

SEPTEMBER 2013 #41

Together

magazine

**BACK TO
SCHOOL**

**TO BEAUTIFUL
KNOKKE**

**THE MYSTERIES
OF PHNOM PENH**

**I'M A CELEBRITY
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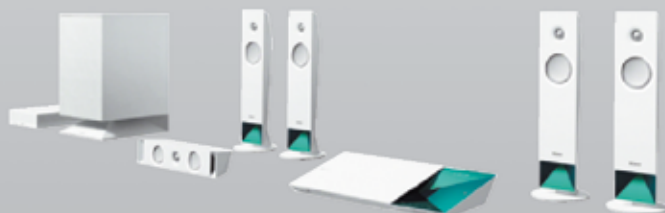
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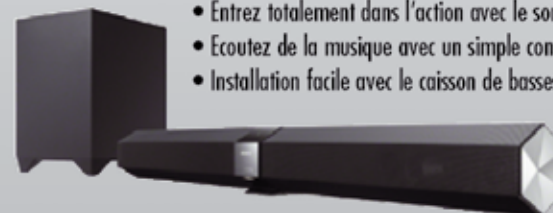


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Editor's LETTER

ON SEPTEMBER'S STAGE

For many, September brings with it a fair degree of trepidation, especially for those little mites taking their first tentative steps across the school's threshold.

Starting a new school year for older kids can bring on a similar trauma. A new teacher (the same teacher?), perhaps new classmates and certainly a new, tougher curriculum to face as we climb through the school ranks.

Likewise, for grown-ups who know how to soak up those few weeks of sun and respite from the workplace, there are demons to be faced. Half-yearly reviews loom, perhaps a new boss with new ideas or, worse still, a new broom for a clear-out.

Stage fright, we call it. Many a fine actor has frozen on the boards, that first line of dialogue stuck in the head, unable to quite reach the larynx and knock 'em sideways.

If we have never felt what the French call 'le trac' and their Flemish counterparts 'plankenkoorts', then we haven't felt the kind of nerves that make the heart skip a beat, like when we fall in love – and in that case, we might as well not have lived at all.

Paul Morris
EDITOR



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ON THE COVER



JACK NICHOLSON
*As photographed
by Stephanie Cornfield*



P46 FASHION:
Cottage kids



**P73 BEAUTIFUL
KNOKKE**

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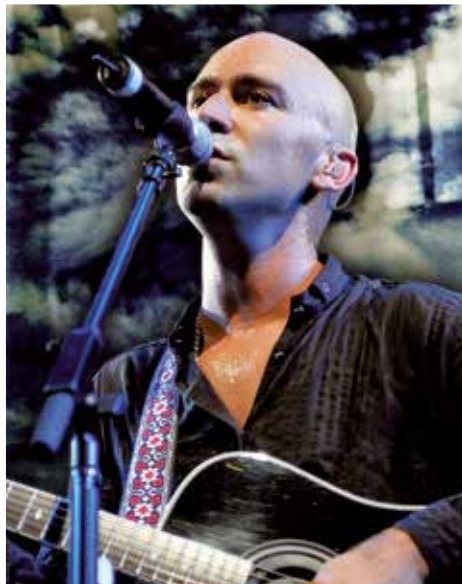
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Starring in BELGIUM



Ed Kowalczyk

Kowalczyk is the charismatic singer from American band 'Live'. *I Alone Acoustic* is the title of the tour, with songs from album *Alive* and the EP *The Garden*. Ancienne Belgique.

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Tom Odell

New rising star of the British stage, Tom Odell wowed the world with his song *Another Love* from his first EP titled *Songs from Another Love*. **5 November.**

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Another legend lives again. Following a blazing comeback in 2010, Brett Anderson and his band present us a new album *Bloodsports* ten years after the release of their previous album.

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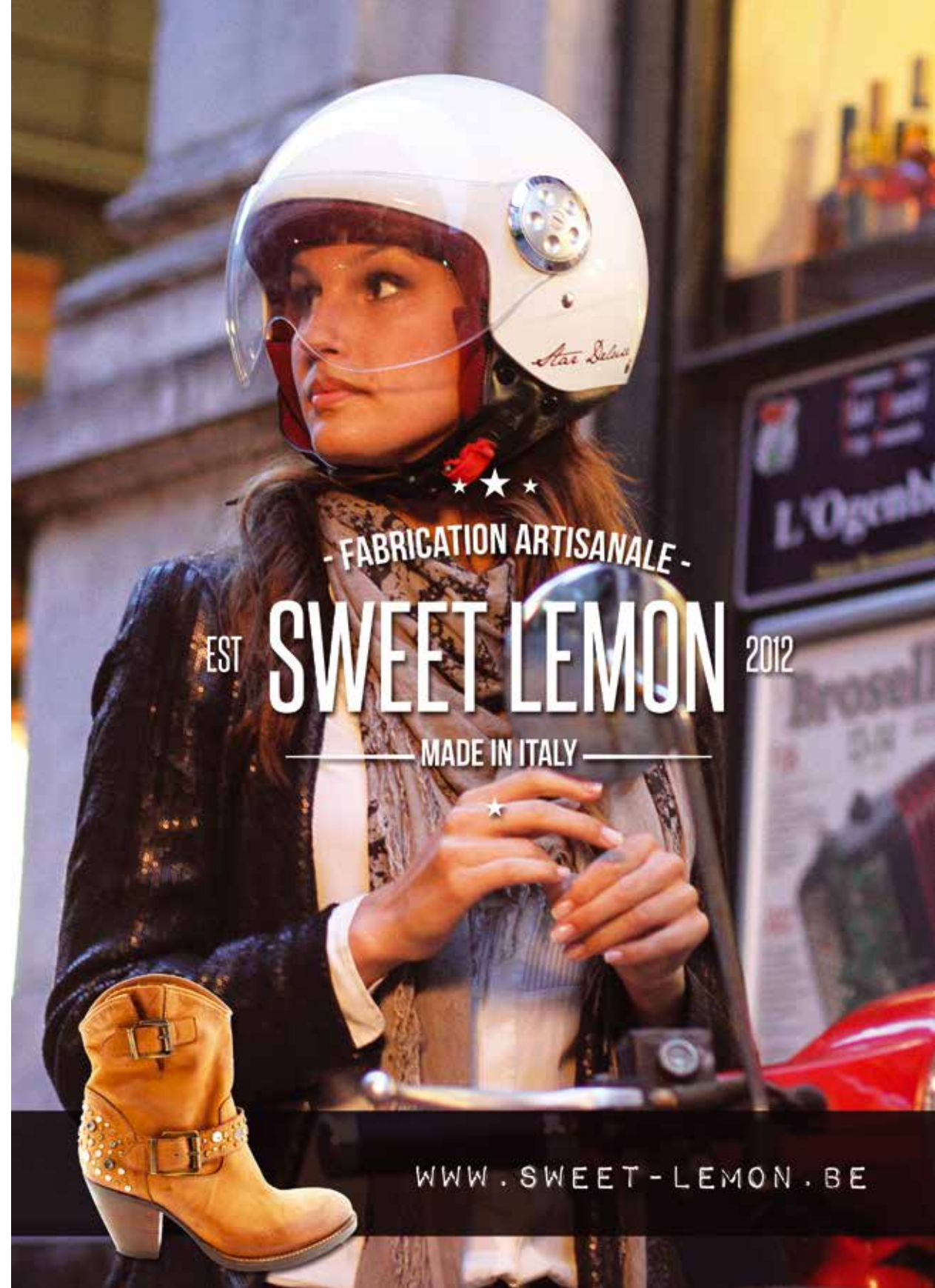


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PERSONAL DEVELOPMENT

*"There is no intensity of love or
feeling that does not involve the
risk of crippling hurt."*

William S. Burroughs





“ VOW TO
ESTABLISH
HEALTHY HABITS
WITH THE HELP
OF A TRAINER ”

Personal trainer
Patti Bruns kicks the
Top 2 killers into touch

Beating the odds

Let's be honest, we all skip the fine print sometimes, and most of the time we get away with ignoring the information in six-point font. But when it comes to our health, the details can make or break our quality of life. Which is why, now that you are back from the beach, vowing to get back to the gym, your first stop should be an annual check-up with your doctor. Discuss the results with your physician and take that information to your personal trainer. Sounds like a lot of work before your first set of bicep curls? Here's the thing, the size of your biceps is the not best measure of the two health risks that pose the greatest threat to your long-term wellbeing: cardiovascular disease and diabetes.

Test results can be scary, but rest assured, most of the time they come back perfectly fine. The key to ensuring that you live your best life is to have baseline information so that you can spot potential health risks early. Tracking test results over time can help you, your doctors and your trainer develop effective programmes to reduce your risk of cardiovascular disease and avoid the onset of diabetes. Let's take a look at the two biggest health challenges of our time and discuss how we can avoid becoming just another statistic.

Heart healthy

Cardiovascular diseases, mainly heart attacks and strokes, are the leading cause of death worldwide. Furthermore, evidence is showing that the numbers are rising. Genetics, socio-economics and environmental factors play a role in determining individual risk, but healthy lifestyle choices are essential to keeping your cardiovascular system happy.

Obesity, poor diet, inactivity and smoking create

PERSONAL DEVELOPMENT

Fitness

inflammation within the cells lining the arterial walls. This inflammation, or plaque, reduces the volume of oxygen and nutrient rich blood carried away from the heart to organs and muscles. Eventually, plaque breaks away from the wall of the artery, choking off the supply of oxygen rich blood to vital organs. Heart attacks are the result of blockages in the heart and strokes are clots blocking blood flow to the brain.

The great news is that you can dramatically reduce your risks through early detection and by educating yourself about how to stay heart healthy. Speak to your doctor, do the necessary blood work and perform a cardiac stress test. The results will provide you with an excellent baseline to guide healthy lifestyle changes. Working with a personal trainer to ingrain these positive behaviour changes, including an exercise regime and healthy diet, is a highly effective way to ensure your best years are still to come.

The skinny on sugar

Fact: Your brain runs on sugar. It must get a constant supply of glucose, the form of sugar found in the bloodstream, as neurons cannot store this precious fuel.

Fact: The World Health Organization states that 347 million people worldwide have diabetes, calling it an emerging global epidemic, linked directly to rapid increases in obesity and physical inactivity. Children account for almost half of newly diagnosed cases of Type 2, or non-congenital, diabetes.

The question is then, how to we balance the need for glucose to fuel our brains and bodies with our desire to stay fit and healthy? The answer lies in balancing our energy needs with whole foods that provide sugars that are slowly released into our bloodstream. In short, simple sugars are the bad guys!

