

Together

magazine

INTERVIEW
Winona Ryder

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LOST IN LINGERIE

**PERSONAL
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Editor's LETTER

THE BIG FOUR-O

It's the magic number as we reach 'maturity' (I think you'll agree that we all know someone who will never quite achieve that particular state). Hitting 40 can cause panic, sending seemingly sane men and women running, screaming, into the hills.

Well, *Together* has reached 40, in a sense, with this our 40th issue. You will find no angst in our pages and, indeed, no signs of ageing whatsoever, simply a renewed vigour as we celebrate this landmark with you.

Contributors from many countries around the world have brought you designers, chefs, beekeepers, actors, writers, entrepreneurs, environmentalists and many more, all with something unique to say about what inspires them in their daily lives.

We are constantly improving our website (www.togethermag.eu) but I think there's nothing quite like the printed version, handily-sized to fit in your hand(or man)bag. Let's raise a glass to another 40!

Paul Morris
EDITOR



ON THE COVER



WINONA RYDER
Currently appearing in
The Iceman



P52 FASHION:
Lost in lingerie



P43 INTERVIEW:
BRUNO VAN GILS

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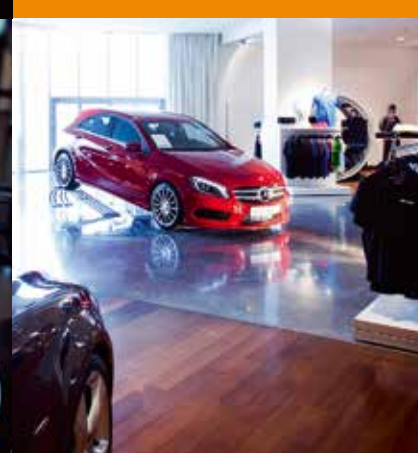


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Starring in Belgium

PHOTO: RICHARD MUSHET



Advance book for these:

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Elton's bringing his full band this time, to play old favourites plus songs from new album *The Diving Board*, due out in September of this year. **16**

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PERSONAL DEVELOPMENT

"It is through these difficult moments that we become better, stronger and fitter athletes." *Patti Bruns*



Personal trainer **Patti Bruns** offers advice on recovering from injury – or avoiding it

... THE KEY TO TEAM YOU IS YOU ...

It was three weeks until my first half-Ironman triathlon and I was a woman obsessed. I was eating, drinking and dreaming about my race 24/7 – even on our spring vacation to Dubai, where I rented a bike and headed out with the local roadies. We started early, 4:30am, to beat the heat. The pace of the peloton was hot, and I was hanging off the back, barely keeping up. With 10km to go, I was exhausted and my right leg was aching. Every pedal stroke was marred with pain but I had no choice but to finish the ride or roast in the mid-morning sun. Once I cooled down, it was obvious that I had seriously injured my hamstring. Unable to walk but unwilling to admit defeat, I limped through the rest of my vacation and returned to Brussels to be diagnosed with a torn hamstring. Race dreams: shattered. Heart: broken. It took me a year to fully rehabilitate that injury, a year to analyze where I went wrong.

This story is mine, but it is not unique. Injuries are part and parcel of sport and it is difficult to know what to do when they happen to you. So, what we need is a game plan to fall back on if, and when, it happens to you.

Prevention, prevention, prevention!

The best way to maintain your health and fitness is to prevent injuries in the first place. Seems pretty obvious, I know, but this is easier said than done. So few of us take the time to prepare and repair our bodies for the activities that we do. Regardless of the sport, it is important to do a 5-10 minute warm-up. Mobilize the muscle groups with gentle stretches and deep 'belly' breathing. This combination will prepare your body and your mind for the work that is to come. After your session, it is imperative to stretch all major muscle groups with particular attention to those that have worked the most. Drink plenty of water and eat a healthy diet to ensure that you recover quickly.

Pain! Now what?

The most important thing to remember is that you must respect the pain you feel

Back in action



and stop what you are doing. If you continue, the injury will only get worse and you will be out of action for longer. The treatment you receive within the first 24 hours will, to a large extent, dictate how quickly you recover. First priority: reduce swelling as it impedes healing. Rest, ice and compression are key tools to reducing inflammation. It is fine to take Ibuprofen to deal with pain and swelling, but remember this medication is masking the symptom of pain, not healing the injury itself. It is **unadvisable** to return to strenuous exercise until you are pain free without the help of medication.

Seek expert advice from a sports doctor if your pain does not go away with rest and ice. For serious injuries, go directly to the emergency room. When you see the doctor, explain exactly what happened and then listen to the advice you are given.

Team YOU!

Now that you are on the injured list you need to surround yourself with people who can help get you back onto the active roster. No, we aren't professional athletes with access to a rehab team, but you can build your own scaled-down version. After all, nagging injuries detract from your overall sense of wellbeing now and can pop up again down the road.

The key to 'Team You' is you – make the time to rehabilitate your injury. Ask your doctor to recommend a sports physiotherapist. Recommendations from people who have had

similar injuries are also excellent. Speak to your physio and listen carefully to the explanations of the rehab exercises you will be given. Make absolutely sure that you are performing the exercises correctly before you leave the clinic.

Finally, now is a perfect time to seek out a personal trainer with expertise in exercise therapy. In consultation with your physio, positive sessions with a trainer will help to combat injury related frustration, turning time away from your sport into an opportunity to gain overall stability, strength and knowledge of how your body moves.

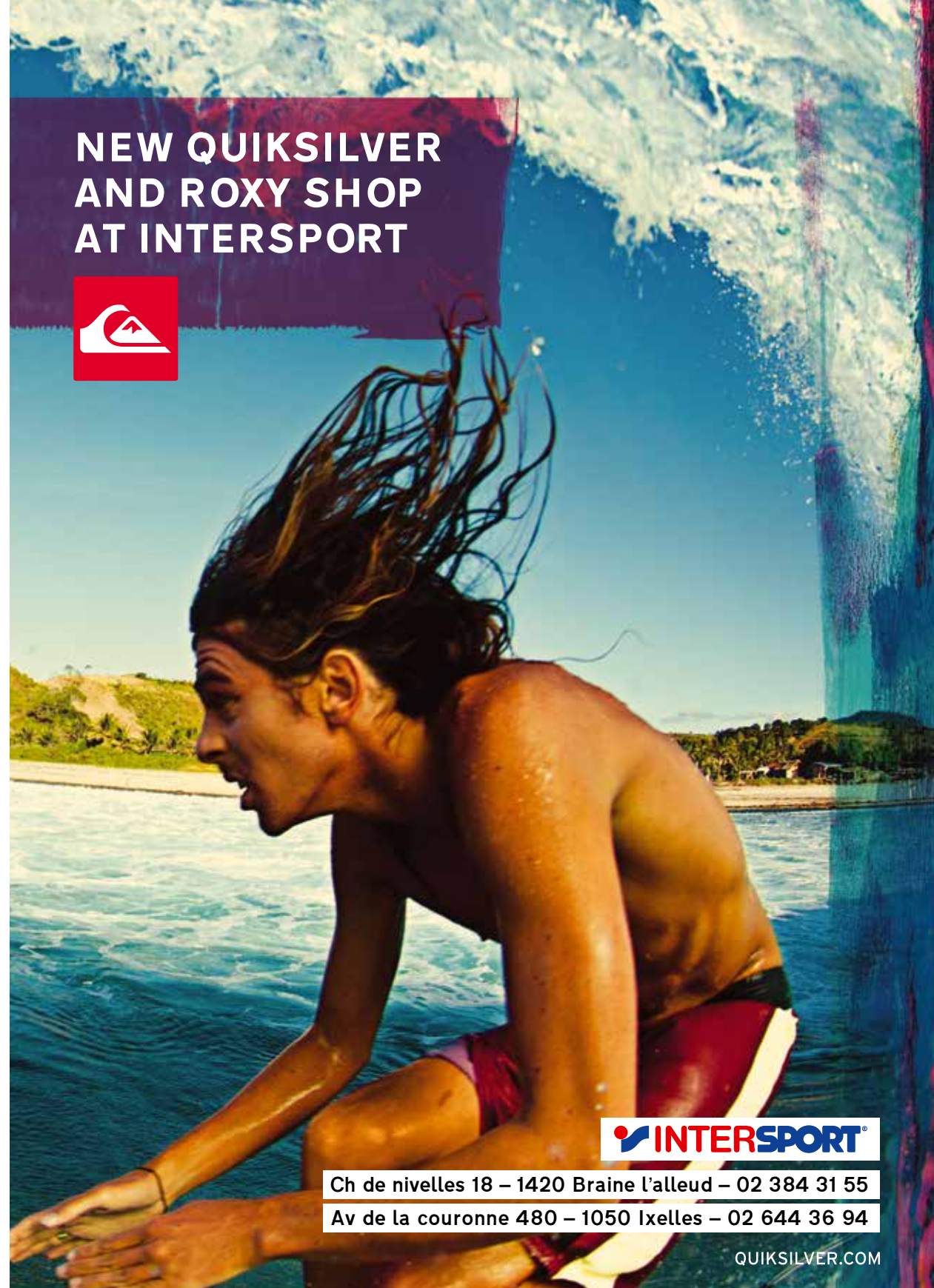
Light at the end of the tunnel

By taking care of your injury early and with expert help you will cut down on the time you spend away from your favorite activities. When you are ready for your comeback, be cautious and build up duration, speed and power slowly. The last thing you want is to get injured again!

Being sidelined by pain is a nuisance, but with every injury comes the opportunity to learn more about your body. It is through these difficult moments that we become better, stronger and fitter athletes. Don't believe me? Well, that blown up hamstring, now stronger than ever, carried me pain-free to a very strong half-Ironman finish just last month. And I have no intention of stopping now!

