him the key!"

One of the funniest surprise stories I have ever heard, and definitely not for the faint of heart, came from a good friend of mine 'L' in Florida. She surprised her husband with their wedding! She said: "He thought we were attending a client open-house at a restored mansion. You should have seen his face when he saw his parents and a priest."

'S' responds: "Man that was a big surprise. We've been married 20 years this September. I remember after it was over someone asked if I

“ YOU SHOULD HAVE SEEN HIS FACE WHEN HE SAW HIS PARENTS AND A PRIEST

had had thoughts of running. I replied: With her father coming down the stairs behind me and 150 people in front of me – where was I going to go?"

While most surprises are sweet, some can be sour. 'T' in Florida had this to say: "My husband won a cruise, a sales incentive from his office. He asked me to come along but since we had school-aged children, I felt I should stay behind. A day later, friends all pitched in to help me with the kids. So I boarded a plane to surprise my husband at his first port of call. The surprise was on me when I discovered he had invited another woman in my absence. No wonder he didn't protest when I offered to stay behind!"

And of course, sexy surprises are always saucy. 'P' of Brussels told me: "When I arrived home from work, my girlfriend had all the toppings for an ice cream sundae (cherries, whipping cream, hot chocolate sauce) set up on a tray with a note asking me to bring it to the bedroom. Needless to say, there was no ice cream and we had one hot and sticky night."

Pivotal gestures

I've been married 18 years and my husband and I still hold hands, say I love you multiple times a day, and call each other every day we are away from one another. Still, I can't recall the last time we surprised one another. He reminded me that once when he was packing for a long business trip, I had tucked little love notes and sexy suggestions into his luggage, into his socks, and his shoes, so he'd find them over several days. I reminded him of the time I came home to find a hand-written clue on the door, which led to another clue, and another, all through the house, finally ending with a little silver heart necklace that I had spotted one day.

Maybe the biggest surprise of all for me was to realize how pivotal these small gestures, sexy or simple, can be and how little time it actually takes to sneak them back into your love life. ❶

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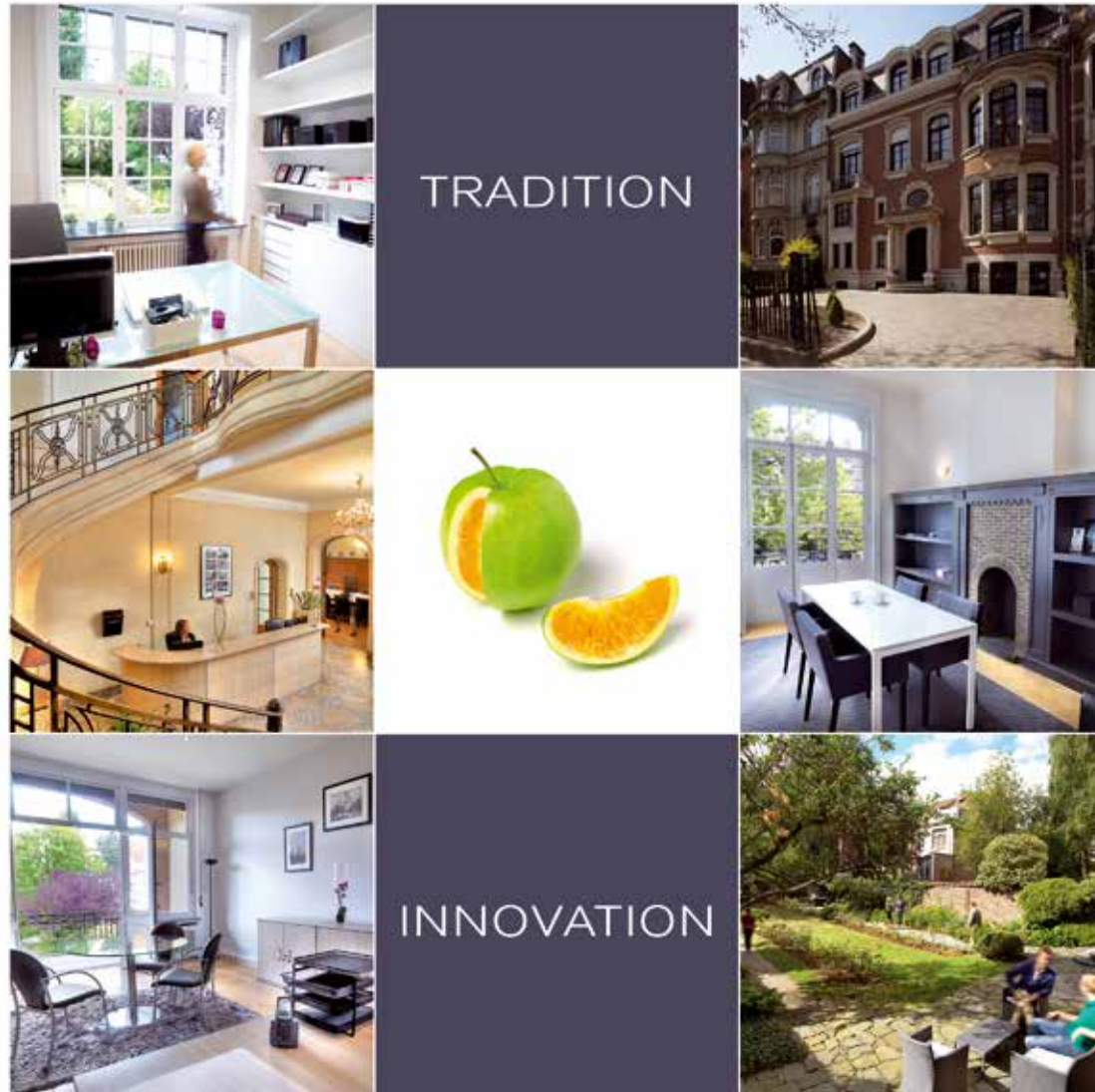
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Economy

Zeroing in on growth

“THERE IS MORE GOING ON BEHIND THE SCENES OF THIS ONCE-IN-A-CENTURY CRISIS”

Dave Deruytter offers a comprehensive overview of a world in zero growth

There is a lot of talk about zero economic growth in the western press these days, particularly in Europe. Indeed, most countries in the south of Europe are in the economic doldrums, given the austerity packages the governments of Greece, Portugal and Spain have had to implement in exchange for support from the EU and the IMF. Italian growth is not very promising either, and France's lacklustre at best. Apart from Germany, the rest of the EU economy seems to be treading water instead of growing.

Things are quite a bit brighter on the other side of the Atlantic. In the US,



FEDERAL RESERVE BUILDING, WASHINGTON, DC

growth seems finally to be picking up. About time, given the enormous amounts of liquidity (cheap money) the Federal Reserve (FED), the US Central Bank, has been, and still is, pumping into the economy and the government's frightening budget deficit and national deficit from the past, present and probably the near future.

China, the economic wonder of recent decades, is growing pretty fast at 7.5% or more of net GDP, still quite a bit lower than in the years running up to the Beijing Olympics of 2008. Japan, the third economy around the globe, is being stimulated by the Bank of Japan which is finally applying the techniques of its western counterparts, the FED and the ECB in particular, by flooding the local financial markets with liquidity. This was long overdue, given that the economy and the deficit have been in dire straits for more than 20 years now without any serious signs of structural improvement. A dawn at last?

I think that even the sternest critics have to admit that the different governments and their national and international institutions have all done a great job in trying to solve the big issues since the onset of the massive financial and economic crisis in 2007. But it is far from over yet.

Contrary to the developments after the 1929 crash when the banks, economies and markets got an immediate huge shot in the arm to recover slowly but surely over a few years, this time things have been balanced out so far, though that's not to say that some people are not suffering. There has not been a real shock to the system. It started as a very bad international bank crisis that spread to the real economy, then to governments and now to the lenders of last resort, the central banks. That may all seem to be very sensible, but where will it all end? How will we really get out of all this? Who, when and how will all that money the central banks are pumping daily into the markets and into government debt be paid back?