Think of it this way, complex carbohydrates, found in natural foods, contain long chains of sugar molecules that break down slowly. This is time-released sugar and should be our main

source of carbohydrates. Simple carbohydrates, found primarily in refined foods, are short-chained molecules and break apart quickly. It is the equivalent of injecting sugar directly into the bloodstream. When eaten, your body instantly responds by releasing insulin, sending the message to strip this influx of energy from the bloodstream for later use. The brain isn't getting the energy it needs, and your body begins to store excess fat. After years of overloading your body with simple sugars, insulin receptors begin to malfunction and become resistant to the hormone. If this happens, you need to begin injecting insulin to maintain safe blood sugar levels.

Type 2 diabetes increases your risk of cardiovascular disease by 50%, can cause nerve damage, blindness and kidney failure. This all sounds pretty dire, especially when you consider that simple lifestyle changes can prevent ever getting the disease in the first place. The prescription is simple, maintain a healthy body weight and engage in at least 30 minutes of moderate-intensity activity on most days. Eat a balanced diet made up of whole foods and reduce the amount of refined foods and drinks you consume. Eliminate nicotine and moderate alcohol intake. Once you get the all clear from a simple blood test, speak to a qualified personal trainer about making these healthy habits part of your everyday life.

The bottom line

Staying healthy requires that you pay attention to the details of how your body works and what it needs to thrive. Ask questions of your health care providers and vow to establish healthy habits with the help of a trainer. Taking care of your heart and feeding your body well will ensure that your annual check-ups continue to be 'no sweat'. So forget about beating yourself up over skipping your last workout before you left for the beach and remember, it is what's inside that really counts! ❶

Patti Bruns is a Personal Trainer at Aspria Royal La Rasante
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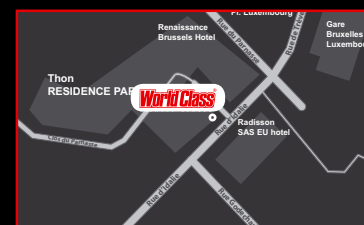
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What to do when you plateau

Life Transformation Mentor
Natasha Black offers a
six-point plan to get you
back on track

Everyone at some point on their personal, spiritual or business growth journey will plateau. In some instances, the plateau can be recognized and received as an absolute necessity and an essential part of your continuing journey, as it is the point where you get to reintegrate what you've learned, recharge your batteries and re-evaluate where you're at.

In some instances, the plateau can be experienced as being stuck, spinning your wheels, going nowhere fast, despite all of your efforts to move forward, trying to get the results you want. This type of plateau experience can feel pretty yucky and demeaning.

The truth is whichever way you look at the plateau, you can deal with it in exactly the same way and turn it into a self-serving opportunity that leaps you forward in more than one aspect of your life.

The way I've learned to deal with the Plateau is to R.E.T.R.E.A.T., and I learned it as recently as last year when I found myself in a desperate place trying to take my business forward but instead spent a lot of time doing stuff that didn't work out. Yep, I was in that spot that kept me from spreading my wings as far as they could go and instead left them feeling clipped and useless. I was going nowhere fast.

In this article, I want to share with you an idea that you could put into practice right now, if you find yourself standing on the plateau.

**“ GO DEEP
UNDER THE
SURFACE AND
PINPOINT
WHAT IS
REALLY
MISSING FOR
YOU ”**



This idea is to R.E.T.R.E.A.T.

Reality: Check in with what's showing up in your Reality. Is it what you want? If it isn't, take the next step.

Expression: Is this Reality an Expression of who you really are? If it isn't, take a look at what's missing? When you've identified this, take the next step.

Truth: What is the Real Truth of what is going on? Go deep under the surface and pinpoint what is really missing for you. For example, you may have identified that you no longer enjoy your job and it's making you unhappy. When you look at the real truth of what's going on under the surface you realise that you want to take on more meaningful work. From there you can uncover the Truths aren't Serving You. Such truths could be that you don't believe you have any other skills or talents or you know what you want to do but you don't believe it will bring in the income you desire. From here, you can go to the next step.

Remember: What is really being called of you. As a participant in this thing we call life, are you supposed to stagnate, to stay where you are, as you are? Or is life about evolving?

Execute: If it isn't to stay where you are or as you are, get rid of that which isn't Serving You. This can be easier in some circumstances than others, just remember this is your life and it isn't a dress rehearsal, you only get one shot and once it's gone, it's gone!

Ask: For what you want from Yourself, your Higher Self/Soul, The Universe/God. Believe and know that you can have the life of your dreams, all you have to do is find the right people to help support you and guide you. And finally, once you've gone through this process, take the last step...

Take Time Out: Retreat

The most important and valuable piece is to Take Time Out: Retreat. In situations like these, most people feel the need to keep on doing. This also used to be a big part of who I was.



As a Doer and a Go Getter, I found it difficult to not do something. It made me feel lazy and unproductive, but most of all, I believed that if I wasn't doing then I simply couldn't expect to get the results I wanted! Does that resonate with you?

So last year, when I hit the plateau, I unconsciously went into R.E.T.R.E.A.T. From there, I took time out of my business to get to grips with where I was at and where I wanted to go.

I deepened my retreat, took three-and-a-half months off work and immersed myself in 'Being'. I woke up every day at 5am, did up to two hours of Spiritual Study and Meditation. I journaled, walked in nature, did kundalini yoga and best of all, I allowed myself to breathe by taking the pressure completely off me to make my business work.

Within a very short space in time, everything I

needed and wanted to manifest was coming to me thick and fast. The beauty being that most of the time, I wasn't consciously 'asking' and exactly what I needed was being delivered to my doorstep.

I wasn't 'DOING' anything in the traditional way and I was getting results! In particular, unexpected cheques in the post and a house sale (which took two years to happen AND we sold it for much more than past offers we were accepting).... the cash I needed to support my 'Being' was promptly being delivered to me. How about that?!

By the time I came back to work, the shift in me was so huge my business began to soar and I started to make a profit, one which I could visibly see in the business bank account.

And it wasn't just my business that took a leap, it was my personal life too. We moved to a much bigger house in a beautiful, quiet area, and I fell pregnant for the second time without 'trying' (it took 20 months to conceive our first child).

For the first time in my life, I really got to experience what it was like to truly 'Be' and see my life sky-rocket at the same time.

My Mindset had shifted in many positive ways. My Soul had been fed the Spiritual food it desperately needed and I had allowed my Magic and Sparkle to unfold in the most natural way. It felt and still does feel fantastic.

What I came to realize is that we, as a society spend so much time 'doing' that we've forgotten how much we desperately need to take a step back from the hustle and bustle of normal life to take a look at what we really want out of our lives. Hitting the plateau is one of the ways that we are guided to take that time out. How about you, has your life plateaued in some way that is calling for you to R.E.T.R.E.A.T.? 🕯

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Sensual seduction: The lightest of touches



Kimberley Lovato
delves into the past
to find a memory that
sums up the gentle
art of seduction

Let's face it – love and lust make the world go round. Twenty years ago, I was on a date in a bar in San Francisco. It was a typical weekend night, with nondescript music and the din of chatter, the soundtrack for a crowd of twenty-something hipsters scattered underneath soft lighting in the hue of red.

In the corner, a couple, older than most there, caught my eye. The woman was in a black sheath dress and heels; elegant; her golden haircut in a modern bob that whispered at her collarbone. The man she was with was also smartly dressed, in a jacket and button-down shirt. They were obviously not on a first date; they seemed too comfortable for that, swivelling easily between conversing with one another and those around them. Despite the fact there were dozens of other people in this bar, these two transfixed me.

Class kiss

Then, the man did something I still remember to this day. While his date was talking to someone else, he moved in behind her, gently slid her hair out of the way with two fingers, leaned in, and kissed her on the top of her shoulder. He lingered there for just a second more, eyes closed, as if taking in the smell of his lips on her skin. It was over in five seconds but, two decades later, I am still thinking about it.

There was something extremely provocative about the scene. My secret (not any more) voyeuristic tendencies aside, I was totally aroused. This seemingly simple act awakened an emotional response in me that I couldn't understand until I was much older, but at that moment, I knew I wanted to be THAT woman being kissed by THAT man.

That was the start of understanding my own desires. My date, more the knuckle-dragging, mouth-breather type, was not that guy. He left in a cab.

Pointless pointers?

When I did a casual search on the internet for 'seduction', I was bombarded with 95 million options, the majority of which were techniques on how to seduce a woman. Ridiculous headlines I came upon: Looking to get a woman naked? (Yeah, that'll work), Fast Seduction 101 (fast and basic – that sounds fun), and my personal favourite, Seduction Labs For Men (nothing says 'I want you' more than being likened to a biology experiment).

And the pages went on and on and on along these lines, offering pointers on anything from what kind of flowers to bring to pick up lines that work! It's safe to say, there is a lot of bum information out there, but more frightening is the prospect that a lot of people actually arm themselves with this gibberish – and use it!

I mean, come on – are there really women who fall for 'mood' lighting and a romantic comedy soundtrack, or who swoon at the line: "You must be the reason for global

warming because you're hot"? There probably are, and good for them – whatever works! And it must be working, otherwise how can you explain the thousands of cyber-tomes out there dedicated to teaching seduction techniques that seem better suited for a spoof of The Bachelor? For me, seduction is more of a subtle art.

Simple and sensuous

Gentlemen, ladies, I am going to make a sweeping generalization – seduction is not about the sex, it's about the sensuous. A touch; a scent; a lingering, unexpected kiss on a bare shoulder; a taste. Igniting the five senses is key to seduction. Make the other person feel as if he/she is the only person in the room at that particular moment, and you have yourself a potent intoxicant. More often, it's not the formulaic words and clichéd settings that seduce, but rather the simple and sensual gestures bestowed when you think no one is watching, or maybe when you know everyone is, that deliver the ultimate aphrodisiac.

Just ask the woman in the sheath dress who was kissed on the shoulder. She felt it too. I saw it. She looked back at him with a sly affirmative smile, took him by the hand and led him from the bar, no doubt to a night they'd never forget.

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Paradise lost

Looking for a home-from-home in the sun, either permanently or for rental? Look a little closer, warns **James Drew** – there may be risks aplenty attached to acquiring your dream abode.