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

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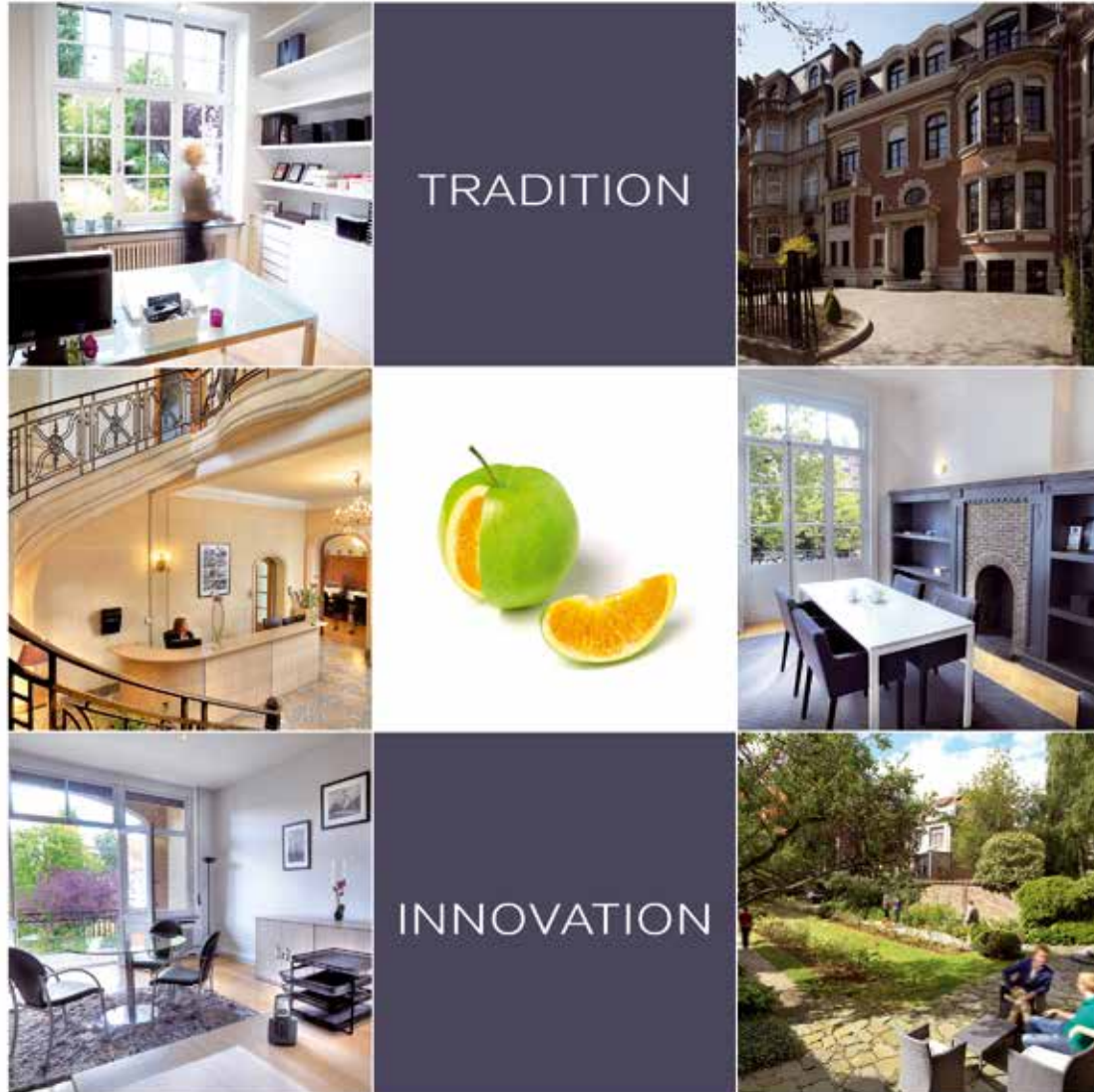
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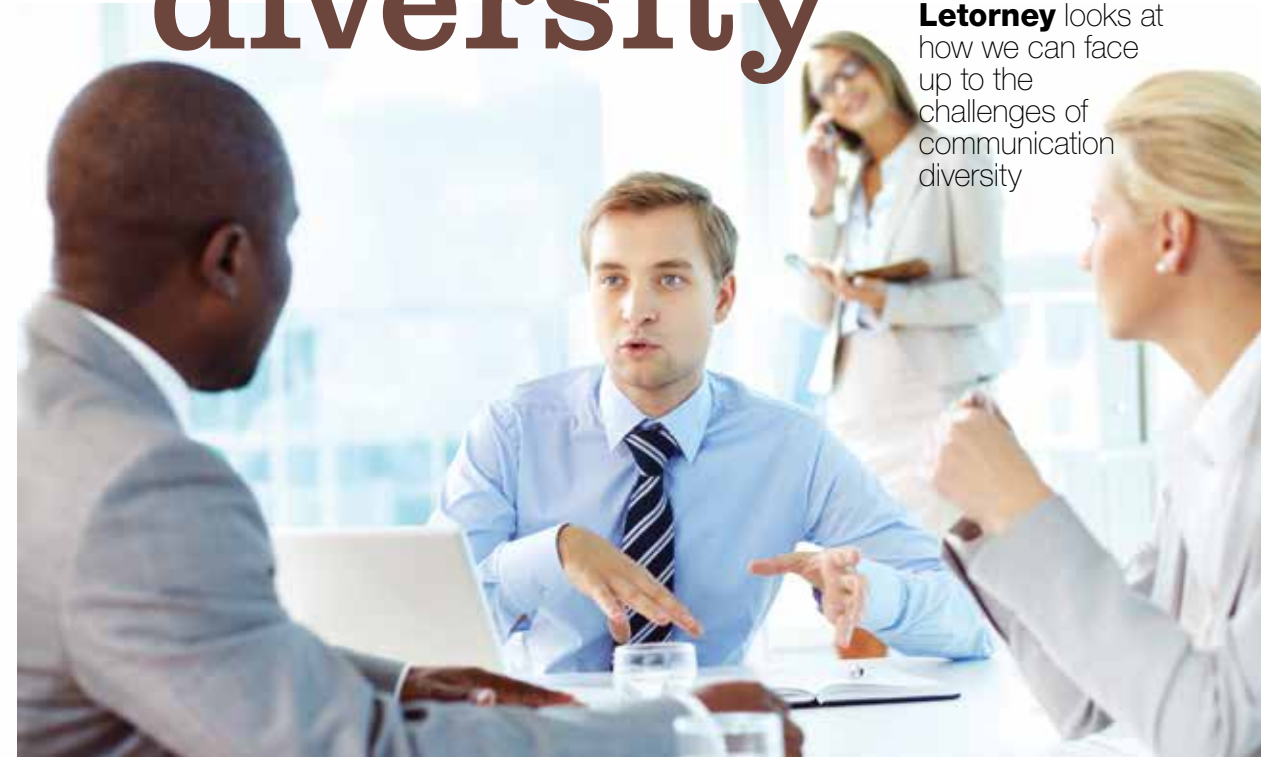
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PERSONAL
DEVELOPMENT

Self-help

Communication diversity

Marie-Terese Letorney looks at how we can face up to the challenges of communication diversity



Previously in *Together*, I wrote articles entitled 'Love the sound of your voice' and 'The fear of speaking'. This time, let's reflect on how we can have our Voice heard with the explosion of global diversity.

Speaking with confidence and ease is an essential skill for today's diverse business world. Today, we live in a multicultural world that's bursting with diversity as we meet so many people from different cultures.

... THESE CHALLENGES ARE IN OUR VERY OWN 'WORKPLACE' ...

Fortunately, we have the greatest gift one could receive: the ability to speak and communicate. Unfortunately, in today's society many of us take our voices for granted and use it only as a common, everyday tool. Many of us are not using our voice to its full potential. Today we are intertwined in an explosive combination of social media and cultural diversity.



The manner in which we use our voice is vital in today's global synergy of communication.

In the last decade, studies, journals and best-selling books have been written on the subject of cultural diversity, as our world of business and diplomatic relations has been expanding globally, increasing intercultural contact. This has been the case for anyone involved internationally who faces challenges and adjustments while experiencing different work styles, different situations for the working ambiance and differences in communication. Today, the challenges in our own workplace are not only cultural diversity, but also communication diversity.


We have all experienced the power of language. Our thoughts are reflected and expressed with words. The word has power and it is not what we say but 'how' we say it, how we feel it, express it and its intent behind its expression. The human voice is our primary tool for communication and contains a rich and harmonic content of sounds that enables us to express a variety of emotions. The human voice is a wonderful

... MANY OF US ARE NOT USING OUR VOICE TO ITS FULL POTENTIAL ...

kaleidoscope of colours and nuances that reflect every emotion we feel.

Because we live and work in such a diverse world, it is vital to communicate with clarity, colour and sustainability. It is important that your Voice be used to enhance your position at work. Remember, not only your name, but how you say your name, is part of your identity. For example, when introducing yourself to an international group, whether at work or in a social situation greet them with a 'good morning' or 'good evening' in the language of your mother-tongue, then continue in the common language of the group. You will have made a strong and lasting impression in your introduction as well as having your Voice heard in our global diversity. It is also an added bonus to help one feel more comfortable when having to introduce oneself when opening a presentation.

As a voice consultant, my reward is helping my clients to discover the beauty, power and many colours of their voice. The human voice is the most important tool for communication, especially in today's diverse world. Remember, your voice is your identity, your brand!

Marie Terese Letorney
Founder & Director of Ask your Voice™
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The silences between things

Kimberley Lovato wonders what price we're paying for all those new tools that keep us connected

... WHEN IT COMES TO BUILDING RELATIONSHIPS, THERE IS NO SUBSTITUTE FOR BEING PRESENT ...

The other day at the breakfast table, my husband and I were discussing the approaching birthday of our nephew.

"We haven't seen him in a long time," I said. "He must be so big now."

My husband looked at me strangely and replied, "But we just saw him last summer."