Furthermore, there is more going on behind the

scenes of this once-in-a-century crisis. The world economy itself has seen massive change very quickly over the past few years. It is not only the shift of economic power from the west to the east or to Brazil, Russia, India, China and South Africa (BRICS). There also is the giant leap at breath-taking speed towards the digital, internet or 'online' economy.

The former is putting pressure on the competitiveness of western countries to make products that employ known technology. Many of its multinational companies now produce in BRICS countries to import the produce back to the west. The longer this continues the more technological development, R&D, also shifts towards those producing countries. Look at the technological rise of South Korea over the past decade. Even China is following suit, albeit at a certain distance. Essentially, only Germany with its car and machinery industry, is still ahead and the USA with its breakthrough innovation capacity. Industry wise, apart from aviation, military, medical and biotechnology, what technological advantage do we still have?

The second structural change is that the internet is dramatically modifying the model of distribution of products and services: sophisticated online stores of all kinds pop up at the speed of light. No need for expensive brick and mortar shops anymore, only large efficient warehouses in cheap locations.

Of course, BRICS countries are evolving in a western manner as far as salary levels and demand for social security are concerned. The coastal regions of China can no longer compete on the price for basic goods like T-shirts, for example. Its industry is moving up the added-value ladder. Cheap textile is coming from Bangladesh, Vietnam, North Africa or Latin America these days. But the move towards more social and richer developing countries does not exactly follow the western model. The developing countries can learn from our mistakes and excesses. That means, however, that we will have to change structurally to survive.

Look at South Korea again. They are capable of

making almost anything and everything as well, better or cheaper than the rest. Yet their labour, productivity and social costs compare very favourably with those in much of the EU. Is South Korea going to face our problems in the future? It may very well be, but with hindsight it can prepare and do better than we did.

Back to the effects of the digital age. On the internet, everything seems to be cheap or free, at least with regards to searching for information, listening to music, reading news, chatting with your friends. All or most of these services are replacing existing paying 'brick and mortar' services. If this trend continues, it could create an important deflation of classic economies. Of course there should be business models behind these new online services so that they make money. There are large amounts of seed money available to companies that make no money at all but have great prospects, so we might not be far away from the situation just before the peak of the (first) internet bubble in the year

2000. On top of that, money is so cheap and abundantly available today, almost anywhere around the globe, that, even though banks may have become more strict on credit risk analysis in the aftermath of the 2007 crisis, there is not much interest payable on loans. Investors with money are looking increasingly away from bank deposits in search of higher returns, but with higher risks.



CHRIST THE REDEEMER, RIO DE JANEIRO

Beware, there never will be an alternative to thoroughly checking the business plan of anything you invest in and to do a 'worst case scenario analysis': what if interest rates rise, what if everyone has enough of social media, what if there is an online virus pandemic, what if the BRICS countries face social unrest?

Having said that, wealth has always been created by entrepreneurs. Starting new businesses and creating new technology is the only way forward, but when valuations or future expectations are high or money is 'cheap' for a long time, it is good to realize the risk of sales and markets going down.

Luckily, the rise of the economies in the developing countries also brings an increase in their number of middle class citizens and the buying power they have. If the crisis in the EU continues for much longer the number of people in its middle class may actually decline for the first time since the Second World War

Change is a part of life, and it all seems to be happening ever faster these days. We have to change, particularly in western economies, the EU first of all. It is not all fun, but it is a necessity to

survive in the long run. History has a record of many countries that went down, from some of the most powerful ones in the world to Third World countries. The same ups and downs affect industry as well. Make your choice and be prepared to change. ●

A low-angle, close-up shot of a person's legs standing on the edge of a diving board. The person is barefoot, and their legs are positioned in the center-left of the frame. The diving board is a light blue-grey color with a textured surface. Below the board, the water of a swimming pool is visible, with a clear blue gradient and some ripples. The background is a soft-focus view of the pool and the surrounding area, which appears to be a sunny day. The overall mood is contemplative and adventurous.

TAKE THE PLUNGE...

*"It changed nothing in the day-to-day of our relationship,
but it changed something in our heads."*

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**TAKE THE
PLUNGE**

Fashion



She knows what women want

When it comes to swimwear, at least, we all know: women want something that's not only pretty but also comfortable and, need it be said, that makes them look good. They're after the right balance between beauty, ease and confidence. Call it sexy. And who better than a woman to actually deliver the goods?

But then again, Valérie Delafosse, Artistic Director at Eres, is not just any woman and Eres is not exactly your average brand. It all began in Paris in 1968 with Irène Leroux's bold move to sell swimwear year round and the tops and bottoms separately. The big gamble paid off and Eres developed into a chic global brand now owned by Chanel with shops all over the

Delphine Stefens met Valérie Delafosse to discuss sunwear, among other things

★ THE ICE-CREAM ★

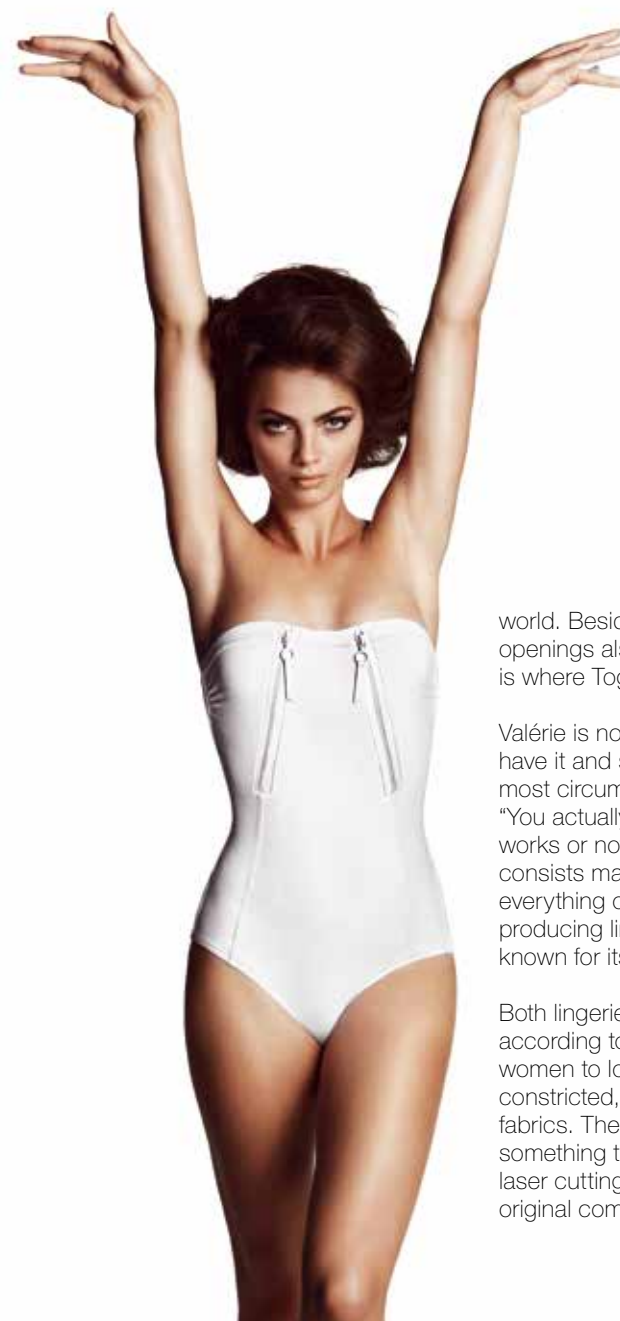
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“ MY TEAM,
WHICH CONSISTS MAINLY OF WOMEN,
AND MYSELF TRY EVERYTHING ON ”



world. Besides St. Barth's and Moscow, recent openings also include the shop in Antwerp, which is where Together magazine met Ms. Delafosse.