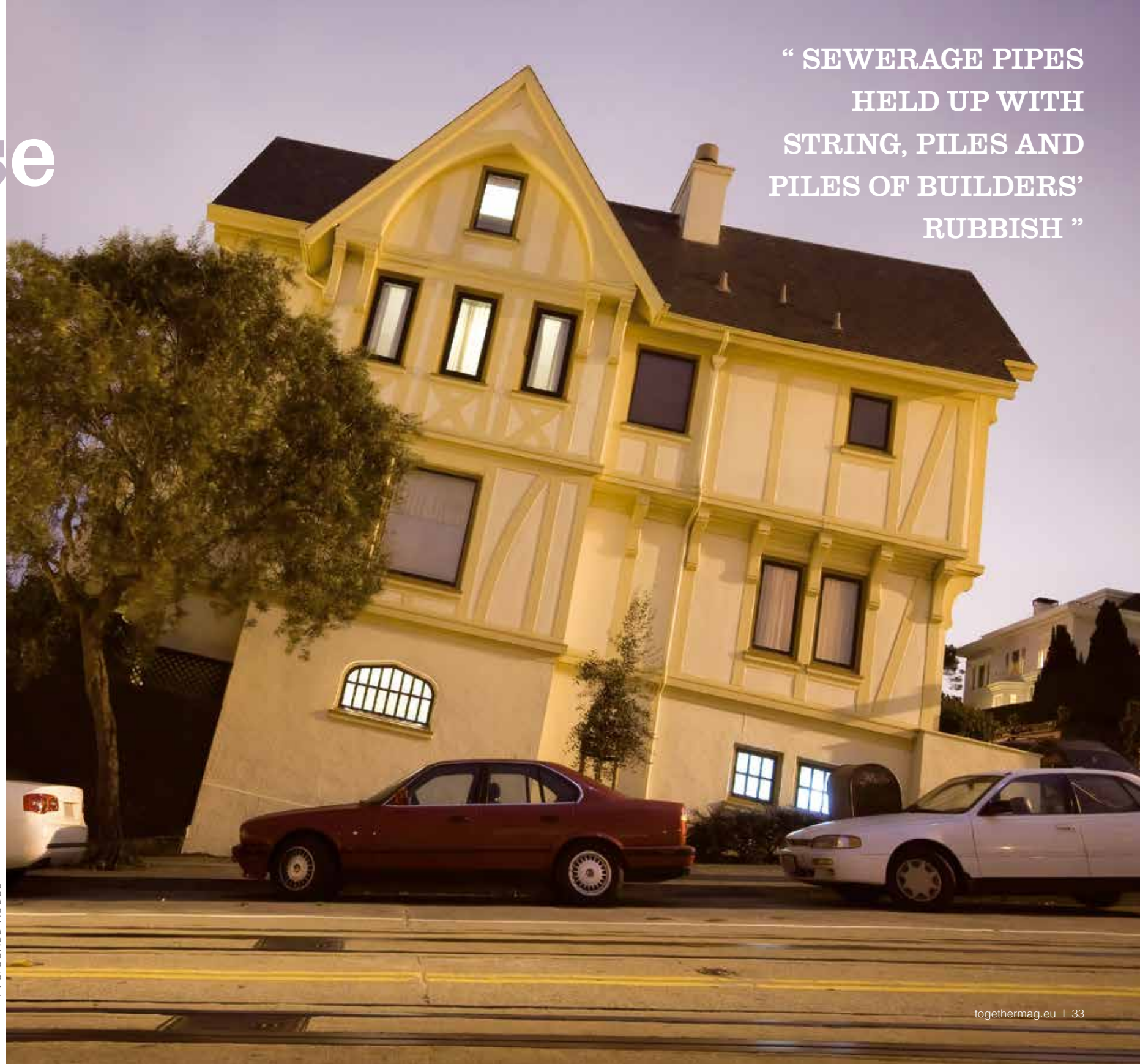
You've dreamed of it for years, you've forsaken summer holidays for the chance to put just a little more away, because you want the chance to build your own second base in foreign climes – a dream holiday home that's all your own, or a rental property that you just can't help coming back to.

And so, you're ready to sign on the dotted line but, a very friendly word of advice – beware.

Take the case of a Spanish building firm, which shall remain nameless, who were responsible for a litany of property crimes, according to Judith, 38, from Birmingham, who bought what she thought was to be the holiday home of her dreams in Alicante, Spain, in 2007.

She told *Together*: "Most of the homes built in the area were built on bedrock, with plenty of concrete laid down, but our company used concrete panels, which were welded together at certain points! If, like we did, you decide to investigate around and under your property, what an eye-opener! Sewerage pipes held up with string, piles and piles of builders' rubbish, including sardine tins and beer bottles. There has always been water under our house, which has had to be drained out on numerous occasions in the past – around five years ago, the owners of the building at the bottom of the hill took the company (which also built our property) to court over subsidence – they won

“SEWERAGE PIPES
HELD UP WITH
STRING, PILES AND
PILES OF BUILDERS’
RUBBISH ”



A crooked house

their case (we heard) but the company put in an appeal and it is still pending. And, in our area of the complex, the last houses on the right hand side all have their steps/walls coming away from the house, and ours look very likely to follow suit!"

And Carol, 42, from Devon, may not even be able to get into her property or see her hard-earned cash again: "I am one of several people to have purchased an apartment on a complex in Yalikavak, Turkey, without ever having been able to acquire the title deeds. We have now been informed the builder has gone into liquidation, owing money on these properties, which are to be put up for auction in the near future. So where does that leave me, exactly?" Such cases tend to highlight incompetence and simple bad luck, rather than outright chicanery, but beware – there are more than enough fraudsters to go round. Holiday rentals sites appear to be prime targets for deception. If you are you planning to book a villa or cottage this summer, be very aware that numerous parties have been defrauded of thousands of euros, either as victims of completely fictitious property listings, or legitimate property listings being hijacked and emails intercepted. In addition, those paying money by cheque or bank transfer should be aware of the lack of consumer protection that exists when booking a holiday cottage – the UK's National Fraud Intelligence Bureau has recently warned that fake villas and apartments accounted for a third of total holiday fraud losses.

John, 36, who lives in Torquay, lost more than £3,600 when he booked and paid for a large cottage in Dorset he found on a holiday rentals website. "I had previous, complaint-free experience of the company, so I completed the online inquiry form as usual, requesting if the house in question was available for Easter," he said. "All relevant details, such as name of the owner, telephone number, mobile number and a space for email contact by email were all provided."

He thus sent an email through the (seemingly secure) rentals site to what he believed to be the owner of the property, then received

"NUMEROUS PARTIES HAVE BEEN DEFRAUDED OF THOUSANDS OF EUROS"

confirmation that the house was available, and was further informed that if the full bill was paid up front, he would receive a discount. "Everything seemed fine. A contract using the owner's name and various other forms were sent through to me asking for payment to be made to the owner's accountant," he added. So, he made the full transfer from his bank to a Lloyds TSB account in London. After a promised confirmation email failed to arrive, and follow-up emails that he sent brought no reply he contacted the owners, and was horrified to discover "that they had absolutely no record of the booking or my money transfer, and they were genuinely shocked, as they had let the house frequently in the past with no problems". The rentals company was sympathetic, but this was precious little consolation to him, as the company has declared that they are taking no responsibility, claiming that the owners' email must have been hacked and it was therefore not their fault.

"They do not appear to be in the slightest bit interested in finding out what happened, despite it being their website that was used and abused, and that one of their customers is now out of pocket to the tune of £3,600," he said, angrily.

Of course, such cases highlight the worst that can happen, and more often than not holiday purchases and rentals go without a hitch, under the auspices of immaculately professional providers. But it does no harm to keep a fair-weather eye on exactly what is being promised, how it will be delivered, and who has the absolute final say. Get in touch with everyone in the chain – and make sure you are absolutely sure before you sign or pay anything at all. ●

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Paradise found

A second home amid French vines



Linda A. Thompson looks on the bright side of buying a piece of paradise

Who hasn't dreamt of a holiday home, a little piece of the Provence to call their own? If second homes continue to have enduring appeal, it is because they offer the best of both worlds – the thrill and novelty of a vacation destination coupled with the comfort and ease of your own private home.

Vacation homes do away with the hassle of travel arrangements and accommodation choices that can leave you exhausted before you've even left the house. The Ardennes or the coast? A bed and breakfast or a camping site? Breakfast only or the all-in formula? And what about the dog?

You don't have to worry about all those things with a second home. You make those choices once, carefully, deliberately and slowly. And then you enjoy the fruit of that labour for years to come. Imagine jumping into the car one early Friday afternoon and – just hours later – watching the sun set from the balcony of your seaside apartment as you sip a cool iced tea. That's the wonder of vacation homes – the slower pace of the coast or the countryside's fresh air is always just a couple of hours away – a place of respite and recreation forever within reach. You won't ever have to compete with throngs

of other tourists for a room in that five-star hotel, or worry if the rustic mansion you're on your way too won't turn out to be a scam. With a vacation home, you get exactly what you bargained for – no surprises. Think of a second home as an investment in your happiness – a lifetime's worth of happiness. Who knows, maybe one day you will even choose to make your second home your primary residence and retire there.

I know a friend whose parents own a seaside apartment that was left them by their own parents. My friend spent countless weekends there – first with her family, later with her high-school girlfriends when she threw sleepovers. Now, she goes there to escape the Brussels hustle and bustle with her current partner. My friend and her parents share that apartment with a handful of uncles and aunts, and each family can 'book' the apartment and enjoy the go-karts, fresh sea breeze and ice-creams-cum-waffles all year round. It's a great way to share the happiness, sure, but also a good solution to split the cost of upkeep, and it beats renting out to strangers.

Though that shouldn't be your main concern, second homes can also be a great financial investment. In fact, vacation homes are an investment you can't really go wrong with. Even if you end up spending less time there than you thought you would, you can always rent out the place until you get more opportunities to use it.

Henkjan Prins is the organizer of Second Home International, an exhibition devoted to vacation homes. Here is his advice to those looking for a second home.

**“ MAYBE ONE DAY
YOU WILL EVEN
CHOOSE TO MAKE
YOUR SECOND
HOME YOUR
PRIMARY
RESIDENCE ”**

Don't just Google

"You can find a lot of information on the internet, but there are a lot of people selling property there who don't know most of the Belgian market's rules and regulations."

Think about location first

"You have to have a click with a certain region. If you don't like the Spanish market, you're not going to buy on the Spanish market. That's the first step, to look at what region you're interested in buying in."

Decide what kind of buyer you are

"Do you see this only as a financial investment? Do you want to rent out the place? Do you want use of it for your family exclusively? These choices will determine what and what not to buy."

Seek out advice from the well-informed

"It's very important to get the right information. If you're interested in buying in Spain, it's good to do business with somebody who knows the Belgian market as well as the Spanish market."