After a few head scratches and date backtracking we deduced that yes, we had seen our nephew. He was laughing, kicking a soccer ball around his living room, wearing his favorite team's jersey – on Skype.

Twitter, Instagram, email, Tumblr, YouTube, Vine, LinkedIn – this laundry list of communication tools is a part of the world we live in. Like many of us have, I've borne witness to new babies, graduations, weddings, vacations, pet grooming, food plating, and tattoo

inkings, each delivered to my screen frame by frame; and each giving me the falsely satisfying illusion that I'm a part of the lives flashing before me.

That is until I realized, like my husband and I did, that I wasn't a part of any of it. I was just plugged into it.

Don't get me wrong. I love the wonderful and efficient methods people use to stay in touch, both personally and professionally. I rely on it. From keeping tabs on children who have gone off to university to remote job interviewing, and from to journalists filing stories from around the world to online banking, technology has made daily life easier for most of us, and has made relationship maintenance possible, where as without them, these relationships would have fizzled into memory (not always a bad thing).

But with the planet more interconnected than ever before, has it come at a price? In spite of all these tools that make our lives 'simpler,'

they've also raised our anxiety levels and distanced us from the very people we want to connect with. These tools have enabled us to work longer hours, 'check in' while on vacation, and who hasn't sent a quick birthday message on Facebook in place of taking the time to sign and mail a card, like we did in the good old days?

I read a recent article that cited a Cambridge University study analyzing the effects of communication technology on relationships. The conclusion: Technology can both improve and hinder relationships. Well, duh.

A subtle nuance, however, illuminated something. Participants universally agreed that communication technologies such as Skype, email, and Facebook improved relationships with friends and family faraway, yet had a negative impact on relationships closer to home, especially with immediate family.

Why? Basically because these computers,



PERSONAL DEVELOPMENT

Relationships

phones, tablets, and all the accoutrements they come with, have also become members of our families. They do our banking and our shopping; they provide our entertainment and music; they manage our calendars and our birthdays. And like family members do – they wrestle for our attention, pulling us from other important things.

This got me thinking about my breakfast table again. It's the communication hub of our house, and it's where we discuss anything from weekend plans to doctors' appointments, and most recently my teenage daughter's grades. Determining the 80+ text messages she got a night were the reason for their slip, we'd taken her phone away during the school week. Her grades steadily improved and by the end of the term, we told her she could have her phone back. To our surprise, and I think hers, she didn't want it.

"I got so much more studying done without it," she said.

A lesson learned? Check one win for mom and dad in the parenting department.

Of course there's not one sole solution, and every relationship is different. The reality is that

technology is here to stay, which is a good thing, I think. But how we use it needs to evolve as fast as the tools arriving on our laptops. Prolific travel writer and author Pico Iyer recently said in an interview that he "has to find things that prose can do, that no iPhone can do better. This usually has to do with memory, reflection, and the silences between things".

I think there's something to that. Communications tools are great for what they are intended. To keep in touch, share information, research, submit work, check bank balances, etc. But when it comes to building relationships, there is no substitute for being present.

To create memories, to reflect, to study the silence between things, you need to unplug and reconnect with your human side; the one that shares a glass of champagne at that friend's wedding; the one that holds the new baby; and the one that kicks the soccer ball back to the nephew you haven't seen in four years.

Kimberley Lovato is a freelance writer and author (and former Brussels resident) based in San Francisco. www.kimberleylovato.com



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Isn't the glass half full?



ONE OF THE WORLD'S DEEPEST OPEN-PIT MINES IN HAMBACH, GERMANY

Dave Deruytter casts a critical eye over the European project both present and future

... MORE THAN HALF OF THE YOUNGSTERS IN GREECE AND SPAIN ARE OUT OF WORK ...

Today, the European agenda is dictated by the economic crisis and euro troubles, whereas it should be dominated by the long-term structural plans for the sustainable prosperity of European citizens.

These are very challenging times for Europe. For a long time, the model was a good combination of innovation and business development, balanced by a strong safety net in the form of a broad social welfare state – today, it is struggling to keep its leading position in the world.

Economic globalisation, the engine of worldwide trade and economic growth, has put severe pressure on the European model through increasing low-value and high-value imports, and we are now finding it difficult to export its goods and services. The hardship is expected to continue in the medium term, given that countries Europe imports from and invests in, even its own east, still have a long way to go before achieving higher wages and a solid welfare state of their own.

The economic crisis and euro currency troubles dominate the European agenda, especially in the press:

- Unemployment, particularly in southern Europe, is at a record high. More than half of the youngsters in Greece and Spain are out of work;

- The 'Troika', the EC, the ECB and the IMF, is pressuring countries who received financial aid from them on sound but tough savings and reform measures;

- The imbalance between the economically quite successful Germany and the Mediterranean belt of countries, where the state of things is dire, creates friction;

- European and local elections in the coming months and next year draw a lot of press coverage and pull away the attention and resources from the European project in favour of the local political scene;

- The UK's confirmation of its preference for economic cooperation, a single market, over political and economic integration only serves to pour oil on the fire;

- The balance between business and social interests in the EU is under scrutiny from both sides of the political spectrum. The pot is 'calling the kettle black'.

There is much more focus needed on all existing and future positive projects of the EU:

- The new, possibly far-reaching, trade agreement between the EU and the US should receive much more attention. The US is economically doing reasonably well, at least much better than the EU. With its ongoing shale gas-led energy revolution it could be one of the powers pulling the EU economy out of the swamp;

- However, the EU should not only look outward for solutions. The German 'best practices' of exporting successfully to China and the other BRICS countries should be copied by other European multinationals;

- The smaller local companies in the EU should be, even more than they are already, subcontractors of the German export engine. German export-led. growth is one of the reasons

why the Belgian economy is doing reasonably well, given that plenty of its SMEs are selling parts and intermediate produce to Germany;

- The Erasmus student programme and the mobility of workers in Europe are really working. Look at the important migration of workers of all levels of education from the south of Europe to the north. Whether it concerns construction workers, nurses, doctors, or engineers, with few exceptions they are all free to live and work in another EU country.

Much more can be done though:

- A renewed focus on creating a silicon valley in the EU, or at least the infrastructure and essential ingredients for it, should not only lead to more inventions and innovation but more importantly see breakthroughs in innovative products and services with great added value in the new industrial and service sectors;

- This should come on top of an increasing focus on exports of what we are good at, like medicine, medical equipment, building social welfare structures (hospitals, homes etc), architectural services and

building management;

- At the same time the EU has to adapt its school and university system to existing and future needs in the global environment;

- It should make sure that the social model is fair and focuses on those who really are in need, with an accent on training, enabling this group to offer added value to the economy and society again;

- Evidently, a fair taxation of local and global business must be sought.

In conclusion, there is a need for the balance of attention and effort in the EU to shift away from the necessary painful restructuring measures towards existing and new positive European projects, because that is what is needed for jobs and the happiness of European citizens. ①



DOWN AMONG THE ANTWERPENAARS

"You believe that it should
work, but I could not hope
or wish for more than this."

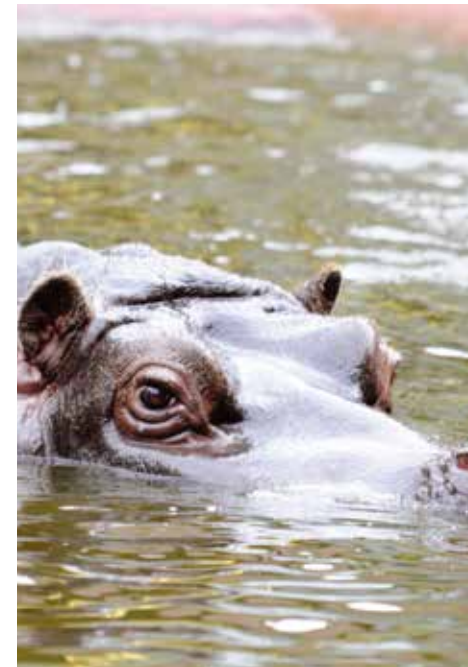
Bruno Van Gils



Down among the ANTWERPENAARS



Martin Banks offers an overview of Antwerp, Belgium's second city



ZOO ANTWERPEN

© ANTWERPEN TOERISME & CONGRES FOTOGRAAF JAN CRAB

... LOCALS ARE
RIGHTLY
INTENSELY
PROUD OF THIS
RESOLUTELY
CATHOLIC CITY ...

DOWN AMONG THE ANTWERPENAARS

Antwerp

It is known to some as the little brother of Brussels and Bruges but there is rather more to Antwerp, Belgium's second city, than meets the eye.

Did you know, for instance, that the world's first newspaper was printed in Antwerp (or so it is believed) 400 years ago?

Or that Europe's first skyscraper, the art deco Boerentoren, was built in Antwerp in 1930?

Other perhaps little-known points about this underrated city include the fact that it has one of the world's oldest zoos and reportedly has the oldest fish and chip shop in the world. Did you also know that Van Gogh once studied there and that it is the birthplace of the painter Peter Paul Rubens?

Yes, Antwerp may continue to live in the shadow of its two more famous Belgian neighbours, but it has a lot going for it and the locals are rightly intensely proud of this resolutely Catholic city.

While the summer crowds flock to the Med and beyond, Antwerp, the home of Belgium's diamond industry, remains the place to head to for the stay-at-home brigade.

A good starting point for any visit is Rubens House. While almost none of the house is as it was during the 25 years the Baroque painter and architect lived there, it remains a must-see and contains his spacious studio, semi-circular gallery and an endearing self portrait of the painter himself.

Rubens is also immortalised in a bronze statue looking out over Groenplaats, the city's main square that was once Antwerp's main cemetery until the 18th century.