Valérie is not petite as the French cliché would have it and she has beautiful curves, an asset in most circumstances and a blessing in her trade. "You actually have to wear a design to see if it works or not," she says. "So my team, which consists mainly of women, and myself try everything on." In the late 90s, Eres also started producing lingerie which, just like the swimwear, is known for its sleek and feminine style.

Both lingerie and swimwear are worked out according to a Corps Libre philosophy that allows women to look their best without feeling constricted, so a lot of research goes into cuts and fabrics. There are no fussy details but always something that will stand out like the precision of laser cutting, some sophisticated embroidery or an original combination of elements. "This summer, for

TAKE THE PLUNGE

Fashion



instance, I combined zippers with satin. And on some models, I worked with silicone to reproduce the effect of vinyl. It's hard work but a lot of fun too. I get my inspiration from all sorts of places and like to work with mood boards," says Delafosse, who's fond of developing new techniques yet respects traditional know-how.

We stray off and start discussing antique jewelry and... lamps. Maybe some of that will be translated into a future collection but for now one may indulge in the latest chapter of the French success story: sunwear. Neither beachwear nor ready-to-wear, this new line of clothes can be worn with a bikini for a lunch by the pool as well as for a dinner under the stars as Bond girl Bérénice Marlohe – who stars in the campaign shot by Karl Lagerfeld – perfectly illustrates. It's the one tunic, dress or kimono you want for a sunny getaway without excess luggage. Eres at its best. ❶

Besides its Brussels location, Eres is now open in Antwerp, Mechelsesteenweg 31.
www.eresparis.com

togethermag.eu | 46



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Marriage: The comeback

James Drew ponders the surprising rise of that old tradition of tying the knot

“MANY
MARRIAGES THAT
BEGIN HAPPILY
EVENTUALLY
TURN SOUR”

With same-sex marriages very much in the headlines and divorce rates still hovering around the one in three mark, you might believe that the traditional institution of wedlock was dying.

But despite these doubts, research by marriage-statistics.findthedata.org indicates that unmarried twenty-somethings are more likely to be depressed, drink excessively and report lower levels of satisfaction than their married counterparts. For example, only 35% of unmarried men declare that they are 'highly satisfied' with their lives, compared with 52% of



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married men and, among women that report being 'highly satisfied' with their lives, 29% are cohabitating, 33% are single and 47% are married. According to the same source, as of 2006 in Belgium, 36.26% of women aged 25-29 were married, and 55.36% of 30-34-year-olds – the UK Office for National Statistics (ONS) indicates a rise in the number of weddings involving brides and grooms marrying after the age of thirty.

According to University of Maryland College Park Assistant Professor of Philosophy Dan Moller, an argument called the 'Bachelor's Argument' is that loveless marriages (if love is a marriage's principal reason) are undesirable, and many marriages that begin happily eventually turn sour, so therefore marriage should be shunned.

But, even with the financial risk of marriage when measured against the divorce rate, the perceived threat posed to individual liberty and gender equality, and the questioning of the necessity of having a relationship sanctioned by government or religious authorities, more and more young people are standing together before their communities to declare their love for each other, so why?

Tom Barker, 39, a computer technician from St. Austell in Cornwall, told *Together*: "It is so much about give and take – I don't think you realise just how much until you take the plunge; even if you have been in a long-term relationship before you decide to formally commit, as we were, making a public statement of it means that the pressure is double to make it work.

"For myself, I very much think that marriage as an institution will endure and, for myself again, I couldn't have chosen a better woman to make my life commitment to, and we have two lovely boys to prove it."

Philosopher Søren Kierkegaard took the opposite view – his relationship with Regine Olsen, who exerted enormous influence over his intellectual development, philosophy, and theology, has become the subject of study in existentialism, as Kierkegaard called off their engagement, despite their mutual love. While

he indeed seemed to have loved Regine, he was nevertheless unable to reconcile the prospect of marriage with his vocation as a writer and his passionate and introspective Christianity.

Franz Kafka would have seemed to have been in agreement – an entry in his journal entitled 'Summary of all the arguments for and against my marriage' concluded: "I must be alone a great deal. What I accomplished was only the result of being alone." In addition, there is a famous very early critique of what we consider traditional marriage to be found in Plato's *Republic*, which recommends group marriage.

Simon Jones, 42, a consultant from Lincoln in the UK, has never seen the attraction: "I have been with my life partner Julie now for nearly twenty years, and neither of us have ever felt the need. Frankly, I am not really sure why people feel the need to make such a formal statement – if you love each other, as we very much do, then that is and has been all the bond we need."

Of course, the basis for marriage has changed considerably over history, and the changes in the ages at which people marry reflect such cultural variances. Marriage was initially based primarily on economic expediency, with its role being to provide political and financial

maintenance or gain. Then in the modern age, as an outgrowth of the Protestant Reformation and its emphasis on the individual, the ideal of the 'companionate' marriage or 'reasonable love' grew in stature, which made two people well-matched partners (companions) for marriage, with the attendant obligations and responsibilities including, but also going beyond, the private household.

So, whether the present renewed interest in the institution lingers, or even grows, remains to be seen, but there should perhaps be comfort taken in the fact that separate souls are still willing to commit so completely to each other. ❶



We millennials want to marry

Linda A. Thompson scans the horizon of her Generation Y friends and finds that marriage is alive and well

One recent lazy Sunday afternoon, a handful of friends and I enjoyed the first blisteringly hot day of the year. We were three boys and six girls, all of us twenty-something city kids. As we licked our popsicles and people-watched, trying to dodge the smoke wafting from the barbecue, we chatted about life, love and work. One girl – slender, fresh-faced, 25 at most – talked about the run-down house she and her boyfriend had just bought from a shady landlord couple. “How weird is it that they wanted us to rent the place before we could buy it?” she said. “I don’t think that’s even legal.” We murmured sympathising sounds as we turned in our improvised seats to catch a bit more sun.

After she left, we found out the boyfriend she had casually mentioned was in fact her husband. “That’s so cool. She seems like the kind of girl who would be against marriage,” someone said. “I love young married couples.”



I thought about that comment in the next few days. It’s true that this girl looked nothing like what you imagine wives to look like. When the only married couples you know are a generation older than you are, you imagine all married people to be forever consumed by mundane problems – worrying about getting home in time for dinner, fretting about the

mortgage bill and next week’s visit to the in-laws. Weird landlords aside, this girl looked like she didn’t have a care in the world.

My friend was right. There is something oddly rock ‘n’ roll about young married couples, about smartphone-wielding, organic-tea sipping twenty-somethings choosing an institution that dates back to the Middle Ages. It’s ballsy. In the face of divorce statistics, adultery rates and global economic meltdown, here are two people shrugging their shoulders and going in for the ride.

I’m reminded of an article I once read that said that the Generation Y my friends and I belong to is at heart more old-school in its approach to life, love and work than that of our babyboomer parents. We all want a steady job, 1.5 kids and a house with solar panels. Judging by the rate at which my college friends are buying up the Brussels housing market and tying the knot one after another, I’m beginning to agree. Wanting a place of your own, I get. But why marry?

So I asked a college friend what she saw as the value of marriage. Last summer, she married her best friend in a fairytale wedding in Guadalajara, Mexico, that featured a mariachi band, midnight churros snacks and the best tequila I have ever drunk in my life. At that point, they had dated for seven years and had already been living together for three years. “For me, it was something symbolic,” she said. “It changed nothing in the day-to-day of our relationship, but it changed something in our heads.” Before, when she and her boyfriend were having a particularly nasty fight, she might have thought: ‘Forget this, I’m done,’ she explained. “I no longer think that way. Now, I’ll do anything within my power to make it work. Because I promised. It’s become more unconditional that way.”

In two weeks, another college friend is getting hitched. In between booking a deejay for the evening party and picking up some chandeliers, she told me what she saw as the enduring appeal of tying the knot. “It’s romantic,” she said simply. “It’s really an occasion to celebrate your love and to let the world know that you’re choosing one another.”