Take your time

"A lot of people jump in too fast. You have to find your bearings, see what the price ranges are. That's why most buyers usually take at least a year before they buy a second home."

Compare

"If you buy a television on the internet or you go to a shop, you always compare prices. Here you're talking about an average of €275,000 to buy a second home, so that's a lot of money. And sometimes people don't seek out enough information. You always need to compare."

A PLACE IN THE SUN

Paradise found

A piece of paradise



Find your weaknesses

"It's also very important first to listen to the market and see where you need more information, whether it's fiscal or financial – what are your possibilities?"


Don't just go there

"Get in touch with professional real estate agents and developers before you simply go to France or Turkey and start searching there."

Think about Austria

"A country that's definitely coming up very fast is Austria. People think about the Austrian market as a very stable market. For Belgians, it's very easy to get there by car; you can even fly there with low-budget airlines. And the rental periods are very long; people rent it out throughout the summer and winter so they get a very high return on their investment through the rental income."

Go for it

"Now is a really good time to think about buying a second home. The simple reason is that you don't get much of a percentage on your savings account. If you buy a second home and you rent it out, it's possible to get four or even five per cent of that income." 

Second Home International runs from September 27- 29, at the Brussels Expo.
www.secondhome-expo.com

**“ IT’S VERY
IMPORTANT
TO GET
THE RIGHT
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Pictures courtesy Boucheron Paris

A PLACE
IN THE SUN

Destination paradise

Destination paradise

Linda A. Thompson
takes a look at the most
popular vacation-home
destinations in America and
Europe

Palm Beach County, Florida



Palm Beach County, Florida

The Sunshine State has always been a popular tourist destination, but Palm Beach has its very own unique charm. With 47 miles of beaches, this strip along the Golden Coast boasts no less than three stunning waterfronts.

Palm Beach has been a second home to some of the nation's most renowned families – the Kennedys and the Vanderbilts both had vacation properties here. In recent years, median home prices have dropped significantly, making Palm Beach a favoured destination with second-home owners of all budgets.

A PLACE IN THE SUN

Destination paradise



Ocean City, Maryland

Cherry Grove Beach, California

This charming fishing village on Fire Island offers amazing oceanfront views. Its main attractions are the Fishing Pier and saltwater channels that reach far inland. Plus, you can easily get around this small town without a car.

Known as a family-friendly area, Cherry Grove Beach is particularly popular with second-home hunters with children. It offers a very varied property market with everything from beach bungalows to large 1950s-style houses.

Ocean City, Maryland

The sun and surf of a 10-mile stretch of coastline and a classic wooden boardwalk have been drawing tourists to this barrier island for years. This seaside town is one of the most important sport fishing destinations on the East Coast, but is also known for its saltwater marshes, large public beaches and vibrant atmosphere.

Wedged between the Atlantic Ocean and the

Island of Wight, it offers plenty of bayside and oceanside properties at almost any price point. It's also within an easy drive from the cities of Philadelphia, New York and Washington D.C.

Marco Island, Florida

The largest peninsula island in Florida's Ten Thousand Islands, Marco Island offers secluded vacation homes on Caribbean-like sandwhite beaches, waving palm trees and all. With a subtropical climate, unspoiled parks home to exceptional wildlife and vegetation, it is particularly popular with outdoorsy types, but there are also plenty of opportunities for beach recreation, golf and shopping.

Marco Island boasts a diverse housing market with beachfront condominiums and single-family inland and waterfront homes in all price ranges. Many properties are on canals or on open water.



Panama City Beach, Florida

Panama City Beach, Florida

Panama City Beach claims to offer one of the world's most beautiful beaches. With the pristine water and splendid dunes, it's not hard to see why many residents from Atlanta summer here. The vibe in this town on Florida's Emerald Coast is also decidedly low-key and carefree.

A lower median house price than in many other vacation-property destinations has made Panama Beach City increasingly popular in recent years. Condominiums are the staple of the local property market.

Malta, Spain

This small Mediterranean island nation just off the Italian coast offers quiet retreats and a laidback lifestyle. Its other major draws are easy access from most European cities and a sunny climate. Because it is so small, everything is also within easy access.

A PLACE IN THE SUN

Destination paradise



Malta

The residential market offers both a lot of high-end and luxury properties as well as more modest traditional farmhouses. One in three buyers here are foreign and the region is particularly popular with Britons. English is both widely spoken and an official language.

Tarn, France

Named after the Tarn River, this coastal area in southern France offers breathtaking sights and picturesque villages. With easy access from Toulouse, it has long been a popular tourist destination. It is the oldest wine-producing region in France and offers plenty of outdoor recreational opportunities such as canoeing and kayaking.

The Tarn region has long had a stable real estate market with accommodation for every need and taste, and vacation home-hunters can be sure to make a solid investment.

Tarn



A PLACE IN THE SUN

Destination paradise



Bodrum, Turkey

Bodrum region, Turkey

This region known as the 'Turkish St. Tropez' has a splendid coastline that seems to go on and on. Vacation-home hunters have flocked here for the beautiful beaches with crystal-clear water, the shop-lined streets, historical attractions and panoramic scenery.

The Bodrum region has long been a prime holiday-home destination, with most buyers from Germany, Ireland and the U.K.

Marbella, Spain

Vacation home buyers looking for luxury and comfort can be sure to find something to suit them in this coastal city between the Sierra Blanca and the Mediterranean. Famed for its fine beaches, five-star restaurants and many golf clubs, this area of the Costa del Sol is very much an exclusive destination offering a vibrant, international scene.

As a second-home destination, Marbella is

particularly popular with northern Europeans. The market includes everything from colonial-style mansions to more modern beachfront homes.

Tuscany, Italy

With its rolling hills, rustic farmhouses, tiny historic towns and great food, this sun-baked region offers the very best of the Italian countryside. It also boasts many famous wineries, protected nature reserves and Unesco World Heritage sites.

Tuscany has long been a top second-home destination for those who are drawn by the particular pleasures of la dolce vita. About half of the vacation homes here are sold to foreigners, primarily British, German and Dutch.

①

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COTTAGE *Kids*

Aurélié:
Dress Annemie Verbeke
Silver bracelets Dodo

PHOTOGRAPHER:
PHILIPPE MEYSMANS

STYLIST:
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MODELS:
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Shoes New Balance

Coline:
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Shoes Aster

Aurélië:
Dress Annemie Verbeke
Panty Vëritable
Shoes Clergerie

Nathan:
Pull-over Bellerose
Jeans Ikks
Shoes Naturino



Aurélië:
Pull over Super dry
Chemise Agnès b
Casquette h&m





Coline:
Total look Bellerose
Shoes Aster
Béret Vintage Shop



Coline:
Skirt Hackett
Shirt Bellerose
Vest Ikks
Shocks Bellerose
Shoes Petit bateau

Aurelie
Dress Annemie Verbeke
Panty Veritas
Shoes Clergerie
Set silver bracelets Dodo



Aur lie:
Dress Julia june
Set silver bracelets Dodo



Skirt Hackett
Pull over & vest & cap Bellerose
Stocks Bellerose
Shoes Petit bateau



Theo:
Shirt & bow tie Hackett
Vest & trousers Bellerose
Shoes New balance

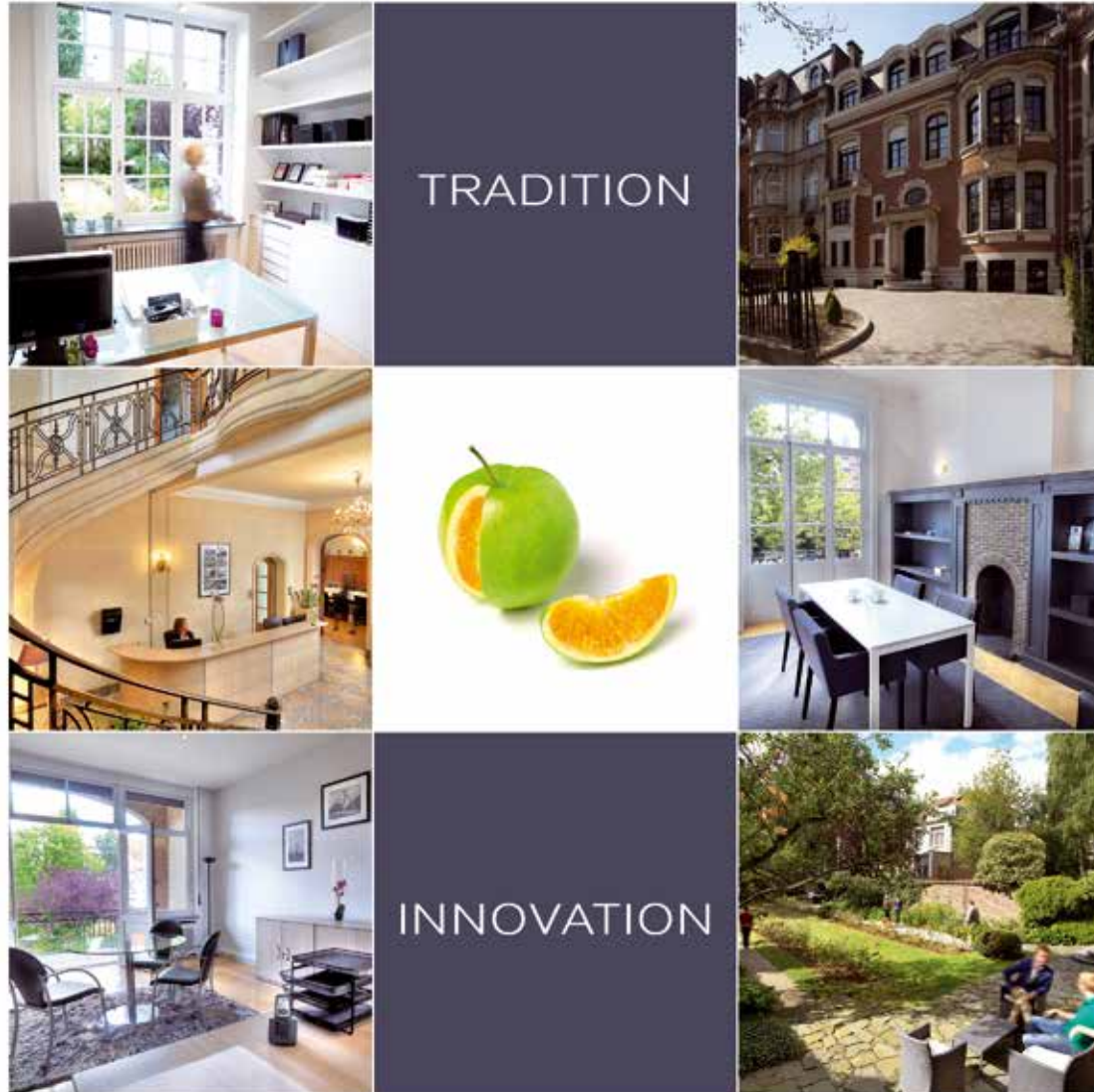
Nathan:
Trousers & gilet Ikks
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Peony Heaven

Ten years after Nuxe launched its anti-aging Nirvanesque range, one jar is sold every 18 seconds throughout the world. But that is no reason for founder and CEO Aliza Jabès to rest on her laurels. Instead, the original formula gets a boost. "Just like my father who was a pharmacist, I believe plants are the best medicine. And when it comes to anti-aging, Nuxe likes to look into flowers especially", says Jabès.