Now, it is flanked by bars and restaurants and is a great place to meet up before heading off to further explore the nearby zoo, one of the world's oldest, which is home to around 5,000 animals from 950 species. The animals include elephants and hippos, and a set of scales that

tells you what animal you most closely resemble in weight. Personally, I find it very difficult to comprehend a zoo being situated in the middle of a large city but it remains popular so I guess it must be doing something right.

The zoo is right next to the main rail station which is something of an attraction in its own right. Trains pull in on three levels and the main marble hall soars up to 44 metres, a metre higher in fact than the city's cathedral.

Also near the main station is the famous diamond district where more than 12,000 expert cutters and polishers beaver away in 380 workshops, serving 1,500 firms and 3,500 brokers and merchants around the world. Here you will find countless jewellery shops, as well as the Antwerp Diamond Exchange, possibly the most important financial centre of the world's diamond industry. The district is also interesting from an ethnic and cultural perspective, since at least 50% of the local diamond industry is in the hands of the city's Jews. Antwerp has a large population of 15,000 Jews, many of them Orthodox.

Indeed, Orthodox Jewish men clad in distinctive black coats and hats shuffle around streets crisscrossed by surveillance cameras, where uniformed and plainclothes police abound. Visit the shops to see polishers, setters and goldsmiths at work. The area is, for some, what put Belgium on the map, and no visit to the city is really complete without calling in on the quarter, whether you've set your sights on a five carat number or not.

You cannot leave Antwerp without visiting the cathedral, not so much for the building which has undergone countless ravages and

makeovers, but for two of Rubens' most important and expressive pictures, *The Raising of the Cross* and *The Deposition*, each dominating an aisle on either side of the nave.

The Gothic Cathedral of Our Lady, believed to be designed by Jean Appelman and built between 1352 and 1521, is apparently the most

popular tourist attraction in Flanders.

You should also make a beeline for the Grote Markt, a much prettier square than Groenplaats, with a row of tall, steeply gabled guild houses that are all typically Flemish with their leaded windows and golden statues. The Grote Markt, lined with the 16th century Stadhuis, may not be as big as the Grand Place in Brussels but most would suggest it is just as beautiful. The guild houses were lucky to survive heavy bombing during the war, which explains the less attractive modern developments as you meander north to the Vleeshuis, a beautiful castle-like structure that used to house the butchers' guild and an abattoir.

Antwerp also boasts the art school where Van Gogh studied, the thriving Koninklijke Academie voor Schone Kunsten, which, although not open to the public, is one of Europe's oldest art schools.

The city is ideally proportioned for exploration by foot, and another place worth a visit is the medieval Steen castle which once guarded the river and is now a noted symbol of the city, housing a museum. There are other places well worth ticking off, including the Plantin Moretus museum which houses five of the oldest printing presses in the world as well as tapestries, plus the MAS, the Museum aan der Stroom (by the river) which opened in May 2011 and is the city's largest museum, bringing together some 480,000 collections from all over the city.

Despite lying 30 kilometres from the sea, it is often forgotten that the city is Europe's second most important port after Rotterdam, although most of the activity is some way out of the centre.

If you have 48 hours in Antwerp, you would be advised to buy an Antwerp city card, which will get you into all manner of Flemish museums and other cultural attractions. You also get free beer, chocolate and other goodies!

After all that sightseeing you will have worked

...
**YOU ALSO GET
FREE BEER,
CHOCOLATE AND
OTHER GOODIES!**
...

up quite a hunger (and thirst) and among the many places to eat one of the best is 't Zilte, a two Michelin star restaurant that is at the top of its game since moving from a small town near Antwerp to the 9th floor of the MAS. A rather cheaper option is Xarme, where you can indulge in chef Augusto Lima's passion for Algarve produce such as churra, a rare breed of sheep, beautifully cooked and served with xerem (cornmeal).

For a spot of shopping, Coccodrillo is where the well-dressed of Antwerp go to round off their outfits in style – they know this shoe shrine carries the best of Belgian and international designers.

A Jimmy Choo boutique is just a handbag's throw away, and any visit to the city should not end without sampling those other great Belgian exports – the waffle and a local Trappist beer.

They serve as a reminder that while food and drink rank as highly on the 'must do' list in Antwerp as anywhere else in Belgium, this city also has a quirky personality all of its own. ❶



CENTRAAL STATION
© ANTWERPEN TOERISME & CONGRES FOTOGRAAF DAVE VAN LAERE



Not your grandfather's suit

Linda A. Thompson heads down Antwerp's Emiel Banningstraat to meet a tailor to the stars

In the mid-2000s, Bruno Van Gils decided it was time to do something about what he saw as the two ills of contemporary suit fashion – a lack of affordable, high-quality suits and the overwhelming abundance of garden-variety models. The third-generation offshoot of a family that has been in the suit-making business for 50 years, he figured he could do better. After some deliberation and a couple of phone calls he launched, with his cousins Angelique and Saskia Van Gils, the tailor shop Café Costume in 2007, in the process infusing suits with a bit of rock 'n' roll.

"Most of the suits that were low in price were also low in quality," Van Gils explained, looking back one recent Friday afternoon. He should know. A drop-out from Antwerp's celebrated fashion academy, he learned the ropes at the suit manufacturer The Makers, the Van Gils family-owned business. "The other thing was that if you buy a suit off the rack, it's always predefined," he said, adding that in fact every man has his own particular build. "A lot of these concepts in tailoring, they offer one kind of fit, one kind of style."

Van Gils, in a fitted jeans shirt, khaki chinos and brown loafers, is sitting on a folding chair outside the Antwerp shop. Inside, French chansons play softly in the background. The shop – which Van Gils



DOWN AMONG THE ANTWERPENAARS

Fashion

describes as “a tailor’s shop in an art gallery” - was renovated last year to twice its original size. Unlike the Kortrijk, Ghent and Brussels boutiques, it boasts both an accessory and a measuring room. Two twenty-something sales assistants – slick haircuts, dressed to the nines – are helping overwhelmed-looking customers with fittings. Artful black-and-white photographs line the walls. One is taken from Café Costume’s summer campaign. The picture shows skate shop owner Sven Aerts suspended in a mid-air jump, with his tuxedo clinging as naturally to his body as the skateboard to his feet. The incongruous collection of a Singer sewing machine, disassembled vertical pianos and books with titles like *Sex and Suits* across the vast, bright interior bring home the message in case the suits themselves didn’t: this is not your typical tailor shop.

With a variety of designs that can be tailored to a particular customer’s shape, Café Costume offers affordable, high-quality made-to-measure suits, with prices ranging from €450 to €950. After a fitting session, patrons can choose the fabric, the lining, the pockets and the buttons of their suit to their whim. Suits come in three fits: the Savile, Florence and Paris. Lining options include hand grenades (‘Yes We Can’), sushi (‘Chopstick Paradise’) and crawling insects (‘Ants in My Pants’). “Everything we do, we try to do with a twist,” Van Gils says. “To dress it down’, we call it.” And that fits with the gospel Café Costume has been trying to spread from its early start-up days onward. Explaining that suits can be part of men’s everyday wardrobe rather than just formal or business attire, he says: “I believe that we need to teach people how to wear suits.”

When they started out, Van Gils drew up a list of five male celebrities he wanted to dress, five people he felt would enhance their brand. The deejaying duo Soulwax was top of the list. Not long after Café Costume launched, Van Gils

was working upstairs when he got a call from a close friend, a photographer. “He said: ‘Bruno, we need some suits for Soulwax. Could you maybe help me with that?’”

That was the first time Café Costume dressed a high-profile celebrity. Since then, the Van Gilses have been able to check every name off their wish list, becoming the go-to suit maker for musicians, actors and writers. Artists spotted in their suits have included rapper Baloji, the director Michael Roskam and actor Matthias Schoenaerts. “Now, we’re looking more at international people,” Van Gils says, with a smile.

Unsurprisingly, Café Costume’s budget-conscious approach to suit-making has proven recession-proof. Over the past six years, the Van Gilses have added three shops across Flanders, and business has been and still is consistently good. At the flagship Antwerp shop alone they sell 50 suits per week. So what inspired him to get where he is today? “Starting up a business like this, you believe that it should work, but I could not hope or wish for more than this,” Van

Gils says. “This is perfect.” Still, he can’t quite put his finger on what has made Café Costume resonate so much with thirty-something men. He suggests the explanation might lie in the past. When he grew up, casual was really all that mattered. “We wore jeans constantly,” he says. “Now, I’m 35 and I love suits because it’s something new for me. So I believe there’s something about my generation that likes suits, that is actually interested in these suits.”

Popular culture too has helped. Citing the ubiquitousness of suits in popular television, magazines and music, Van Gils says: “It’s everywhere. I know it’s not gonna get better.” He glances up at the store in front of him. Fidgeting in his seat, he says: “I’m very interested in what’s going to be happening next. I do realise I’m on top of the wave.”



TenSen
Juweliers



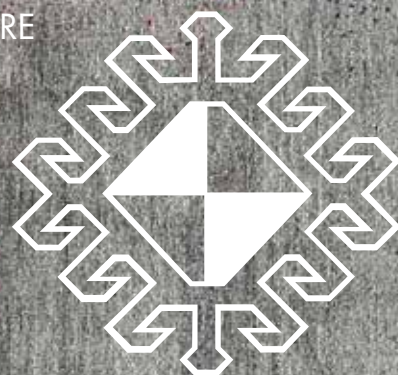
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DOWN AMONG
THE ANTWERPENAARS

Out and about

Out and about in Antwerp

Antwerp is an ideal place to eat, drink and experience historical Belgian culture. Whether you are visiting with a spouse or a group of friends, Antwerp is sure to not disappoint. **Allissa Fisher** offers some suggestions...