“ THIS GIRL LOOKED NOTHING LIKE WHAT YOU IMAGINE WIVES TO LOOK LIKE ”

Pointing out that she was hopelessly traditional and old-fashioned that way, she confessed with a giggle that she had always fantasised about the dress and all the rest of it.

What about the D-word? Did she and her husband-to-be rationalize the divorce statistics away? “Of course, it’s something you think about. And of course, you think you’re going to be that one couple that makes it work. But if it doesn’t work out, it doesn’t have to be the end of the world. You just try to handle it as best you can,” she said.

That’s the other thing. Us millennials know that not all marriages were built to last. We’ve seen it, perhaps with our own parents, perhaps with our friends. According to often cited statistics, one in three married couples will end up divorcing. But apparently that sobering reality doesn’t seem to take away from our desire to marry.

Finally, I also asked the one friend who I knew would reject the idea of marriage. A child of hippies, this is someone who refuses to celebrate her birthday, calls her parents by their first names, and is fiercely independent. Her parents have been together for twenty-plus years, have raised three healthy kids and never married. So why would she? “I just don’t see the added value,” she explained. “But I do want someone to propose to me,” she added, with bright eyes that suggested she knew she was being totally unreasonable. “Just so I can say ‘no.’”

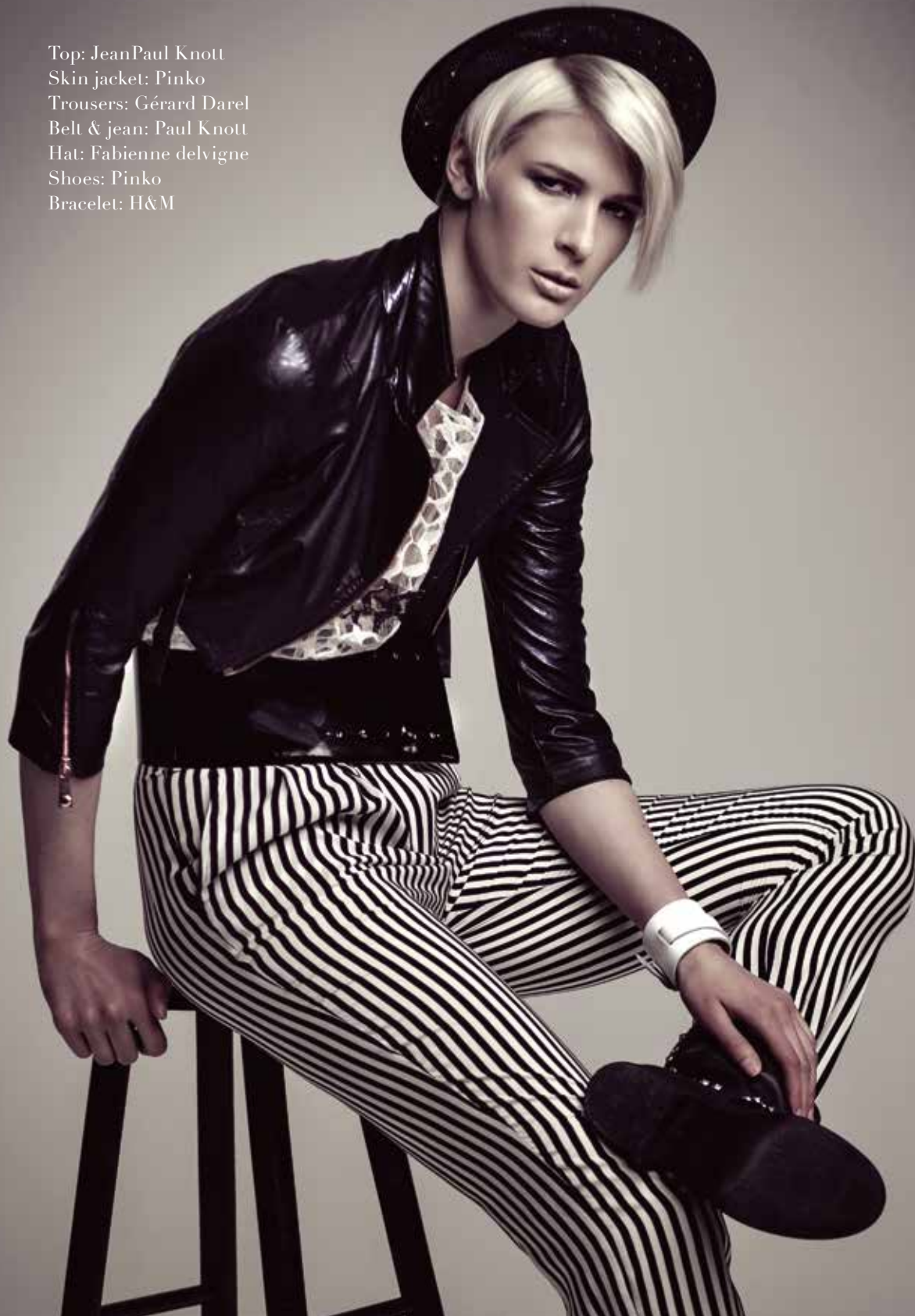
GRAPHIC ART

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Trousers: agnès b
Shoes: Ferragamo
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Shoes: Pinko
Bracelet: H&M



Twin set: Petit Bateau
Shoes: Pinko
Bag: Louise Leconte

Dress: Pinko
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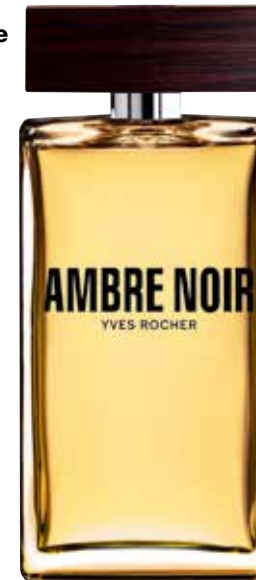
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Here comes the bride...

June is traditionally the month where brides are the stars of the show. Here are some wedding bands but also some engagement rings since it appears that couples attending the nuptials of friends and family are moved to pop the question – it will be their turn this time next year...



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*"Gatsby created himself according to his own
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The Great Gatsby

Amy Longsdorf talks to Leonardo DiCaprio about bringing an American classic into modern times

The first time Leonardo DiCaprio read *The Great Gatsby*, he was instantly intrigued by the love story at the heart of the novel. But years later, when he re-visited F. Scott Fitzgerald's Jazz Age cocktail, he found himself appreciating the book on a whole different level.

Narrated by the Fitzgerald-esque Nick Carraway (Tobey Maguire), the story concerns the mysterious millionaire Jay Gatsby (DiCaprio) and his efforts to re-ignite the spark with his now-married ex-girlfriend Daisy Buchanan (Carey Mulligan).

"The *Gatsby* that I remember reading when I was 15 years old in junior high school was far different from the *Gatsby* I read as an adult," says DiCaprio, 38. "What I remember from my years in junior high was this hopeless romantic who was solely in love with this one woman and created this great amount of wealth to be able to respectfully hold her hand.

"But then when I re-read it as an adult, it was incredibly fascinating [how it seemed to change.] It is one of those novels that is talked about a hundred years later for a reason. It's nuanced, it's existential and here at the center of [the book] is this man that is incredibly hollow, and is searching for some sort of meaning in his life.

"He's attached himself to this relic known as Daisy. She's a mirage. I was struck by the sadness in him for the first time, and I looked at him really differently."

As depicted in the \$120 million film, the 1920s are a time of loosening morals, bootleg czars, endless parties and sky-rocketing stocks. In the middle of it all is *Gatsby*, a self-made man who is, in some sense, the manifestation of the American Dream.

"One really telling sequence that we talked about a lot and, for me,

“ IT'S A
TIMELESS
NOVEL
”



was really important is the one where, after [Gatsby builds] this great castle to lure Daisy in, he's still staring out at the green light [across the bay]. He's finally got her in his arms but he's still searching for this thing that he thinks is going to complete him. That was the Gatsby that I was incredibly excited about playing as an actor."