Peony, blue lotus and mallow is the winning trio in this particular instance. Nirvanesque targets early expression lines and the idea is to reduce their appearance but also to work on the mechanisms that bring them about. "Floral neuro-cosmetics" is what Jabès calls it as active ingredients influence the neurotransmitters to emit less stress signals and prevent muscular contractions. That's the secret behind the Nirvanesque "Botox-like effect" Jabès continues and the key to its continued success. In pharmacies.

Nirvanesque Light for combination skin, Nirvanesque for normal skin and Nirvanesque Enrichie for dry skin (50 ml, €36.90) Nirvanesque Yeux (15 ml, €24.90)

* www.bobbibrowncosmetics.com



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www.moet.com

I'M A CELEBRITY

"It's good to be able to go to them, to their homes, where they feel comfortable." Stephanie Cornfield

Tsui Hark



Shooting stars

Paul Morris talks to photographer
Stephanie Cornfield

© Photos by Stephanie Cornfield

“I went to the first Gulf War, to Israel, with my then boyfriend who was a war reporter,” says Stephanie Cornfield. “In fact, I was really thinking of being a war reporter but it wasn’t for me! I wasn’t strong enough psychologically.”

Since then Stephanie has gathered an impressive portfolio, gaining entrance to the homes of Hollywood stars and capturing their essence. Hollywood is in her blood since her father was a film director, her grandfather was the head of 20th Century Fox in Europe and her great-grandfather was one of the pioneers in cinema in central Europe. She has photographed luminaries such as Jack Nicholson (gracing this month’s cover), David Lynch and Kirk Douglas. “It’s good to be able to go to them, to their homes, where they feel comfortable. They are more at ease than they are under the paparazzi cameras.”

Stephanie holds dual citizenship, French and American. She’s of mixed origin, French-Italian on her mother’s side, and Greek-Russian-Romanian on her father’s side. Having studied political science at an American university in Paris, photography came along and, by accident, took her career in a completely different direction. “I was a nightlife photographer in Paris, London and New York, taking pictures of the underground scene. I took pictures of drag queens and druggies and I loved it, then I became the staff rock photographer for a magazine called Best. I once met Iggy Pop and got to hang out with him and the band. I really loved him.”

She opens her life’s work in thick folders – at least as much as she could carry on the Thalys

that brought her from Paris to Brussels - and begins to flick through the pages. There’s a photograph of Andy Lau (see opposite), for which she won the best portrait award at the Venice Film Festival in 2011.

“I went off the rails a bit when I was younger, I was a party girl. I had lost my way and by pure chance I came across a long-lost uncle, Bernie Cornfeld, and he invited me to stay at his place in London. He put me up and was very generous. He opened up a whole new world and got me into all the best places!” She laughs at those memories. “A few years later, I went back for a while because that’s where I felt safe.”

She has always been caught somewhere between two worlds, the Christian and the Jewish. “I have always been very aware of it. So, I’ve always been comfortable in both worlds, in fact anywhere.”

She has taken a place in Mumbai to break into the other showbiz ‘wood’: Bollywood. “I really like the challenge. I’m out of my comfort zone, making new contacts in a place that’s culturally very different to what I’m used to.”

As she opens the next folder her eyes light up. These are images from Maha Kumbh, the meeting of the holy men in Allahabad, India, attended by 100 million people. “I went to Haridwar for the Kumbh Mela. I also took pictures at a smaller Mela - only 20 million people! It’s like it wasn’t real, like it didn’t happen.” Sure enough, these saffron-robed pilgrims appear to be no more than ghosts drifting through the morning mist; ephemeral beings soaked in dew but somehow captured for eternity by the lens of Stephanie Cornfield. ❶



David Lynch

Andy Lau



Kirk Douglas



Alba Rohrwacher

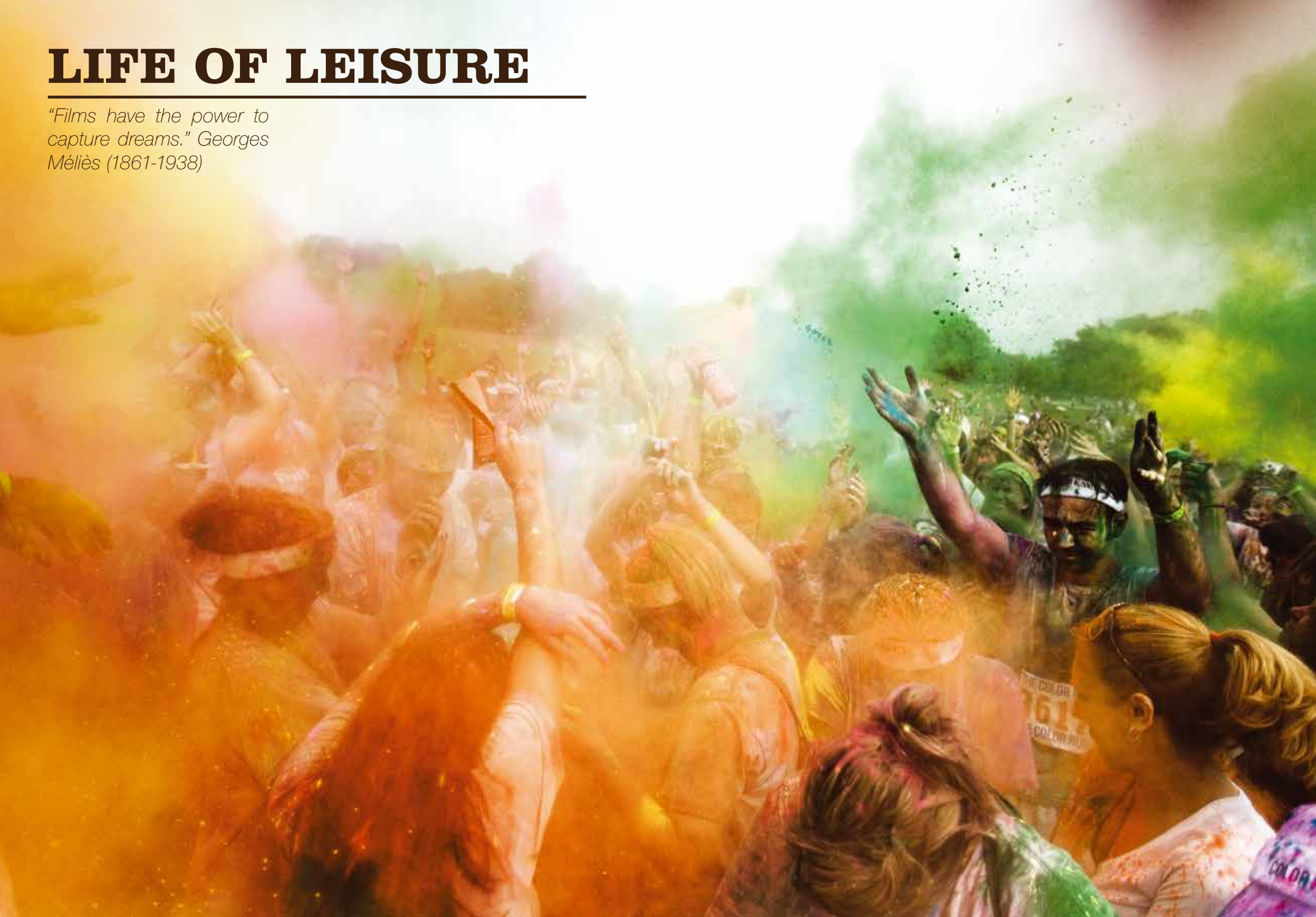


Shu Qi



LIFE OF LEISURE

*"Films have the power to
capture dreams." Georges
Méliès (1861-1938)*



Knokke: Sea, sand and Nature

Martin Banks
heads north to the
Belgian coast's
most sophisticated
resort



Sophisticated, contemporary, chic, not phrases that you'd necessarily associate with the Belgian coast.

Thankfully, there is at least one exception and that place is Knokke.

A holiday in Knokke has it all - a very pleasant coastal town with some particularly swish shopping, but one that is also close to nature,

such as the Zwin nature reserve, as well as being home to several up-market art galleries.

Even so, there are some who will still have you believe the place has little to offer beyond the chic and trendy. Don't believe a word of it.

Take, for example, the wonderfully-named 'smugglers' trail' adventure. The Dutch-Belgian border has been a sensitive



region in Knokke for centuries. First, there were the medieval pirates who robbed ships in the Zwin. Later, it was the Spanish and the Dutch who fought over it and it became the line between occupation and freedom during WWI.

Today, it seems as though those turbulent times are back: a chest containing gold ducats has been found in the Zwin. It is your task to get the treasure back to Knokke. A number of obstacles must be overcome, chief among them the border controls.

You have to find a vehicle to transport your treasure and plot a safe path between 'highway robbers', customs officers and a traitorous mole within the group.

The interactive activity (mice@knokke-heist.be) takes place on Knokke beach for teams of up to 10 people. Participants carry out six assignments and work together to achieve a common goal, making it back to the beach club

where you can count the day's profits (and have a beach BBQ).

It's all a bit of fun but illustrative of the fact that Knokke is, well, rather fun.

It's good for a day trip but for Brussels inhabitants having to negotiate the often tortuous summer motorway queues to the coast, staying over can make more sense. Knokke boasts more than 7,000 holiday rental homes alone, equivalent to a large village, but be warned: they often get booked up months in advance so renting out of season is worth considering.

Hard to believe for such a small resort but it also has over 200 restaurants and some 67 art galleries, apparently one of the highest concentrations of art galleries in the world!

After expanding so much physical and aesthetic energy you'll be in need of a hearty



meal and an excellent spot for either lunch or dinner – and there are plenty of choices. Check our Out & About in Knokke pages for some recommendations.