RESTAURANTS, PUBS AND BARS

Matty: Husband and wife Matty Van den Brande and Katrien Swinnen operate with the motto "tell me what you want, what you really, really want" when it comes to serving customers at their restaurant, Matty. Located in the heart of Antwerp, Matty has been wowing diners with charming and flavourful dishes since its opening 5 years ago. www.restaurantmatty.be



Café Corso: If you wish to escape to a place lesser known by tourists but cherished by locals, Café Corso a great option. One of the last remaining true pubs of Antwerp, Café Corso is characterized by its simple, non-pretentious atmosphere and vibrant customer base.

Het Gerecht (The Court): Specializing in French cuisine, Het Gerecht is an intimate restaurant situated in an old mansion in Amerikalei in Antwerp. Featuring beautifully presented dishes for reasonable prices, the restaurant is sure to please. Be sure to make reservations. www.hetgerecht.be

DOWN AMONG THE ANTWERPENAARS

Out and about



De 7 Shacken: Interested in experiencing a true Flemish meal? De 7 Shacken is the perfect place to order stoemp, croquettes and draught Belgium beers. The restaurant is centrally located and offers generous portions for very reasonable prices.
www.de7schaken.be

Kulminator: A beer connoisseur's heaven, Kulminator has been described by visitors as having the "best beer in the world". Equipped with a homey atmosphere and an extensive list of beers (one of the largest), Kulminator consistently attracts beer lovers from across the world.

NIGHTCLUBS

Noxx: Noxx is one of the biggest nightclubs in Belgium and is made up of four rooms with different vibes. Visitors looking to dance the night away will fall in love with the light show offered by the ceiling in the Main Room, while those wishing for a more intimate atmosphere will love the minimalist feel of the Aura room.
www.noxxantwerp.com

Café Local: Clubbers are whisked away to the spicy culture of Cuba when they enter Café Local. Recognized for its monthly Salsa Fiesta, the club is decorated in warm Caribbean colours and is equipped with a large dance floor. The perfect destination to escape the ever questionable Belgium weather.
www.cafelocal.be

SHOPS

N.Vrouyr: In 1920, Belgium's oldest oriental rug shop opened on Komedieplaats, facing the Bourla theatre. The walls of Les Magasins Arméniens de Tapis d'Orient N.Vrouyr are lined with ethnographic and collector's items, tribal rugs, kilims, embroidered textiles and fine weaves.
www.vrouyr.com

Tensen: The history of Tensen Jewelers goes back four generations, beginning in 1885 in the Schoenmarkt with a modest watch shop. Nowadays, it boasts three stores and a workshop. It sells high class jewellery but also caters for a younger market, too.
www.tensen.be

The Antwerp City Card

The Antwerp City Card offers significant discount for attractions, sightseeing and bicycle rentals, exclusive offers for local products, plus free access to churches and museums. It is valid for a 48-hour period and comes with a handy guide to the city.
€28 euros

Ann Dierckx: Goldsmiths Ann Dierckx borrows its slogan from Leonardo da Vinci: "Details make perfection and perfection is not a detail." With years of experience, Ann Dierckx will help you choose from classics such as Marco Bicego, Centoventuno and Mattioli, and her studio is known for its fresh, contemporary creations.
www.anndierckx.be

Geretti: In the heart of the diamond centre you'll find the 3rd generation of diamond and jewellery manufacturers in the Geretti store. Multilingual staff can show how you can personalize your jewellery and explain the '5 Cs' of diamond making – cut, carat, clarity, colour and certification.
www.diamondstowear.be

Jewel In A Box: A unique jewellery store on Schuttershofstraat. It acts as a broker between buyers and sellers, dealing exclusively in jewellery and watches. Sellers rent a box to display their goods to customers who receive a certificate guaranteeing the authenticity, origin and price of the goods.

DOWN AMONG THE ANTWERPENAARS

Out and about



THINGS TO DO AND SEE

Toneelhus: A leader in contemporary theatre, Toneelhus offers a variety of innovative theatre and performing arts. The theatre is known for its risk-taking both artistically and socially, and is the largest in Flanders. www.toneelhuis.be

MAS (Museum aan de Stroom): The MAS tells the story of Antwerp's history as a port city.. Visit Antwerp's largest museum to learn about the city's important and historical connection with the rest of the world.
www.mas.be

Royal Flemish Philharmonic: Come experience Dutch conductor Edo de Waart and his orchestra as they transfer the audience to a different place and time through music. With concerts almost every weekend, the Philharmonic is a must hear when visiting Antwerp.
www.defilharmonie.be

Vlaamse Opera: The ever-popular Vlaamse Opera opens its doors this summer to Candide. In addition, the opera house also hosts dance, concerts and more throughout the season.
www.vlaamseopera.be

Cathedral of Our Lady: Still an active place of worship, the Cathedral of Our Lady, or De Kathedraal, is the largest gothic church in the area. Commenced in 1352, the Cathedral of Our Lady offers visitors rich history and breathtaking sights. ❶

500 things about Antwerp

The next time you go to Antwerp, don't leave home without this...

Scottish writer Derek Blyth has followed up *500 things about Brussels* by heading a little north to offer up more of the same in Antwerp. Blyth has trawled the streets and the history books to dig up *500 things about Antwerp*, containing 100 different categories.

Blyth says: "The aim is to take the reader to unexpected places that are different in some way from the normal tourist destinations. With this book tucked in your pocket, you can set out to find secret atomic bunkers, a vine that has been growing since the 16th century and a railway station that was moved 36 metres by rail. It's not intended to be an A-Z, more a place to find inspiration."

It has useful maps, handy-sized by

neighbourhoods. You'll find the '5 most...' beautiful restaurants, places to eat in Chinatown, best bakeries, romantic cafés and, of course, best places for proper Belgian frites. It's not all about food and drink though – unusual shops and independent record stores, street markets and flower shops, hip and vintage stores fill the shopping pages.

Antwerp's architecture is featured in all its quirky glory, but the best of the book is in its secret streets, churches and courtyards and the '5 Best Virgin Mary Statues'. And if you're tired of all that traipsing around the city then find one of the secret gardens, such as the one at 20 Sint-Paulusstraat, a "mysterious spot where you find an overgrown ruin, Lourdes grotto and a 'monument to the unknown refugee'".



COMPETITION

Together magazine has three copies of the book to give away. Simply write to paul@togethermedia.eu with the title of the feature article on our homepage at www.togethermag.eu. Good luck and we won't keep the winners 'secret' for too long.

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Pictures courtesy Boucheron Paris



101st

*Photos by: Gaetan Caputo
Assistant: Ludo Hanton*

Stylist: Nicholas Sirot

*Makeup: Vera Dierckx for Laura Mercier
Hair: Jan Fuite with House of Orange
Model: Lina S @ imm international models management*

Light blue lingerie: La Perla
Tights: La Perla





Light denim lingerie: Princesse Tam Tam
Shoes: Mellow Yellow
Collar: La Perla



Silver lingerie: La Perla
Jacket: Paule Ka
Socks: La Perla
Shoes: Robert Clergerie



Mint Green lingerie: La Perla
Mint Green shawl: La Perla

White romper (twinset): Audabe
Bracelet: Calvin Klein
Shoes: Orane Enora





Peach lingerie: La Perla
Shoes: Robert Clergerie
Flamingo earrings: Swarovski
Tights: Patricia P  p  



Black Lingerie: Audabe
Pink shawl: Christian Wijnants
Shoes: Robert Clergerie
Ring: Calvin Klein

Black lingerie: Princesse Tam Tam
Shoes: Boss orange by Hugo boss
Coat: Paule Ka



Aubade

PARIS

L'arrêter et le garder à vue.

Leçon N°140

Together's beauty expert **Delphine Stefens** offers up healthy glows, mattifying mousses and citrusy aromas



Beautiful Tan
The new **Face and Body Gradual Tan** by **La Mer** (€75/200ML) offers all the anti-aging goodness of La Mer and stimulates collagen production while giving you a healthy glow. Apply once daily until your dream hue is achieved. For a quick tan, **Bobbi Brown's** limited edition **Face and Body Bronzing Duo** (€42) from the Nude Beach collection features two new shades that can be used separately or blended for an optimal bronzing effect for the face, décolletage and arms that instantly flatters any sundress.



BEAUTY
NEWS

Fake it

Faking it isn't necessarily a bad thing. Not when it means you get a beautiful faux sun-kissed glow without actually hitting the beach (maybe later) or potentially risking to sun damage your epidermis (a definite no-no). Before you try this at home... make sure to gently exfoliate and then hydrate your skin. Smear, relax and enjoy a gorgeous, golden hue.



Divine Shimmer
Divine Legs Tinted body lotion by **Caudalie** (€28,16/100ML) is your new BFF or at least for the summer. It's not a self tanner, but it does give your legs a natural bronze glow that doesn't rub off but that you can easily rinse off in the shower. It looks rather dark but is actually suitable for all complexions and leaves a natural sheen. If you just want the shimmer without the tan, try the **Pivoine Flora** Shimmering Oil by **L'Occitane** also suitable for face and hair (€28/75ML).

BEAUTY NEWS

Tinted ABC

SPF stands for sun protection factor, CC for color correcting and **Clinique's Superdefense CC cream SPF 30** (€30,30) for a protected, hydrated and flawless complexion as redness, dullness and sallowness are neutralized. It comes in three shades and is allergy tested, 100% fragrance and oil free. If you have sensitive skin but need more coverage, **La Roche-Posay's** high tolerance range **Toleriane Teint with SPF 20** (€21,50/30ML) offers a mattifying mousse for normal to combination skin and a hydrating water cream foundation for normal to dry skin for velvety comfort and a unified complexion. Available in four shades.



Sunny Fragrance

More than 20 years after the launch of the **Nuxe** Huile Prodigieuse, its sexy fragrance is finally available as... a perfume. **Prodigieux Le Parfum** (€49,90/50ML) is a deliciously warm blend of vanilla, coconut milk and orange blossom that evokes sunny beaches and summer cocktails but lasts a lot longer. For a summer in the city alternative, think **Burberry's** limited edition **Summer** for her (€62/100ML) with some fresh citrusy aromas, juicy pomegranate, delicate flowers and sensual musk.