The Great Gatsby has been filmed four times before, most memorably in 1974 with Robert Redford and Mia Farrow in the roles of Jay and Daisy. Luhrmann's version, which will open the Cannes Film Festival, is a big departure from previous adaptations thanks to the lavishness of the film, the use of 3-D and the contemporary score performed by rapper – and executive producer – Jay-Z as well as Bryan Ferry, Jack White, Beyonce and Florence + The Machine.

Another element that makes Luhrmann's Gatsby distinctive: it was filmed almost entirely in the director's native Australia. Oddly enough, the outside of Gatsby's grand mansion – "a Disneyland for adults", says the filmmaker – was filmed at Luhrmann's old high school. (In the book, the palace is located in Long Island).

"What was interesting was that our original intent was to shoot in New York and for budgetary reasons we shipped the whole

production to Australia," says DiCaprio, who'll next been seen in *Wolf of Wall Street*, which marks his fifth collaboration with Martin Scorsese.

"What was amazing about shooting in Australia and recreating this whole world was the incredible enthusiasm of all the people there. I think it infused us with this great energy. Every actor, besides three or four, were Australian and the whole crew was Australian.

"Everyone's work ethic was tireless and I don't think [the movie] would have been infused with the same energy and passion if we hadn't shot there."

DiCaprio admits that from the get-go he identified with Gatsby's drive.

"Gatsby created himself according to his own imagination and dreams," says the actor. "He lifted himself by his own bootstraps as a poor youth in the Midwest and created an image that is this 'Great Gatsby.'"

Here is this emerging democracy that is America in the 1920s and [Gatsby] wants to emulate a Rockefeller of that period so he creates his wealth in the underworld. This is a new land, and it's a very exciting time. I think we can all relate to the dreamer in Gatsby. Each one of us gets excited by the prospect of someone who has that much ambition."

DiCaprio feels as if, at least in part, *The Great Gatsby* is a cautionary tale about the dangers of living only for status and wealth.

"In a way, this book predicted the great crash in the early 1930s in America. It's a book that talks about the great opulence and wealth in America in that time period and the idea that the future is endless [but that we can't] keep consuming and living the way we do without some consequences.

"[That's something] we encountered again in our modern era Fitzgerald was very much

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**GATSBY CREATED
HIMSELF
ACCORDING TO
HIS OWN
IMAGINATION
AND DREAMS**

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Copyright: ©2013 BAZMARK FILM III PTY LIMITED
Photo Credit: Courtesy of Warner Bros. Pictures

commenting on society and human nature and the great pursuit of wealth. It's a timeless novel in that regard."

As soon as DiCaprio was cast, Luhrmann opted to give the role of Carraway to Maguire, who happens to be DiCaprio's best friend of more than two decades. The pair met in 1990 when they were both auditioning for the Parenthood series.

The casting of Maguire as Carraway was a big boost for DiCaprio. "For me, this is American Shakespeare," says DiCaprio. "This is one of the most celebrated novels of all time so to venture into a project of this magnitude took a core unit of trust for me to feel comfortable, and to know that somebody I've known for 20 years was involved was incredibly comforting.

"[Tobey and I] are always extremely honest with each other and I don't know if this project would have happened if we didn't have that sort of relationship because we needed those checks and balances."

Maguire was able to use the warmth he feels for DiCaprio to fuel his performance. "I definitely have an affection for Leo so it's easy for me to have affection for Gatsby as Nick as well," notes the actor.

Luhrmann marveled at the ease with which the two performers communicated both on and off the set. On the first day of shooting,

for instance, the pair improvised a moment that remains in the finished film. The sequence involved Gatsby and Nick awaiting Daisy's initial visit.

"I thought to put a locked camera on a wide shot and say, 'let's not do the scene, let's just improvise'," recalls Luhrmann. "And Leonardo says to Maguire: 'those flowers are lovely aren't they, do you think it's too much?'"

"Maguire pauses and says, 'I think it's what you want.' And that moment is one of the purest and most connective moments in the film. I think it comes from the depth of the relationship [between Maguire and DiCaprio]. It was funny because it was one of the first things we shot and it's one of the most truthful and wonderful moments of the film. So, there was a grand value in the depth of their friendship."

It wasn't just Leo and Tobey who pitched in with dialogue. According to Luhrmann, Mulligan spent weeks researching Zelda Fitzgerald and socialite Ginevra King, the two women who inspired the character of Daisy Buchanan.

"We all went on an intense research journey together," says Luhrmann. "Carey went down to Princeton and we had experts on speakeasys come in. [At one point], Carey says to Leo, 'I wish I had done everything on Earth with you.' That's a line from Zelda Fitzgerald's love letters to Scott." 🗨️

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Travel

Detox deluxe



Delphine Stefens
headed to Brittany to
be pampered by the
experts

Detox, we all do it, all the time. Our body is at it 24/7. Our liver, kidneys, intestines, lungs, lymphatic system and even our skin tackle and reduce toxins non-stop. But I feel I can use a little help. I'm tired, my back aches and my skin is easily irritated. It's spring but still feels like winter and I desperately need a break. One that will allow me to rest and get my healthy lifestyle back on track because the more stressed I am, the easier it is to stray. But I'm not a masochist and I love my food preferably with some wine. And, I want to be pampered. So I'm not in for a no pain, no gain boot camp with crazy and potentially dangerous juice fasting or uncomfortable treatments in an austere environment. Instead, I opt for the Sofitel Quiberon Diététique, a five star Mecca for wellness and spa enthusiasts that has been leading the way in thalassotherapy for almost half a century.

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I'M NOT IN
FOR A NO
PAIN, NO
GAIN BOOT
CAMP
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The Sofitel Quiberon Thalassa sea and spa was established in 1964 by French cycling champion and Tour de France winner Louison Bobet to promote the use of sea water and marine products as therapeutic treatments having experienced them first-hand himself. The hotel has two wings, the Sofitel Thalassa dedicated to wellness and the Sofitel Diététique, where I stayed, focusing on healthy diet and weight loss. The place was thoroughly renovated in 2011 and acquired its fifth star in 2012. The thalassotherapy institute with its pools, sauna, steam room, treatment area, beauty spa and new sports rehabilitation centre is situated at the centre of the premises and is easily accessible.

I chose to travel by train from Brussels to Auray via Paris. The hotel

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“ THE FOOD IS FREE FROM MEAT, COW'S MILK AND GLUTEN ”

provides a shuttle service to and from the station, which is some 30 minutes away. I was told the Quiberon peninsula in southern Brittany enjoys a mild microclimate with palm trees growing everywhere but when I get there it's pouring down.

The sea view from my room terrace is wild and windy but also wondrous and I'm thinking of downloading Brontë's *Wuthering Heights*. Brave and well-equipped guests go for beach walks while I prefer to enjoy the spectacle from a safe and dry distance. I'm too tired to exercise, read or even listen to music and so I sleep. For two days. When I'm not sleeping, I'm either eating (a lot) or getting one of several daily treatments. I love it.

The food is free from meat, cow's milk and gluten; it's meant to give the body a rest and nourish it with purifying ingredients. Refined foods are a no-go so I can kiss my daily ration of chocolate goodbye but get plenty of alternative non-processed sweet treats instead. And the only time I actually miss my wine is with a fabulous seafood platter. Breakfast is served in your room or in the T&Tisanes corner where you can go at any time of day for unlimited refills of herbal tea as proper hydration is key to eliminating waste. The three-course lunch and dinner come with mineral water and a fresh vegetable juice or broth respectively and are served in restaurant Le Delight where Executive Chef and healthy cooking pioneer Patrick Jarno presents a different menu every day with a variety of options including plenty of fish. So, for instance, you can switch gluten free pasta with tomato sauce for a delicious brill tartar. The friendly restaurant staff know what programme you're on and will only make suggestions accordingly. The ocean-front setting is filled with light and offers a great view of the dunes. I'm amazed at the variety of ingredients and flavours, and I'm not the only one as I can hear soyou like as I get a second serving of cuttlefish

and eggplant with saffron and curry I so enjoyed. Luckily, on the third day the sun finally comes through and I can now go for invigorating after-lunch strolls and a breath of fresh air before my afternoon treatments.