But, of course, if you are heading to Knokke it'll probably be for one of two (well, three) things: sea, sand and nature.

With over seven miles of sandy beach, you cannot go wrong (weather permitting) if you just want to get some sand between your toes. But if there is one thing that sets the town apart from all the others dotted along the Belgian coast, it is the Zwin, the area's biggest natural attraction.

Every year, thousands of birds alight in the Zwin to breed, hibernate or forage for food, turning it into something of an international bird airport. Species such as the little egret, the avocet or Montagu's harrier are often observed there, and it boasts its own a population of white storks.

Many unique plants also like the conditions in the Zwin. Species such as rock samphire, sea lavender, sea purslane and other typical schorre plants thrive as a result of the permanent influx of salt water. Some of these plants are almost extinct along the Belgian coast.

The same, thankfully, cannot be said of tourists, who, year after year, flock to Knokke - Belgium's very own Cannes. 📍

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Out & about in KNOKKE

One of Belgium's more famous seaside resorts, Knokke has successfully been able to blend its history as a fisherman's town with its attraction today as a prime vacation destination.

Allissa Fisher discovers that it's a wonderful place to kick back and relax.

Alexandra

As Knokke is situated right on the North Sea, it makes sense to dine at a restaurant specializing in the freshest seafood. Featuring a lovely outdoor patio area and located just a few metres away from the sea, Alexandra has been attracting a faithful stream of customers for years. Husband and wife Patrick and Chris Plovier combine tasteful dishes and a fun atmosphere to produce a memorable dining experience.

www.restaurantalexandra.be

Cuines 33

A Spanish-style tapas restaurant, Cuines 33 represents the concepts of 3 C's: contemporary, conceptual and cosmopolitan. Each creatively concocted dish on the restaurant's menu is centred on taste and made exclusively with seasonal ingredients. An ideal location to dine with colleagues or friends, Cuines 33 offers a variety of options, including a six and eight plate 'Sabour' menu for groups of five or more.

www.cuines33.be



Bristol Brasserie

Located merely steps from the sea, Bristol Brasserie is widely regarded as being the finest brasserie along the Belgium coast. With a menu laden with fresh, reasonably priced dishes and a wall of windows offering a spectacular view of the North Sea and Knokke promenade, the brasserie is an excellent choice for either lunch or dinner. Closed Wednesdays and Thursdays. www.brasseriebristol.be



La Suite

A cosy eatery that combines the charms of a Parisian bistro with a gastronomic restaurant. The walls are framed with photos of French film stars from the last century and classic French chansons provide the background music. The French/Belgo cuisine matches the decor – little wonder that former Belgian national football team boss Georges Leekens lists it in his top five restaurants. www.lasuitedbvba.be

La Reserve

Reflecting 'l'art de vivre' of Knokke, La Reserve is the place to go for gourmet dining and spectacular views. Consisting of the 'Bistro' with an open kitchen, the private 'Dinner 160'

and the trendy 'Bar 160', La Reserve has something for each group of visitors. www.la-reserve.be

Museums

Sincfala – Museum of Zwinstreek

Learn what life was like as a Heist fisherman in the early 1900's at Sincfala. Featuring an old school house where presentations are given about the education, fishing techniques and superstitions of the time. The museum also features a garden in which sits an old ship, Jessica, from 1935 and guided tours are offered to visitors. www.sincfala.be

For Freedom Museum

A tribute to the roughly 1,000 Canadian soldiers who lost their lives during Operation Switchback on 1-2 November 1944. Included in the museum, which has been in operation since 2008, are exhibits of military machinery, combat gear, and a realistic impression of Operation Switchback. Open 10h-17h Tuesday-Sunday. www.forfreedommuseum.be

Paul Delvaux Museum

With a selection of the works of Belgian painter Paul Delvaux, the museum aims to give visitors a glimpse of the joy the painter felt while working on his creations. Included in the galleries are collections of drawings, prints, watercolors and oils that display the evolution of Delvaux's artwork. Born in 1897, Delvaux found his niche in decorative painting at the Royal Academy of Fine Arts in Brussels before becoming one of the country's most iconic artists. www.delvauxmuseum.com

Shopping

Bellerose

Created in 1989 and inspired by vintage workwear, Bellerose is a true Belgian line offering stylish and unique pieces. The Knokke location offers collections for both men and women and has a fun, quirky atmosphere. www.bellerose.be

Corpo Collezione

Specialising in custom suiting and tailored

business attire, Corpo Collezione caters to the taste, size, and personality of each client. The brand has three lines: Trendy, Casual and Classic Business, creating a well-rounded and well-respected collection. www.corpocollezione.com

Mason's Store

Always a step ahead of the trends, Mason's Store offers 'Must Have', a unique shopping experience where its team screens international brands for the latest looks and concepts. Offering pieces for every occasion, Mason's store is the place to go to shop for you as well as to pick up a gift for a friend. www.musthave.be

New Paris Londres

A well-known shop among locals, New Paris Londres offers exclusive shoes, handbags and accessories. The store has three distinct locations in Knokke in which you can find different products from either their Casual, Fashion, or Luxury collections. www.newparislondres.be

Roelandt Jewellers

A jewellery store for all occasions, located on Lippenslaan. Roelandt offers a great variety of classic and modern Swiss watches and timeless gold. Younger customers are catered to as well at Roelandt Fashion Time, a trendy branch of the store located just down the street. www.juweliersroelandt.be

To Do and See

Franlis Harbor Tour

The best way to see a lively port in action, a harbour tour allows visitors to Knokke a unique and





memorable sight-seeing experience. The 75-minute trip takes passengers to the Belgian Navy Base as well as gas and wind turbines along the shore. With more than 45 years in operation Franlis offers fun, safe and memorable tours.
www.franlis.be

The Zwin

For Nature and bird lovers who travel to Knokke, the Zwin is a beautiful nature reserve located along the coast. With a variety of birds migrating through the area each year, the reserve is an ideal place to experience Belgian wildlife. The reserve is also home to a variety of vegetation that is not found in any other part of the world.
www.west-vlaanderen.be

Nightlife

Antique Café

Doubling as an antique gallery, Antique Café regularly puts on trendy and fun events. Offering drinks ranging from exotic teas to luxury champagne and featuring a variety of indoor and outdoor lounging options, the café is

an excellent choice for a unique and memorable night out. What's more, if you happen to fall in love with the chair you're seated in, chances are it's for sale!
www.antiquecafe.be

Kitsch Club

Every Wednesday through Saturday night, Kitsch Club cranks up the volume of its 80s and hip-hop music to take its visitors back in time. The club is kept modern with a contemporary and cozy atmosphere, however – it's the place to go for an uncomplicatedly good time. www.kitschclub.be

Zuri

A chance to leave this world behind, Zuri's décor transports visitors into a futuristic world of abstract whiteness that remains cozy with warm lighting and a friendly bar staff. The club's DJs leave commercialized mixes behind and opt for original beats that match the vibe of Zuri's visitors.

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Delphine Stefens headed to the Aegean to enjoy a bit of pampering in the Elounda Mare Hotel

“**T**here is a land called Crete, in the midst of the wine-dark sea, a fair, rich land, begirt with water and therein are many men, past counting, and ninety cities.” The Odyssey, Book XIX, lines 172-174. And had Ulysses actually gone to Crete, he probably would have wanted to stay there instead of going home.

Of course, nowadays, there are many tourists – past counting – and some nineteen hundred hotels. But don't let that put you off because, for those in the know, there is a beautiful oasis of peace and quiet called Elounda Mare. The first indication is that this hotel was the first in Greece – and the only one in Crete – to become a member of the Relais & Châteaux collection back in 1987. The many prizes and awards it has earned since are another.

The family-owned hotel was built like a Cretan mansion and naturally blends into the landscape. It is set in a gorgeous, well-groomed


park overlooking the Mirabello Bay with beautiful and plentiful flowers along the paved footpaths. Besides the standard rooms and suites in the main building, there are also different kinds of bungalows that come with a private seawater pool and a lovely home away from home feel. You get to start the day with a morning swim with a breathtaking view of the Aegean Sea and the distant mountains and enjoy complete privacy. And the layout of the hotel allows you to maintain that feeling of privacy elsewhere, too.

Peace can be found in the prize-winning gastronomic restaurant 'Old Mild' set in the tranquil gardens or at the Yacht Club looking out over the hotel's private sandy beach. The main restaurant 'Deck' sometimes gets a little busier but is just as pleasant. And all three restaurants share a love for fine traditional cuisine prepared with local quality ingredients. They also offer excellent Greek wines besides the international ones.



Guests of the Elounda Mare can also choose to dine at the two neighboring sister resorts Elounda Peninsula and Porto Elounda. The latter features a 9-hole par-3 golf course and a Six Senses Spa, both accessible with a free shuttle. The spa has an indoor and outdoor thalassotherapy swimming pool, a very large traditional hamam, various saunas and steam rooms, a variety of experience showers and last but not least, an extensive list of treatments among them the heavenly Holistic Six Senses Signature Massage (€110).

But there's more to the place than sports, easy relaxation and fine dining. One can also visit the neighboring colorful villages and ports or go hiking. The famed archeological site of Knossos is about an hour's drive away, not far from the Heraklion Archeological Museum with its many treasures and artifacts from the Minoan Age. Heraklion is also the airport served by Jetairfly which is offering up to five flights a week with departure from Brussels from €80 per person

each way. For more info, go to www.jetairfly.com or ask your travel agent. 

Elounda Mare Hotel in Crete, Greece: Standard twin room with sea view from €290, breakfast included. www.eloundamare.com





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Colin Moors
goes Greek in
a very fishy city
centre
neighbourhood

Another fine mezze

Around the area where you can go to get fresh fish dinners ranging from the rustic and cost-effective to the bland and eye-wateringly expensive, stands something a little different. Strofilia is a (very) Greek eatery specializing in what the Greeks do well - the mezze. Among the hustle and bustle of the St Catherine area, Strofilia tucks itself away, almost to the point you could miss it if not paying attention. I take comfort in the fact that it doesn't need to force you inside with garish pictures of food and flashing lights and simply lets the food do the talking.

For those not familiar with the mezze idea, it's basically a Greek version of tapas, in that the dishes you get are smaller than a regular dinner plate and designed for sharing. If you are anything like me, it's easy to imagine you could eat quite a few of these dishes, as they are only small. Beware though - it's easy to over-estimate. I was lucky enough to have my wife (Pam) as a dining partner, so that was no longer a problem.