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LIFE OF LEISURE

“There’s a parallel there in the
way I approached it and the way
she was living her life.”

Winona Ryder





Playing the ice woman

Together's interview this month is with Winona Ryder. **Amy Longsdorf** asked her all about her latest film, *The Iceman*

Winona Ryder has been acting since she was 12 years old, so finding a role in a movie unlike any she's done before is quite a challenge. But starring in the gritty, New Jersey-set character study *The Iceman* more than fit the bill.

"To me, this movie [offered] a totally different kind of role and a totally different kind of genre," she says. "It [felt] new and exciting."

Inspired by actual events, "*The Iceman*" follows contract killer Richard Kuklinski (*Boardwalk Empire*'s Michael Shannon) from his early days in the mob until his arrest for murder in 1986.

Even though he reportedly killed more than 100 men, Kuklinski lived a quiet existence in Bergen County, New Jersey. When he was finally arrested, his wife Deborah (Ryder) and daughters claimed total ignorance of his profession.

The movie, which co-stars Chris Evans, Ray Liotta, David Schwimmer, Robert Davi, Stephen Dorff and James Franco, was inspired by Anthony Bruno's *The Iceman: The True Story of a Cold-Blooded Killer* and the 1992 HBO documentary *The Iceman: Confessions of a Mafia Hitman*.

In the doc, Kuklinski discusses how he committed many of his murders, showing only remorse when he talks about how his actions affected his wife and daughters.

After catching the documentary, writer/director Ariel Vromen believed Kuklinski's unusual story would lend itself to a fictionalized film that probed how the assassin did what he did and got away with it for so long. (Kuklinski died in



prison in 2006).

When Ryder first received the script, she had an unusual reaction to the intense material.

"I wasn't so much, I have to say, fascinated with Kuklinski," says Ryder. "Those interviews repelled [me]. I'm not drawn to that kind of extreme violence. What I did find really interesting was Kuklinski's wife, a woman who stayed in this relationship for so long.

"It was so strange to me and interesting and ambiguous. I kept asking, 'What did she know? What didn't she know? What did she choose not to think about?' There was a lot going on there for me. I felt there was a lot to explore and interpret. I know this is *The Iceman* and not *The Icewoman* and this is Michael's film, but I was really fascinated by her and that relationship."

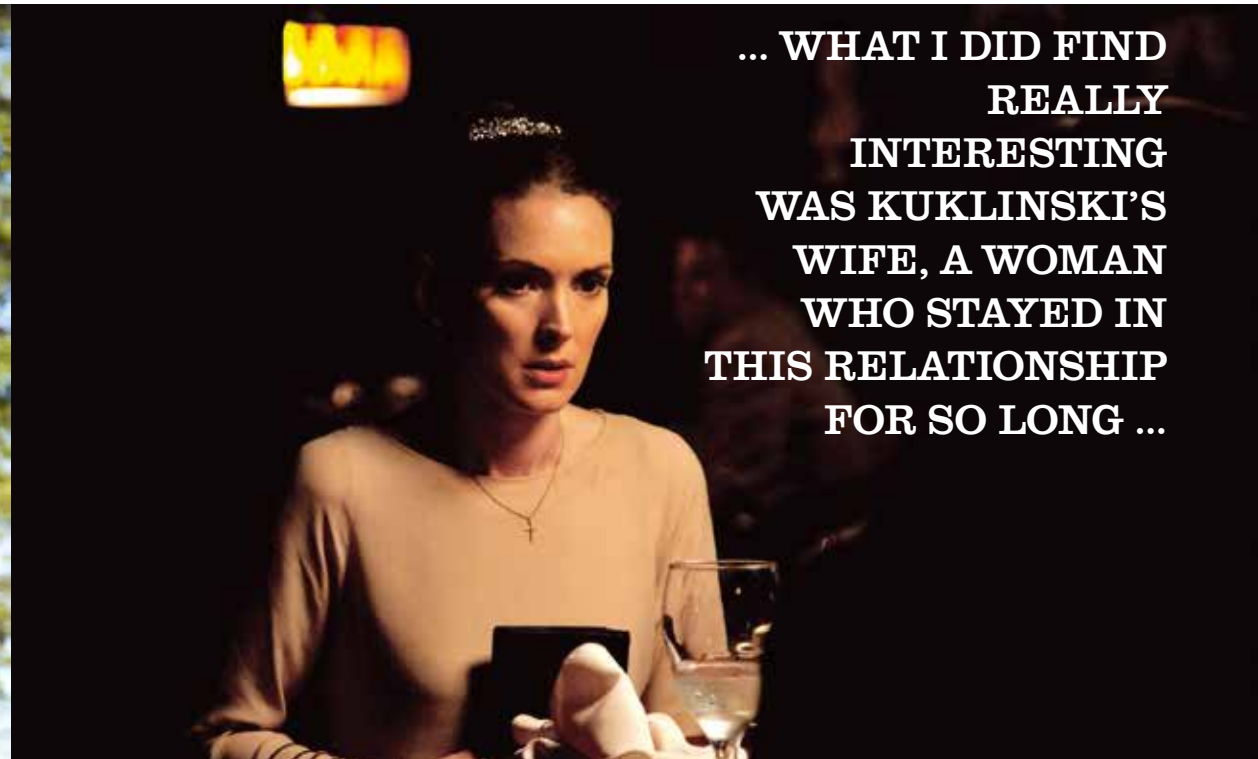
Back in 1990, Ryder was Francis Ford Coppola's first choice to play the mafia princess

in *The Godfather: Part III*. When she dropped out, citing exhaustion, the direction tapped his daughter Sofia Coppola instead. In the intervening years, Ryder has remained fascinated with crime films that ask tough questions. *The Iceman* definitely falls into that category.

"It goes right into the very core of questions about right and wrong and humanity," says Ryder of the film. "Can someone that's capable of so much death and destruction and brutality also be capable of the tremendous love for his family? That alone is a very intense question."

While Shannon had hours of documentary footage to base his characterization on, Ryder had few clues to Deborah, who has since changed her name and disappeared from public view.

Shannon, for one, believes that Ryder pulled off the challenging role with remarkable ease.



**... WHAT I DID FIND
REALLY
INTERESTING
WAS KUKLINSKI'S
WIFE, A WOMAN
WHO STAYED IN
THIS RELATIONSHIP
FOR SO LONG ...**

"Winona was fantastic," he says. "It's a very difficult role she was playing. It's hard for people to believe that Richard could have kept his violent job a secret from his family. That was something that Winona had to wrestle with, but she's got a really big heart and throws herself into what she does. You just feel for her every time she is on screen; you feel what she is going through."

Before production began, Ryder made up her mind that Deborah had an inkling of what her husband did for a living but denied the truth as long as she could. All the time Richard was picking off rival thugs, he told Deborah he was working on Wall Street.

"I do think that she knew a lot more than she let on, and I think [it came down to] greed," says Ryder. "For her to have acknowledged what was happening would have meant that she would have had to take some responsibility and

that would have been hard for her because she liked her life and her nice things.

"It would have been hard for her to acknowledge [her husband's true identity] and leave him, but that would have been the right thing to do."

In an attempt to remain as blind to Kuklinski's crimes as Deborah was, Ryder took a Sharpie and blacked out the parts of the script that involved incidents Deborah wouldn't have known about.

"I sort of had to unlearn anything that I knew about [Kuklinski]," says Ryder, 41. "I had to do the opposite of what I usually do, which is research. In a way, it was almost a good thing because I think Deborah was doing that - she was unlearning, she wasn't asking any questions, she was pretending like she didn't know things to a certain extent. So there's a parallel there in the way I approached it and the way she was living her life."



As far as Ryder is concerned, the most exciting aspect of *The Iceman* was getting the opportunity to work alongside Shannon.

"I'd been a fan of his since *Bug* and *Jesus' Son*," says the actress. "Within the acting community, we've all been sort of rooting for him so it's nice to see him getting well-deserved attention. Working with him was really interesting and great and different because he doesn't really rehearse or block so there's this element where you really, truly don't know what's going to happen."

"In the beginning, that freaked me out just because I hadn't worked that way in a while but it really pulls you into the moment."

During an argument sequence, for instance, Shannon responded in a way that wasn't scripted or rehearsed.

"In the scene, I confront him and he's supposed to walk out," recalls Ryder. "But instead he went into the kitchen and started breaking things. That was not scripted. I was literally just reacting to him. All of [what is in the final film] is just me reacting. I saw blood, because he cut himself, and I started crying but I knew that that wouldn't happen to me. I felt very safe but also on my toes. It was thrilling."

Nearly as key to Ryder's performance was the presence of teen actors Megan Sherrill and McKaley Miller who played her daughters. Ryder began acting when she was 12 with a

performance in 1988's *Lucas*. In her 25-year career, she's been nominated for Oscars twice, for her work in *Little Women* and *The Age of Innocence*. She's also scored hits recently with *Black Swan* and J.J. Abrams' reboot of *Star Trek*.

"I have to say that McKaley and Megan were tremendously helpful to me," says Ryder. "They were exactly the same age that I was when I started acting so I felt a weird, instinctual protectiveness that was almost primal because this was not kid-friendly material and Michael had to be very focused and there wasn't a lot of money or time."

"It's a very sensitive age, so they helped me a lot by bringing that out in me and hopefully I helped them out too."