In the morning I get a draining treatment like a lymphatic drainage, a reflexology session or one inducing sweating to improve blood circulation and the elimination process, followed by a relaxing treatment like a massage, whirlpool bath or Vichy shower with seawater. In the afternoon, a short Jacquier oxygenation session is followed by a revitalizing or mineralizing treatment, like a Chinese massage (the best I ever had so far) or a seaweed wrap. I discover fasciatherapy (also called myofascial release) that takes care of tensions in my neck that have been bothering me for months. The therapists are all highly skilled and specialized and massages are performed by experienced physical therapists.

There's a club-like feeling to the place. The atmosphere is welcoming and serene and one can move about in a bathrobe though not for meals (except at the bar L'Océan in the thalassotherapy and wellness institute). Once I surrender and let go, I allow myself to rest, read or indulge in pleasant idleness and plenty of me-time. After the fourth day, I feel energized, have a healthy glow and when I'm back home, compliments abound. Basically, I'm hooked. I know I'll want to do this again. And I know where if not yet when. I saw the light in Quiberon and some sunny day, me, myself and I will meet there again.

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**LIFE OF
LEISURE**

Wine

Paul Morris has a chat with Filip Verheyden, publisher of an unusual wine magazine

TONG: Back to basics



© KRIS VLEGELS

believes in transmitting intellectually solid, 'real' knowledge. "We live," he says, "in times of instant gratification. If we want to talk to someone, we pick up our mobile phone wherever we happen to be. If we want to know something, we click an internet button. We're going at 200 miles per hour.

What we seem to forget in this race against time is the trustworthiness of this quickly-acquired knowledge, and that is something we have to find out for ourselves. But who takes the time to do it? Many people know the intricate details, but they don't know the basics. We believe that we have become superficial about many things."

TONG's contributors are winemakers, oenologists, Masters of Wine, historians, sociologists and others. "We

Published exclusively in English, *TONG* (it's Flemish for 'tongue') carries no advertising, develops a single theme through articles and images, and for each issue uses different sorts of paper, different fonts and different styles of photography. According to publisher Filip Verheyden, it's "a reaction against the idea that everyone is a wine specialist".

don't work with the same wine journalists again and again, but each time with different international specialists who write exclusively about their field of work. Wine writers, on the other hand, write to order, which sometimes makes them the antipode of specialists."

Verheyden is very strict about advertising: "*TONG* carries no advertising for three reasons. First, we do not want to depend on

Verheyden is a Master of Wine student who

it. The volume of our pages (48 to 56 pages) does not depend on the volume of advertising. Secondly, we don't want advertising to alter the publication's visual appearance. It would contradict our aesthetic approach and move the focus away from the theme's essence. Third, and most importantly, we think that any magazine that contains advertising should be given free to the reader and shouldn't be earning money twice!"

Verheyden's aim is to provide articles that demand the reader's attention. "I would say it takes an evening to read and think about each article. These are not issues to put in the recycling bin. Even after five years or more, each will hopefully continue to convey the essence of its theme. After all, we're all about the theory behind wine."

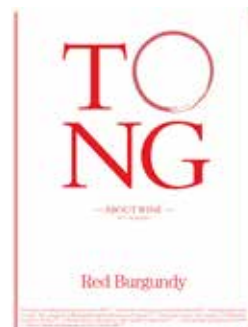
TONG's first issue, about Sauvignon Blanc, was published in April 2009, and the magazine has so far published 14 issues, the current one being about South Africa.

There's also a book, simply called 'Wine', and the TONG team is working on its first real wine, which, according to Verheyden, will be "a provocative drink to challenge the way we think about wine. Communication about wine doesn't have to always go through magazines or books. Why not via a wine itself?"

Since April 2013 TONG and the

wine book are distributed nationwide in the U.S. Verheyden, together with his U.S. business partner, is also setting up an exclusive TONG Wine Society with events such as small group tastings, larger events once a year and regular trips to European wine regions. "The first event is scheduled for the second half of October of this year in NYC and we will try to bring the best of Europe with us." ①

For more information about TONG, the book, subscriptions and back issues:
www.tongmagazine.com