We were warmly welcomed and ushered through to a surprisingly large yet cosy dining area and got started with an aperitif of Ouzo, interspersed with an earthy and salty tapenade of Kalamata olives and plenty of fluffy bread. I neglected to ask the name of the bread but it provided a delightful vehicle for the tapenade and other things to come - not too heavy and very fresh. It's lucky the bread was there, as next up was the tzatziki. Don't imagine for a second that this was the gelatinous white stuff you find in supermarkets. Dispel the idea of heavy garlic and soggy cucumber too, this is fresh and creamy, with the cucumber marinated in spices giving the dish a completely new dimension.

The now ritual battle of wills in which Pam tries to get some food before I eat it all was interrupted by the need to choose the wine. Reluctantly putting the bread down, I asked our waiter what he'd recommend, as I'm always keen to see if they know their cellar or not. We ordered a fairly eclectic food mix and were recommended the Ramnista Domaine Kyr-Yanni



2009. It transpired that the waiter did indeed know his stuff, as the forest fruits and spice of this red wine, balanced with some fairly prominent tannins provided an excellent accompaniment to some of the dishes, and a tasty foil to others.



Settled with wine, water and very little tzatziki left, the first plates came. The show opened with Ravioli de betteraves (beetroot salad), followed by Poulpe mijoté (slow-cooked octopus). The beetroot parcels were a delight, hand crafted slices of soft beet hiding a gentle sheep's cheese centre and drizzled with an olive oil and walnut sauce. Surprisingly, this was the highlight for both of us, although more good things were to come. The octopus provided the only split vote of the evening. It was slow-cooked and served with a fava bean purée, a combination I found fascinating. The flavours and textures worked well for me with the nutty bean flavour balanced against the rich sauce and the lovely texture of the octopus. I think the other 50% of the party was still irked because I settled on this instead of her beloved cod croquettes. Next time, perhaps.

Two plates to go and I could easily have just paid and left, as full as I felt but the devil on my shoulder urged me on and we welcomed the arrival of the halloumi grillé (grilled halloumi) and the one I was waiting for, the saucisses grillées (grilled sausage). Halloumi is very easy to get wrong, even if you're Greek, so it was good that it came slightly charred and still hot. The

addition of a tangy mint sauce was also a new thing to me, and something I shall be claiming as my own idea in future barbecues. The sausages were very good, earthy and slightly spicy with a real heavyweight lentil flavour to contend with. If I really had to criticize, I'd have liked a little more sauce but this is really a minor point and in no way stopped me finishing it all.



After all that food, a pudding was out of the question, although they did look very nice. Oh, OK then, but just something light. We had the millefeuille de pâte phyllo (filo pastry millefeuille) and simply had to try the baklava. The millefeuille was very lightly caramelized and stuffed with cinnamon-flavoured cream, just right for a dining partner who claimed to have no more room. For me, it's baklava all the way. This one was served with a sage ice cream which was light and carried more than a hint of sage. It struggled a little to compete with the wonderful clove and cinnamon spices in the baklava itself but the two balanced quite well.

A million miles from greasy gyros and limp salad leaves, try Strofilia for a classy take on Greek food in a comfortable atmosphere. www.strofilia.be



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Phnom Penh: Sourm sva kum

Brian Nolan
offers up some
personal favourites
in Cambodia's
capital

Four decades ago, only the most intrepid (or foolhardy) traveller or journalist who likes to live on the edge would set foot within a hundred miles of Cambodia's capital city Phnom Penh – nowadays it's the 'in' place to go for backpack tourists and for expats, who are settling down there in ever-increasing numbers.

Some say that the capital is but a stopping off

spot for trips up the Mekong to visit the temples and ruins of Siem Reap and beyond. But Phnom Penh itself deserves closer scrutiny before heading north. There is little point in booking a holiday in an impoverished region and complaining about the poverty and the heat and the choking traffic. Half of the city is under construction because this town is dragging itself out of a nightmare past - building sites have replaced killing fields.

Tuk-tuk: Remi Jouan



To find the soul, the heart of Phnom Penh, the only place to start is Wat Penh. The 'Penh' in the city's name is a tribute to 'Lady Penh', who, in 1373, legend would have it, founded the city by having a Buddhist temple built as a shrine to precious statues of Buddha she had stumbled upon in the river. Phnom means 'mountain' and Wat Penh is the town's highest spot, burning as brightly as a jewel at night.

Wat Penh overlooks the city, keeping a watchful eye on the hustle and bustle of daily life. Down there, there are other gems to be discovered. Before heading to the Tuol Sleng museum, which pays a moving tribute to those who died under the Pol Pot regime, slowly soak in some of the gentler aspects of the town - the best way of doing this in style is onboard the tuk-tuk, the leg-powered cycle rickshaw that will take you wherever you want to go, without overheating.

A few unmissable sights are:

Silver Pagoda

The Silver Pagoda is home to a great many national treasures, but all eyes are on the Emerald Buddha, a small 17th century baccarat crystal statue. This vihara is the official temple of the King of Cambodia (a symbolic figurehead).

The Royal Palace

The king lives in the sprawling buildings that make up the royal palace. Access is granted only to the Throne Hall and the Chan Chhaya Pavilion. If you're a woman, you have to properly cover yourself, or you will be refused entrance.

**“ SLOWLY SOAK IN SOME
OF THE GENTLER
ASPECTS OF THE TOWN
AND THE BEST WAY OF
DOING THIS IN STYLE IS
ONBOARD THE TUK-TUK ”**

Silver pagoda: Lymantria



Tuol Sleng Museum

This former high school was baptized Security Prison 21 (S-21) under the Pol Pot regime. The interrogation centre has been preserved and some of the walls are jam-packed with photos of some of the 17,000 souls who passed through – the Khmer Rouge kept detailed records of their torture. 30 kilometres out of town, you can round off your history by visit The Killing Field – fortify yourself with something strong before you head there.

Russian markets

If you like packed markets, head for the Russian markets, a neighbourhood which has nothing whatsoever to do with Russia but sells everything under the sun. If you're hungry, try the local fare, especially pork and rice (save that for breakfast!), excellent crab or amok, a Khmer curry with either meat or fish, suffused with lemon grass and coconut milk.

Now you have paid your respects to Phnom Penh and are ready to head off into the hinterlands beyond the city, but bear in mind you will have to cycle or take the bus since there is no train service to take you there. Or, rather, there is one – it's called the bamboo train (locally norry), which doesn't go very far and travels on a single track - when two trains going in opposite directions meet, the driver literally lifts the train off the track to let the other train carry on. Sourm sva kum: Welcome to Cambodia. ❶



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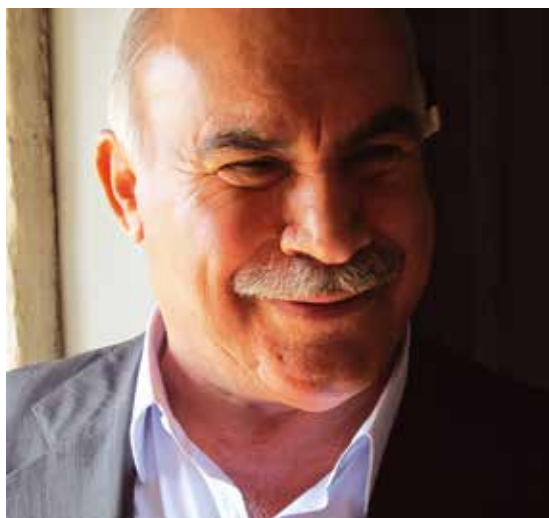
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What's On Belgium

A la croisée des chemins... (At the crossroads)

The Sol Ar offers art, music and... wine. This is an opportunity to meet with artists and enjoy a glass from a selection of wines that is renewed monthly by the hostess Patricia Pereira Marques.

Sophie Dassel presents *Poupee voor uw alleen 10 secondes*, accompanied by violinists Chika Sasaki and Agnès Serweta. **9 October 2013.**
The Sol Ar Store - Rue du Page 70 1050 Brussels.
www.thesolar.pt



Sufi Night: Morocco, Turkey and India

Sufi Night focuses on the ecstatic music of the mystical tradition in Islam. Under the leadership of Rafik El Maai, a group of the finest young Moroccan Sufi singers opens the proceedings. Ismail Cosar, Turkey's greatest Koran chanter, will be there with his ensemble. Henry Le Boeuf Hall, BOZAR.

26 October - Tickets from €10. - www.bozar.be



Brussels Accessible Art Fair 2013

The Brussels Accessible Art Fair is one of the most influential and well-attended art events in Belgium. Every autumn since 2007, BAAF invites the public to discover and buy original art directly from both emerging and established artists. It's an opportunity to chat with them about their work and gain a unique insight into the artist's world - and, perhaps, leave with a canvas under your arm.

This year the jury, composed of leading professionals, has chosen the 50 artists whose works will grace the walls of the Steigenberger Grandhotel (ex Hotel Conrad). The group is made of Belgian and international artists, each with their own unique style and perspective in various media such as sculpture, photography, and paintings. Appearing for the first time are Bart Ramakers, Carl Soete and Philippe van Gelooven. Many of BAAF's regulars return with new work, Areti Gontras (winner of MontBlanc Likes award 2012), Margaret Withers and Marcel Ceuppens. This is a one-of-a-kind event in a market



dominated by galleries and suited for first time art buyers or seasoned collectors. All works are priced between €100 and €10,000.

Proceeds from ticket sales from the preview event will go to Unicef. In addition, French artist Benjamin SPARK has generously donated one of his artworks which be presented in a silent auction that will take place throughout the duration of the event. **10-13 October 2013.** Tickets: 3-day package and VIP preview invitation: €20. 3-day package: €5.

www.accessibleartfair.com

Brussels Accessible Art Fair 2013
Steigenberger Grandhotel (ex-Hotel Conrad)
71 Avenue Louise,
1050 Brussels



© Photo Manuel de Falla

Folk Songs

Revue Blanche is a unique quartet comprising a flute, harp, viola and voice. For the Folk Songs Revue Blanche will be backed up by percussion, cello and clarinet. Organized by the non-profit association de Rand (Brussels Periphery), which operates on behalf of the 19 Flemish Rand municipalities, with special emphasis on the six municipalities providing language facilities.
16 October, 8.30 pm.

The programme is made up of:
Manuel de Falla's - *Siete Canciones Populares Españolas*,
Jacques Ibert - *Deux Interludes and Entr'Acte*
Luciano Berio - *Folk Songs*

Koloniënpaleis Paleizenlaan Tervuren
www.derand.be

COMPETITION

Together has 3x2 tickets for Folk Songs to offer our readers. Simply email paul@togethermedia.eu with the title of the main feature on our home page.