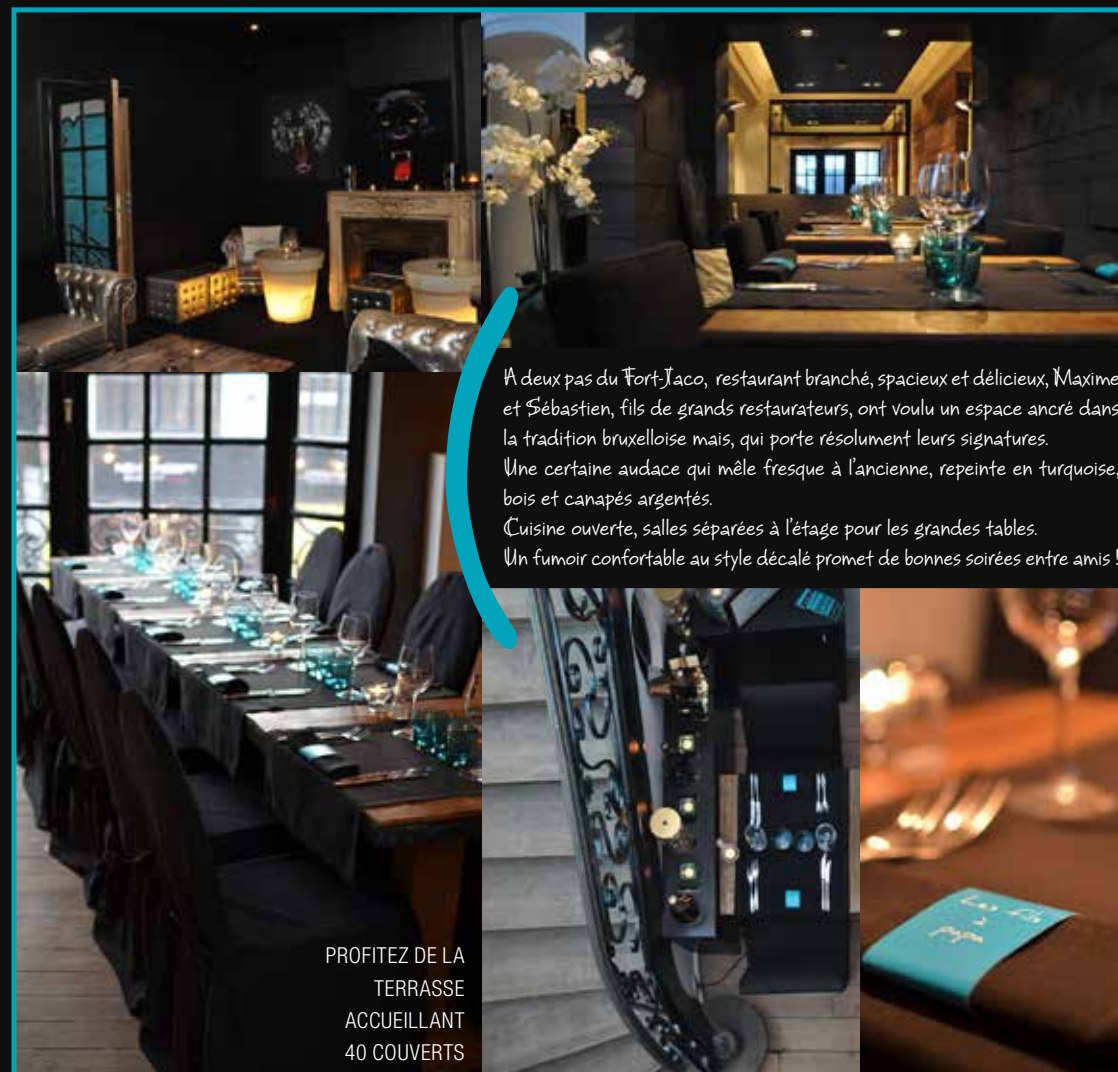
The Iceman is far from a message movie but Ryder hopes audiences take away from the mob thriller an unvarnished look at the mafia lifestyle.

"This is [set in] America in the 70's and there's a lot of greed and ugliness and, for me, it was important not to romanticize that even though [Richard and Deborah] have this really twisted romance going on."

"I hope people will take away [an appreciation] of the performances. Michael's performance is great and Chris Evans is amazing...But I think [at its heart], the movie is a look at duality and denial." 🗨️

Les fils à papa

RESTAURANT - BAR



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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PHOTO: TERRAZAS DE LOS ANDES



New world order: Terrazas de los Andes

Paul Morris joins three winemakers for a spot of lunch and a chukka or two of polo

Despite dreaming of taking on the Iron Man triathlon challenge, Gonzalo Carrasco was destined to be a winemaker, surrounded as he was by the vineyards of his native Mendoza, in Argentina's mid-west, in a region of foothills and high plains on the eastern side of the Andes. Sitting beside him – we are in the Gaucho restaurant facing Tower Bridge in London – is a Frenchman, Christophe Chauvet, Development Director Europe & Afme for Estates & Wines, whose fate was also perhaps sealed by the rich terroir he first set foot on as a child in the Loire valley. Blood will out, as will the grape's juices, it seems.



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GONZALO CARRASCO



... THE SPICY, RED FRUITED MALBEC RESERVA 2009 COMES INTO ITS OWN ...

On offer with each course are a couple of Terrazas wines: the newish kid on the block, the pale yellow Torrentés Reserva 2011, an intense Chardonnay 2010 and the Malbecs, which are gradually becoming a fixture on European dining tables. Having two experts opposite you can be a bit intimidating unless you just let them do the talking and content yourself with sniffing and nodding wisely.

When the Argentinian steaks arrive, the spicy, red fruited Malbec Reserva 2009 comes into its own – they were made for each other. There is a respectful silence as we tuck in. It's quite simply the best steak I have ever tasted – just pink enough in the centre with the lightest of seared crusts.

So what of this stream of bottles of in red and white? "They are from Mendoza, close to the Andes, just as I am," says Gonzalo. "The vines grow on the terraces of the hillsides from 980 metres for the Cabernet Sauvignon, 1,220 for the Chardonnay and 1,800 meters for the Torrentés, depending on what each variety needs in terms of soil and temperature. I studied oenology in Mendoza and I have been a winemaker ever since."

Southern Europeans arrived in Argentina and brought knowhow that saw winemaking expand rapidly in the late 1800s. Today, Mendoza is one of only nine cities worldwide that make up the Great Capitals of Wine network – the region boasts 800 wineries producing ten million hectolitres of wine annually. The climate is ideal for the vine, warm in the summer and not too cold in the winter (especially helpful during winter dormancy). But the semi-arid desert conditions mean that sophisticated irrigation systems are vital.

'Save your best wine till last' runs the saying, and this is no exception. For dessert (in my case cheese) we try the Single Vineyard Malbec 2007 and it does not disappoint. Gonzalo explains, "It's from an old vineyard (planted in 1929) so we only make a certain number of bottles." Christophe adds: "4,000

bottles in the whole of Europe. It's a complex wine, with plenty of body. "I wonder how they avoid being dropped into that rather large basket marked 'New World'. Christophe says, "By talking about variety, by concentrating on the unique geographical location, by making it stand out by its flavours."

Our long lunch ends rather abruptly since this has been a pre-theatre meal of sorts – we have a boat to catch for the 02 arena and a polo match. And that is where I meet the third of these winemakers, Nicolas Audebert, manager and winemaker for Cheval des Andes and Terrazas de los Andes. He left France for Argentina twelve years ago and has put down roots there. Next to oenology, polo is his favourite subject. "We have a polo pitch at the vineyards in Mendoza. I really love it."

In between explaining all about 'chukkas' and mallets and pony changeovers, he sketches in my notepad a topographical view of what makes Mendoza's geographical location so important. It's a flatline rising dramatically when it suddenly becomes the Andes. "Where we are is important because of the two oceans. The Atlantic feeds colder air from the east and the Andes provide a block for air that might be too warm from the Pacific, stops us from overheating – but we still get the benefit from the Pacific as its air comes over and through the mountains. It's the bioceanic corridor."

I watch the polo and listen to the thunder of the hooves and the thwack of mallet on ball and wonder what those gauchos of old would think of all this. They roamed the *pampa*, content with their simple *recado*, which acted as both saddle on horseback and blanket at nighttime as they slept beneath the stars. As it still is for many Argentinians, the gaucho's drink of choice was *maté*, an infusion made by steeping dried leaves of the yerba mate plant in hot water but I'd like to think he would not say '¡No, gracias!' to a glass of Malbec.

www.terrazasdelosandes.com
www.gauchorestaurants.co.uk 

Meet Meat

Together sampled
Argentinian steaks in the
heart of Brussels' European district

"Our passion for the tradition of the 'asados', Argentinian barbecues, combined with Belgian standards of excellence brings you a varied menu of simple and tasty dishes." In their own words, that's exactly what Meet Meat does and it does it very well.

The restaurant was set up by local Philippe Wiener and long-time Brussels resident Argentinian Eduardo Rios Centeno. They completely refurbished the high-ceilinged ground floor of a traditional maison de maitre – it's long and open, fresh and simple in its decor with plenty of light and a large garden. As the name suggests, steak is on the menu – and how.

We shared three starters: a mouth-watering Jamón Ibérico Bellota (36 months) pata negra; crusty Beef empanadas (Argentinian pastry filled with hand diced beef); and an Argentinian specialty I had never heard of before called Provoleta, grilled Italian provolone cheese.

The recommended wine for these and the main course to come was the Montegrelo Cabernet Franc 2009 from the Walter Bressia vineyard in Mendoza. According to vinesofmendoza.com's tasting notes, it is "a sexy and complex Cab Franc... offers red- and blackcurrant, fresh herbs, flowers, coffee bean and liquorice... Its long finish mixes with smooth tannins and



lingering notes of flowers and herbs". It certainly went perfectly with the starters, and it wasn't the only 'long finish' of the evening, because... The main course was the Tira de Ancho, 550 grammes of spiral cut rib eye steak, which the menu states is 'to share or not...' Of course, we had one each, and we both agreed it's the best steak in town (they source the meat from the same supplier to the Gaucho chain in the UK). Tira de Ancho is basically a long strip of rib eye, slow grilled to allow the marbling to melt before your very eyes.