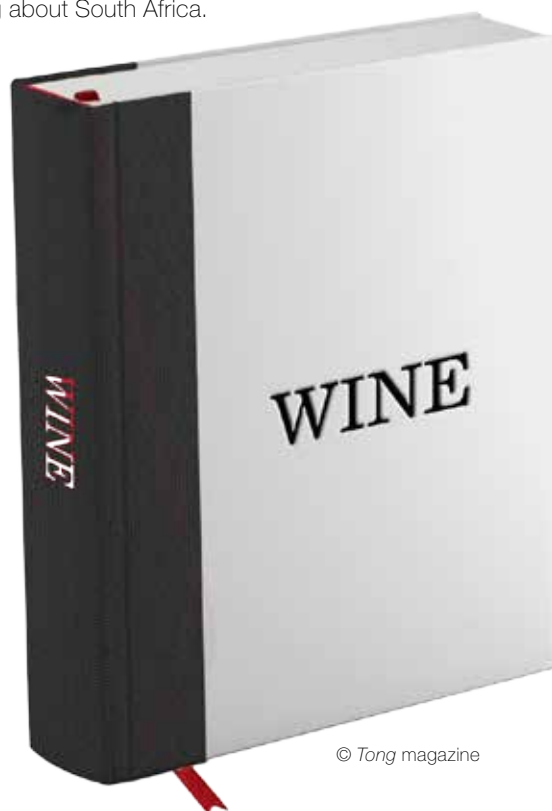


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**WE BELIEVE
THAT WE
HAVE
BECOME
SUPERFICIAL
ABOUT MANY
THINGS**

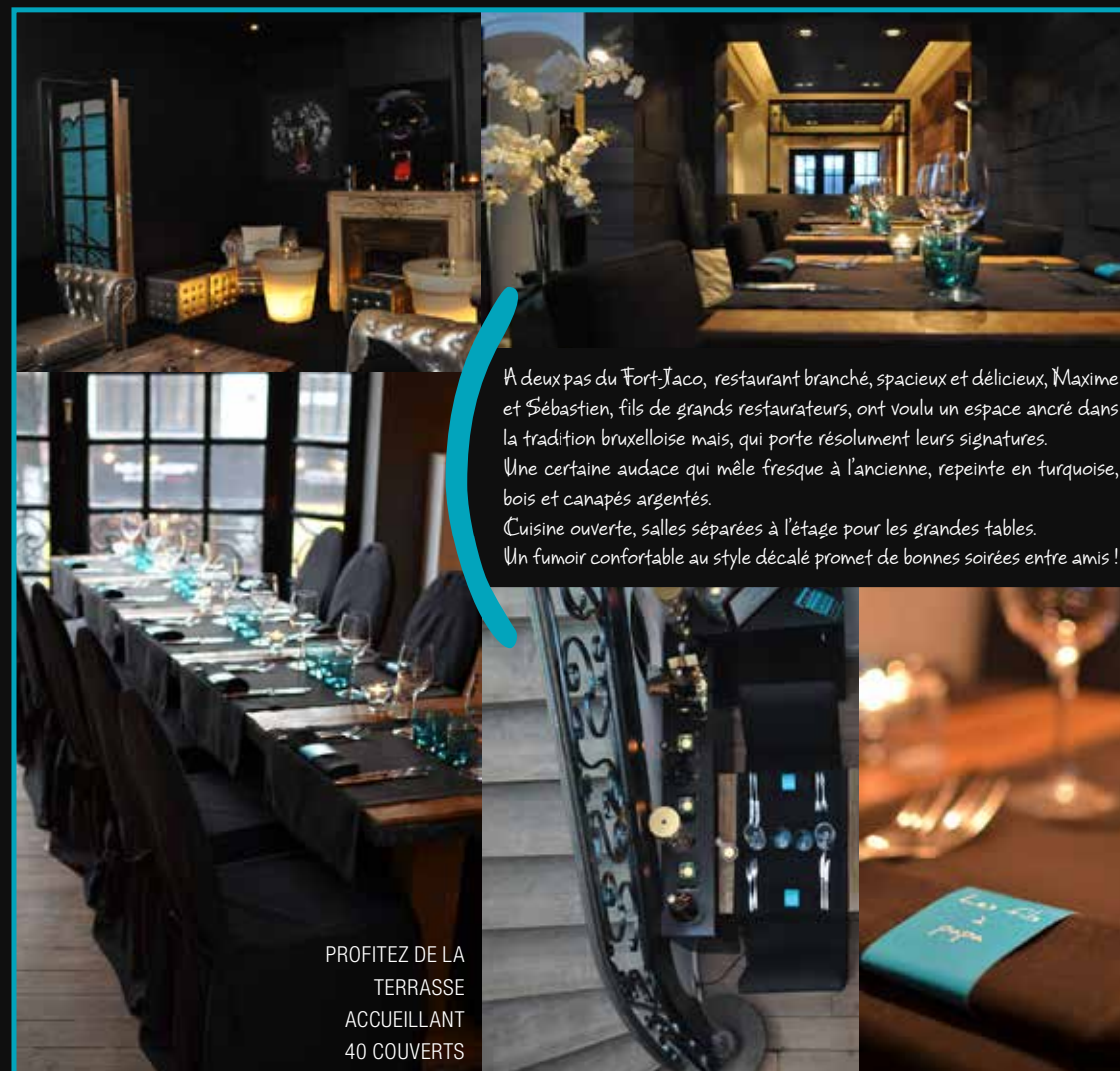
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Les fils à papa

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À deux pas du Fort-Jaco, restaurant branché, spacieux et délicieux, Maxime et Sébastien, fils de grands restaurateurs, ont voulu un espace ancré dans la tradition bruxelloise mais, qui porte résolument leurs signatures. Une certaine audace qui mêle fresque à l'ancienne, repeinte en turquoise, bois et canapés argentés. Cuisine ouverte, salles séparées à l'étage pour les grandes tables. Un fumoir confortable au style décalé promet de bonnes soirées entre amis !

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A food-loving nation

Anna Jenkinson and co-author Neil Evans have delved into local tastebuds



© DIANE HENDRIKX

It's two years since the idea was hatched over a few glasses of wine, and our book *What's Cooking in Belgium: Recipes and Stories from a Food-loving Nation* is a reality. I have to pinch myself at times, but there it is in the front window of Waterstones bookshop in Brussels and of course on our bookshelves at home.

The journey from concept to reality was a fascinating one that took us down many unexpected paths, brought us into contact with all sorts of different people and allowed us to make many discoveries, and not just culinary ones.

We structured the book thematically, with each chapter comprising both a story and recipes on a particular topic, for example the North Sea coast, the cheeseboard or Belgian chocolate. My role was to write the stories, whilst my partner Neil Evans wrote the recipes. Together

we wanted to create a book that tells the story of Belgium's love affair with food, a book that could just as easily live on the coffee table as in the kitchen.

In my search for local traditions, interesting anecdotes and quirky facts for the stories, I cast the research net as wide as possible: tourist offices, art museums, food museums, associations, culinary events, fairs, market stalls, even a telephone call to the Royal Palace. It was a similar story with Neil's research for the recipes as he talked to everyone from owners of chip stands to chefs at Michelin-starred restaurants.

In short, wherever we went and whomever we spoke to, the book was constantly at the back of our minds. We couldn't visit a Belgian town or village without making a beeline for the tourist office, checking out the brasseries or popping our heads into a second-hand bookshop. Belgian friends and colleagues found us mining them for family recipes and other titbits. And our Google Web history left no doubt as to how we were spending most of our time online.

Among the most fun pieces of research was a trip to Hermalle-sous-Huy where we joined a guided walking tour that highlighted how local herbs and plants are used in various dishes. As well as being the starting point for the walk, Hermalle-sous-Huy is also home to the Museum of Gastronomy and a gastronomic library, which with more than 20,000 cookery books and thousands of documents such as menus and labels is one of the largest in Europe.

Among the more surprising sources of

information I came across in my research were EU documents. Let's face it, they're not exactly renowned for being a riveting read. However, the documents relating to products with Protected Geographic Indication such as Jambon d'Ardenne, Brussels ground chicory or Mattentaart (tartlets filled with curd, eggs and almonds) proved quite a different story. They turned out to be real treasure troves of historical information.

No matter whether we were consulting a document, visiting a place or talking to an expert, every path pursued would throw up new ideas to be explored. If you allowed it to, you could easily spend your entire life researching such a project and still not feel like you'd finished. As it was, we had far more information than we could possibly use in the book and we had a publisher's deadline to respect. So from all our travels around the country, visits to places and conversations with people, I started to sketch an outline for each chapter's story while Neil selected the recipes that best reflected that particular aspect of Belgian cuisine and that people would most enjoy eating.

Little by little, the words of the book started to take form and its character started to emerge. As Neil and I continued to beaver away on the text, food stylist Hilde Oeyen and photographer Diane Hendrixx began the studio shoots to see how they could best capture the same style with images of each dish. And back in the office, our publisher Luster's editorial and graphic design team began thinking about fonts and formats.

It may well be the names Anna Jenkinson and Neil Evans that grace the front cover, but *What's Cooking in Belgium: Recipes and Stories from a Food-loving Nation* is the result of a much broader collaboration. Together we have hopefully produced a book that is a joy to read, a pleasure to look at and fun to cook from. Bon appétit! Eet smakelijk! ①

“ BELGIAN FRIENDS AND COLLEAGUES FOUND US MINING THEM FOR FAMILY RECIPES ”

COMPETITION

We have three copies of *What's Cooking in Belgium* to give away. Send an email to paul@togethermedia.eu with the words 'What's Cooking' and the title of the main article on our homepage at www.togethermag.eu

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Da Vinci - The Genius

Inventor, artist, anatomist, sculptor, engineer, musician, architect, philosopher... Leonardo da Vinci (1452 - 1519) was a genius, a visionary. The exhibition highlights the many facets of his remarkable talent. With an entertaining and educational approach, it sheds light on the many different facets of the man's life, his key pieces and avant-gardism, and demonstrates the extent to which his innovations and thoughts remain modern, some 500 years later, since da Vinci undoubtedly established the foundations of such striking innovations as the helicopter, the aeroplane, the car and the submarine. Until 1 September. Tickets: weekends €17.50

www.expo-davinci.be

92 | togethermag.eu

Brussels Summer Festival

The multi-cultural event will take over the Place des Palais and Mont des Arts, offering up 10 days of music, including Madness, Amy MacDonald, Puggy and Arno. 9-18 August. Tickets: presale 10-day pass €40 (until 8 August) www.bsf.be