The Colour Run

The Colour Run™, also known as the "Happiest 5K on the Planet", is a 5k run where thousands of runners – all starting in a white T-shirt – get covered in a cloud of coloured powder which colours them from head to toe. Once the runner finishes the fun continues at the 'Colour Festival', where more colour powder is thrown in the air, making every runner look like a walking rainbow.
29 September. The maximum 8,000 registrations has been reached, but there may be a few cancellations.
sport.be.msn.com/thecolorrun



Wednesday, 16 October 2013, 8.30 pm
Koloniënpaleis Paleizenlaan Tervuren

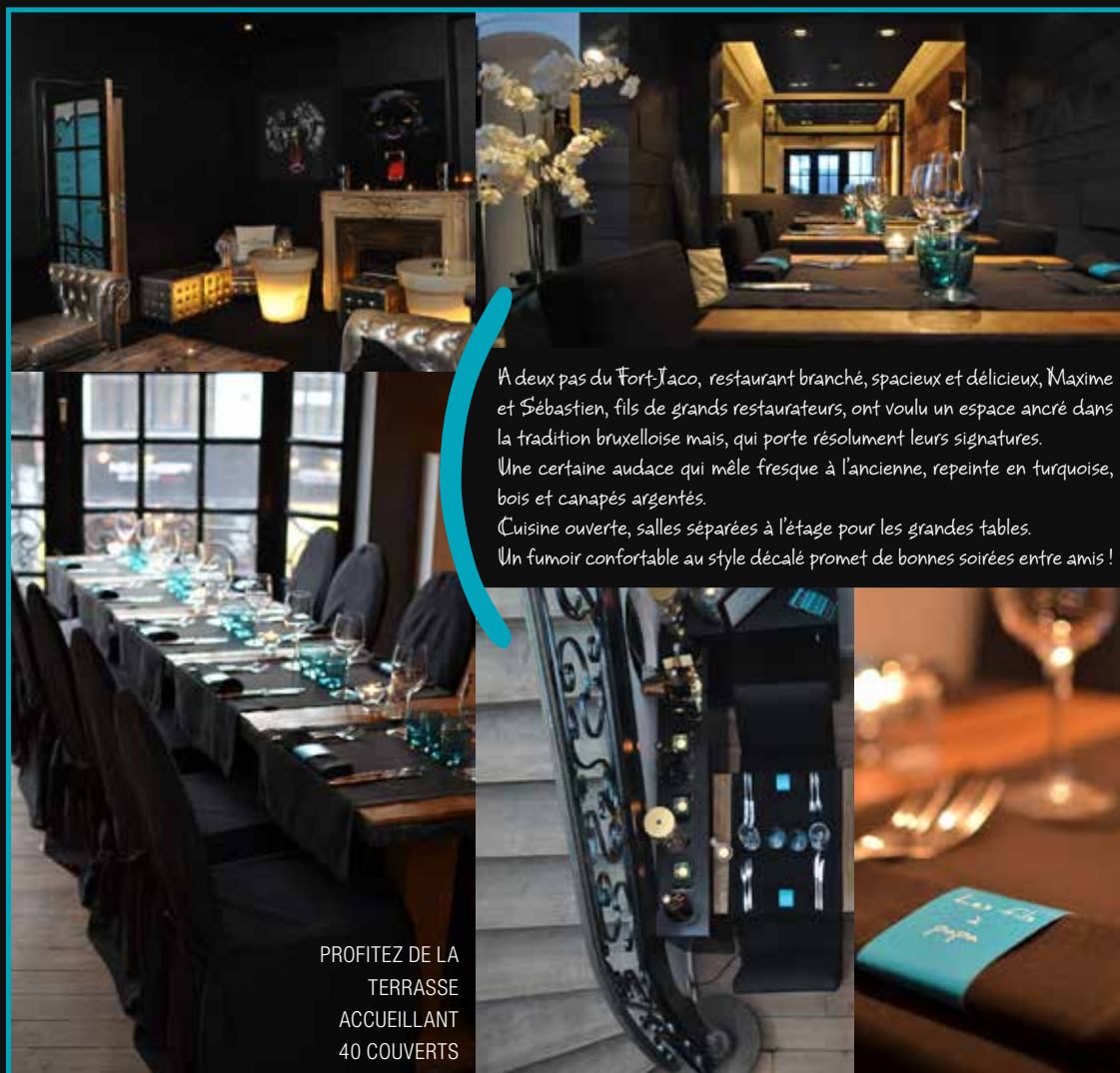
Folk Songs

Ensemble - Revue Blanche

Programme: Manuel de Falla: *Siete Canciones Populares Españolas* / Jacques Ibert: *Deux Interludes, Entr'Acte* / Luciano Berio: *Folk Songs*

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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What's On International

What's On International

Diversity Destroyed - Berlin before and after 1933

A variety of projects across the city deal with everyday life in Berlin in the period during the Nazi dictatorship, culminating on the 9th and 10th November, marking the dates of the Reichskristallnacht (Night of Broken Glass) in 1938. The series asks how the regime could enforce its will on such a cosmopolitan and liberal working-class city and what traces of this dreadful period still remain in the cityscape. **Until 10 November.**

www.visitberlin.de



Georges Méliès: The magic of Film

"Films have the power to capture dreams."

Georges Méliès (1861-1938) introduced magic and fiction to film during the early days of cinema, when the new art form was devoted practically entirely to the documentary. The French film-maker made an absolutely essential contribution to the 7th Art. **Until 8 December.** CaixaForum Madrid. Tickets: €4



World Children's Day

Numerous events and attractions for children to join in the fun, plus information stands for parents and a varied programme of music on different stages. The organizer promises "the biggest and finest children's party in the Rhineland". **22 September.** www.weltkindertag-koeln.de



Roy Lichtenstein

Lichtenstein is regarded as one of the stars of the pop art movement as well as a great master of American painting. In the last years of his life, he returned to the classic genres of the nude and the landscape, becoming almost a traditional painter. The exhibition runs until **4 November.** www.centrepompidou.fr

Afghanistan Demain:

TAKING CHILDREN OFF THE STREETS

An association is taking direct action to improve the lives of Afghan children



20 euros per month, that's the cost of day centre and schooling for a child in one of the centres. By agreeing to pay this amount each month, you give Afghanistan Demain the means to carry out long-term action.

Actress, director and screenwriter, Marianne Denicourt has been a 'godmother' to Afghanistan Demain for over six years. She has been to Kabul twice to make a documentary with the association about Afghan children. The first, A house in Kabul, follows the daily work of the association; the second, Nassima, a life confiscated, tells the story of a young girl who has to leave school because her family has got her engaged to marry.

She explains the reasons for her commitment: "Like many of my contemporaries, I give money to humanitarian causes, but it seems to me insufficient. I wanted to get involved in a more personal way. Through a friend, I heard about Afghanistan Demain, an association that works without fuss with street children in Kabul. Besides the desire to help improve the lives of children, there are other reasons I have decided to support this association. Firstly, the fact that it was founded by a Franco-Afghan, himself a former street child in Kabul. Secondly, it is a small organization that works with low operating costs. Finally, I found that Afghans are taking their destiny in their own hands and that's a gesture full of hope."

You can help by donating, promoting the association, purchasing an item in the shop or becoming a sponsor. If you're in Brussels, note that the new SIBLINGFACTORY in the Dansaert district donates a portion of its turnover to the association. ●

www.afghanistan-demain.org
www.siblingsfactory.com



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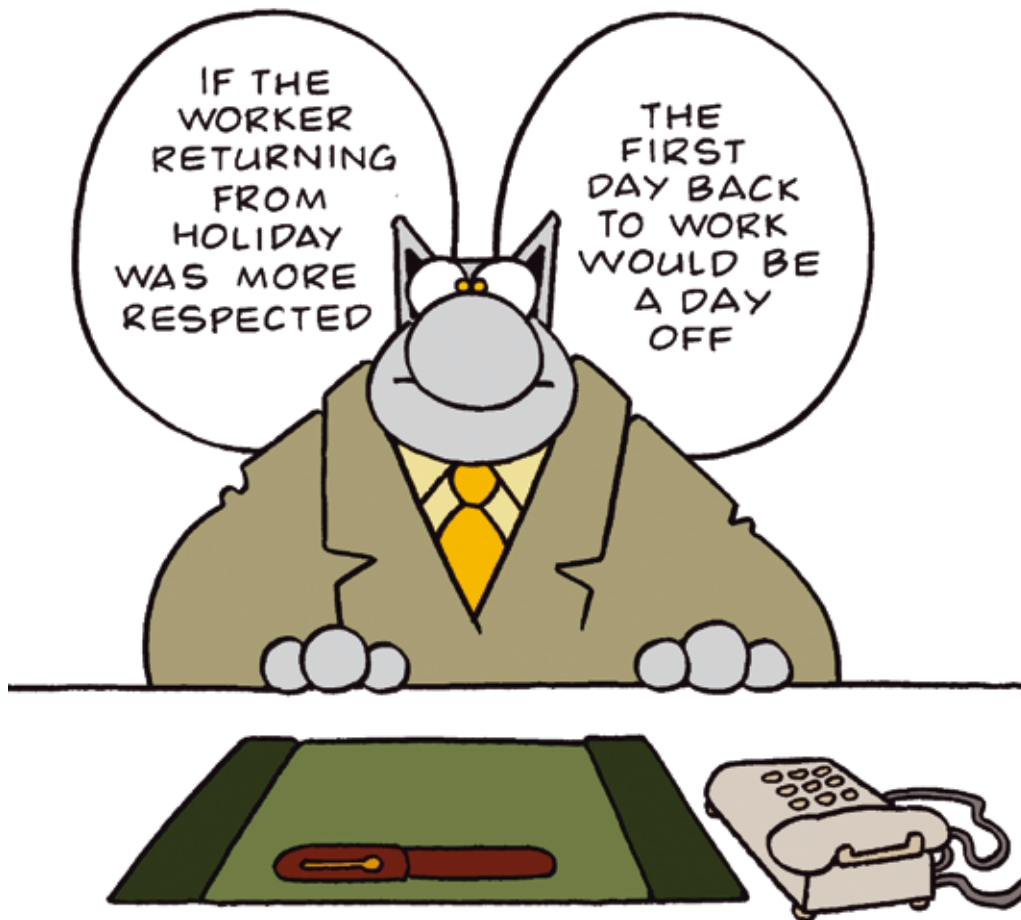


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Back to a break



LE CHAT by Philippe Geluck



La nouvelle Audi A3 Sportback.

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