Meet Meat is only a few steps from the Berlaymont, in the Schuman district, and is open weekdays for lunch and dinner. It can get very busy at lunchtimes so book or get there early. Upstairs there are rooms available for seminars and private dining.

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Not just any old Parma ham

Colin Moors spends an afternoon with the Spigaroli brothers in Maasmechelen Village

Is it possible to write about Italy without waxing romantic? Not for this writer, that's for sure. In a country famous for its passion, its pursuit of *la dolce vita* and a deep love of earthy, sumptuous dishes that make you never want to eat anywhere else, one could be forgiven for thinking that it just doesn't get any better. Well, it does. The very best Italian artisan food is now only a short trip away. The next time you find yourself browsing in the



PHOTO: LUCIANO AND MASSIMO SPIGAROLI

Maasmechelen Village, stocking up on seasonal bargains by the very best brands, take a moment to wander in to the pop-up *osteria* set up by the charming and friendly Spigaroli brothers, Massimo and Luciano.

These people are passionate about their local produce, and they have a right to be so. The type of ham produced by the brothers is not just a DOP protected lump of meat, churned out in massive factories, it is practically a national treasure. If you don't believe a ham can taste this good, all I can say is drop in and see for yourself. Then try to leave without buying some.

What's so special about a ham? Well, this is Parma ham, only allowed to be made in the region using the methods used for hundreds of years. Even more special is the icing on the cake of Parma ham, the Spigaroli-produced *Culatello di Zibello*. This is not simply a Parma either. The *culatello* has its own DOP and is made by only a handful of producers in the region. Their grandfather handed down the process - one that he used when making *culatello* for his master, none other than the composer Giuseppe Verdi. The process begins with the meat from the upper rear thigh of the pig. It is boned and trimmed, then massaged with wine and garlic and covered in salt to begin curing. Then, it's wrapped in the pig's bladder and tightly bound with string. Curing takes a long time, but the results are worth the wait. In fact, the hams can withstand hanging around for two to three years, their flavour improving all the time.

PHOTO: LUCIANO AND MASSIMO SPIGAROLI



... IT IS
PRACTICALLY A
NATIONAL
TREASURE ...



PHOTO: LUCIANO AND MASSIMO SPIGAROLI

The thing that really shapes the exquisite taste of these hams is, according to Massimo, fog and time. The cellar in which he cures his hams is the same one used for over 700 years by his artisanal forbears. Situated on the banks of the river Po, the fog from the river is let in to the cellar once per day via the windows. This 'airing' allows the natural yeasts in the air to create the familiar white mould seen on the skin of the ham. The duration of exposure to the foggy air varies according to climate, and this is the real secret. This specific production method means that in America, the Food & Drug Administration won't give it a certificate, meaning lots more ham for us lucky Europeans.

Please don't think that as I have been talking about *culatello* that this is the only product you'll find in the pop-up *osteria*. The Spigaroli brothers also produce some of the region's finest *salumi* (no, not salami). Forget the chewy, almost brittle cured pork you may have seen in the supermarket. This stuff melts in the mouth and leaves a wonderful, lingering aftertaste.

Why not try some of the region's finest cheeses? They are also for sale and worth every cent for the one I tried, a crumbly, salty and sharp *Parmigiano Reggiano*. Strangely, this came served with a juicy blob of craftsman-made apricot jam - from Parma, of course. Although cheese and jam is not unknown to me, I was very pleasantly surprised how the flavours got together and worked so well. I urge you to try this at least once, you will thank me for it.

The Spigaroli Osteria will cook for you to eat in and serve wines to match your food or, if you're pressed for time, they will even make you up a plate (or more) to take home with you. Oh, and did I mention that this is food from a Michelin-starred chef? If you're in Maasmechelen Village, shop 'til you drop by all means but don't miss what might be your only chance to pick up some authentic Italian produce. However, don't leave it too long, it's only going to be there until the middle of August - and don't leave without trying the *culatello*.

www.maasmechelenvillage.com ❶

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What's On BELGIUM

It's festival time again in Belgium and much more...



THE VACCINES, CREDIT HENRY LAURISCH

Dour Festival 2013

The annual Dour Festival's acts come from a wide range of genres. This year's line-up includes Dagoba, Carl Craig DJ set, Action Bronson and The Vaccines. **18-21 July.** Dour. Tickets from €50 without camping. www.dourfestival.be



Arielle d'Hauterives Gallery

Summer exhibition featuring five women. Mireille Roobaert: photographer. Renée Delhaye: watercolour on paper. Alice Pieters: visual artist. Oxana Taran: pen drawings. Christina Jekey: works with wood. **Until 31 aout 2013.** www.arielledhauterives.be

Orchestra of the Age of Enlightenment

Orchestra of the Age of Enlightenment

With Nikolai Demidenko on piano, Roger Norrington conducts works of Beethoven, Chopin and Berlioz. **30 August.** Henry Le Boeuf Hall, Centre for Fine Arts, Brussels. Tickets from €20. www.bozar.be



Mercedes House

Culture in a car showroom? Yes. At Mercedes House in the Sablon you can hear live concerts and afterwards enjoy a meal at the WY brasserie, set up by star chef Bart De Pooter. You can book now for the new series (in collaboration with Outhere, a top Belgian classical and jazz music publisher) which begins on 26 September with Frank Agsteribbe & Guido De Neve. www.mercedeshouse.be

Ghent Festival

A popular cultural festival with numerous performances of various national and international artists, with free concerts, street theatre, exhibitions, activities for children, fairs and parades. **20-29 July.** Various venues in Ghent. www.gentsefeesten.be (in Dutch)



LIFE OF LEISURE

What's On Belgium

National Day

On 21 July, 1831, Leopold I of Saxe-Coburg, first King of the Belgians, swore allegiance to the Belgian constitution in the Saint Jacques-sur-Coudenberg church in central Brussels.

Traditionally, the National Day festivities begin on July 20 on Place du Jeu de Balle with National Ball. On 21 July, the day begins with a *Te Deum* in St Gudule and St Michael's Cathedral.

The Royal Park hosts a range of activities for all the family, with treasure hunts, concerts and stands from every region in the country. Many institutions, churches and other buildings open their doors, such as the Palace of Justice, the House of Representatives and the Senate.

A parade featuring giant Baudouin and other giants is followed by the military and civilian parades on the Place des Palais and an impressive (noisy) fly-past of all manner of aircraft.

Before midnight, a firework display closes the day's festivities. **21 July.**

Michelangelo Antonioni

Exhibition consecrated to a pioneer of modern cinema. Michelangelo Antonioni won international fame with films such as *Blowup* (1966), *Zabriskie Point* (1970), and his famous trilogy *L'avventura* (1960). The exhibition includes film excerpts, photographs, original screenplays, letters and paintings by the director himself. A CINEMATEK retrospective will also be showing his films. **Until 8 September.** www.bozar.be

MICHELANGELO ANTONIONI,
BLOWUP (1966).
FERRARA, GALLERIE D'ARTE
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PHOTO: PAUL HERMANS



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LIFE OF
LEISURE

What's On International

What's On INTERNATIONAL

War Horse

Based on a novel by Michael Morpurgo, adapted by Nick Stafford and presented in association with Handspring Puppet Company, *War Horse* is the powerful story of a young boy called Albert and his beloved horse, Joey, who has been requisitioned to fight for the English in World War I. Caught in enemy crossfire, Joey ends up serving on both sides during the war before landing in no man's land, while Albert, not old enough to enlist, embarks on a treacherous mission to find his horse and bring him home. In The National Theatre's critically-acclaimed production, the stars of the show are life-size puppets. **Until February 15, 2014.** New London Theatre. Tickets £15-£59. www.warhorseonstage.com



Les Belges à St Tropez

The largest national holiday event beyond Belgium's borders, by the water's edge in St Tropez! Enjoy Olivier Saxe's new concert on an innovative 100m² stage and an exceptional walking buffet. **July 21, 20h00 onwards.** www.21-7.be



Tanz im August

Dance in August in Berlin is the most important dance festival in Europe. Since 1989, it has showcased a wide range of contemporary dance, including inter international dance stars as well as experimental choreography and new aesthetics and formats. **16-31 August.** Berlin. www.tanzimaugust.de



PHOTO: BALTASAR GARCIA



Pamplona Bull Run

The highlight of the annual San Fermín fiesta is the *Encierro*, the running of the bulls, when young men brave the narrow streets to flee the rampaging creatures – and the party lasts all night. **Until July 14.** Pamplona. www.turismo.navarra.es

Soup Point: bridging the gap



With budget cuts across the country, an association has stepped in to help refugees who have just landed

Soup and Information for Asylum Seekers

At the Flemish Refugee Action's soup kitchen (Soup Point) volunteers offer soup and information to asylum seekers who have just arrived in Belgium. This first warm welcome is crucial for refugees who have fled from war, violence or persecution. At the Soup Point they find a moment of peace. They can take a pause and get the correct information, such as preparing for their first contact with the authorities and making sure they have a lawyer helping them, before starting the complicated asylum procedure. It welcomes 80 to 100 asylum seekers every day of the week.

Many international professionals come here and to other countries – of their own free will. They have new jobs. New adventures lie ahead. Refugees don't have this choice. They are on the run to find a safer place to live, for themselves and their family. You can reach out and help them start a new life.

Support the Soup Point financially

For only €40 we can offer 20 asylum seekers soup and bread at the Soup Point. You can help with a financial donation to the Flemish Refugee Action (Vluchtelingenwerk Vlaanderen) IBAN: BE96 0011 5598 8305 with the reference "soup kitchen together magazine". Donations from €40 euro are tax-deductible, and we also welcome corporate sponsors, who can help us expand and improve our services.

Give asylum seekers a bowl of soup

Come with your colleagues and help the soup kitchen during your lunch break, by serving soup, doing the washing up and providing asylum seekers with information. You can pick a weekday between 12h00 and 13h00 and decide how often you come. Soup Point provides training and support

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