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www.bozar.be



Sterling Ruby, Selected Works

Charles Riva Collection presents a series of collages, spray paintings, prints, bronze, fabric and urethane sculptures from the artist's interdisciplinary repertoire. Until 19 October.
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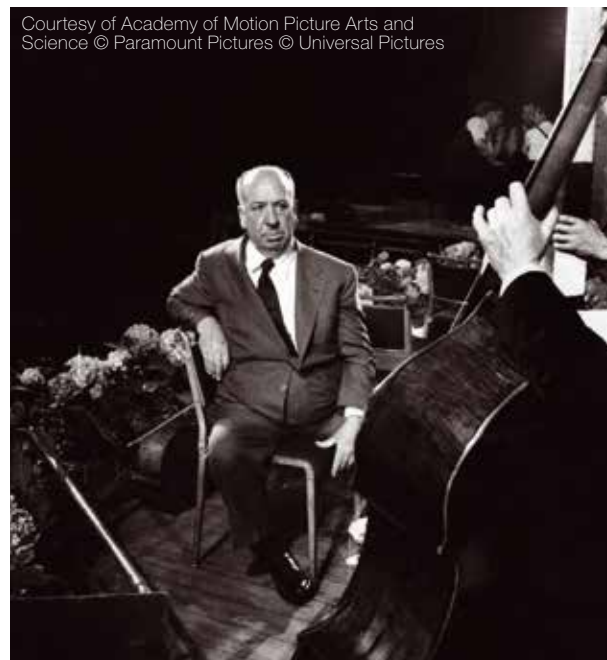
Giorgio Morandi

BOZAR pays tribute to one of the great masters of modern art. The retrospective contains a hundred works (oil paintings on canvas, drawings, etchings, and watercolours). BOZAR. Until 22 September
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What's On INTERNATIONAL

Courtesy of Academy of Motion Picture Arts and Science © Paramount Pictures © Universal Pictures



Musique et cinéma : le mariage du siècle?

This exhibition looks at the personal relationships between filmmakers and composers, asking where the emotion come from without music in films. It looks at some of the most famous duos, such as Prokofiev-Eisenstein, Hitchcock-Herrmann, Leone-Morricone, and you don't have to be a film buff to appreciate. Cité de la Musique, Paris.
www.cite-musique.fr

Alfred Hitchcock at the concert recording at the Albert Hall, London, for The Man Who Knew Too Much, 1956.

Cosmos of Colour. Itten-Klee

Johannes Itten and Paul Klee made their mark in the history of 20th century art with theories of colour that were as important as they were conspicuous. Both proceeded from the assumption that the order of colours was logically structured as a self-contained cosmos.

In its presentation of about 170 works – including paintings, drawings and graphics – the exhibition takes a fresh look at two leading representatives of Classical Modernism in the German language area. Martin-Gropius-Bau, Berlin. Until 29 July.
www.gropiusbau.de



Jersey Boys

Musical telling the story of Frankie Valli, the rags to rock to riches tale of four boys working their way from the streets of New Jersey to the heights of international popstardom. Prince Edward Theatre, London. Until 20 October
www.delfontmackintosh.co.uk



Making a Splash!

Paul Morris talks to Terry Davidson, events organizer with Lions Club Heraldic

The Lions Club Heraldic is the English-speaking Lions Club in Brussels, with members from a variety of nationalities and backgrounds, all with a single vocation to serve people less fortunate than them.

The club's major fund raising activity takes place in springtime every year. The Swimathon, called Splash!, involves up to 80 teams competing in a fun swimming event and raising funds through sponsorship.

Splash organizer Terry Davidson explained: "It's our big fund-raising event, held in the pool in Neder-over-Heembeek. This year we celebrated our 30th Splash which raised over €18,000.

The funds will go to help the Nos Pillifs farm and to a Flemish charity t'Vosje which supports athletic events for handicapped kids. Over the 30 years of Splash, we calculated that we have raised more than one and a half million euros.

"Swimmers and their kids and grandkids come back year after year, including the Brussels chief of Police and the Police team. These people are from kinds of nationalities, from the local and international communities, and they get a real kick out of supporting worthwhile charities while participating in a fun, carnival atmosphere."

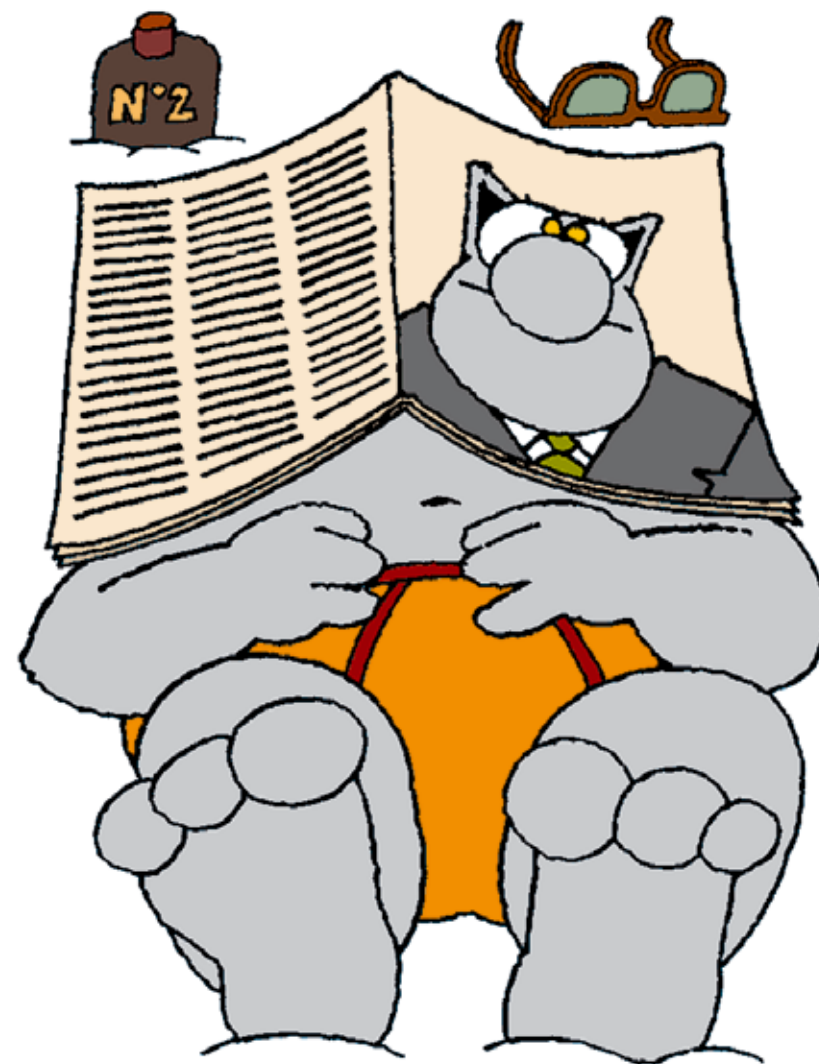
At the very heart of Lionism lies camaraderie, among both the local club members and between Lions from every part of the world. Lions Club Heraldic serves the community, both locally and beyond Belgium's borders.

"We don't have a regular charity that we support," said Davidson. "We change every year to support alternately a different Francophone charity then a Flemish one. All in all, we have supported hundreds of charities over the years, not all in Belgium, some in Romania, Poland, Africa and Egypt." ●
For more info on meetings and how to join or donate, check the website: www.lionsheraldic.net

SPLASH SWIMMER IN ACTION



Catnap



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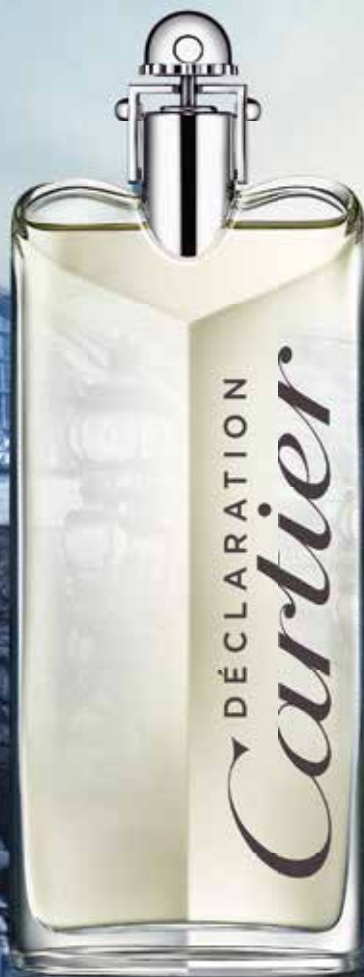
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