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#### So Jennie : le luxe et l'élégance

Naturelle et sans alcool: levez votre coupe en toute liberté!

'So Jennie' est le fruit d'une recette issue d'un savoir-faire de vignerons traditionnels: pour créer ce nectar, Jennie Kergoat-Ruelland fondatrice du Manoir des Sacres, a été accompagnée dans sa recherche par un professeur d'œnologie et d'industrie alimentaire: plus d'un an de travail a été nécessaire pour finaliser cette première série de Luxury Bubbles Alcohol Free à son nom.

Le choix méticuleux des raisins blancs et rouges dans des cépages comme le Gamay, le Chardonnay, le Muscat, apporte subtilité à ce mélange et donne cette délicate couleur 'rosé'. En bouche, une extrême fraîcheur et une explosion de mousse fine pour ce nectar à la robe rosé pâle aux reflets argentés.

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#### **Editor's LETTER**

Together: Inspirina vou to reach your dreams...

#### ON THE COVER



Diane Kruger is making waves in the series The Bridge

#### 50 AND STILL **GOING STRONG**

We are popping the champagne corks at the *Together* offices as we head off for our summer break. It's not so much an anniversary as an issue-versary, a milestone if you will. This is our 50th issue and, in these austere economic times, we're as proud as Punch of that achievement.

Among the thousands of glossy pages we've produced over the past five years there are plenty of highlights. Our aim has always been to inspire you to reach your dreams, mainly by asking personal development writers to offer their tips, advice or just share their life experience to date.

How you look is as important as how you feel, so that's why we have a dedicated, unique fashion shoot in every issue. In close collaboration with a stylist. photographers, make-up artists, fashion companies and model agencies, we are able to create a warm hearth in the middle of the magazine.

Personally. I think that, more than anywhere else, the inspiration comes from our interviews with the stars. among whose company you can count Angelina Jolie, Hugh Jackman, Jennifer Lawrence, Scarlett Johansson and Leonardo DiCaprio. And this month we have the gorgeous model-turned actress Diane Kruger, who was inspired by a great name in acting, Catherine Deneuve. When she finally met her she was speechless.

Our travel and dining writers have scaled the mountains, sailed the lakes and (poor them) tried out the gastronomic delights from Brussels to Halong Bay. But it's to you, dear readers, that we raise our glasses in the hope that you will stay with us for another 50 issues.









Self-help: Literature for life p29



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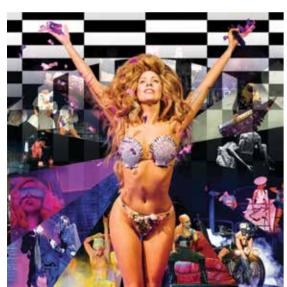




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## Starring in Belgium





#### Lady Gaga's artRAVE: The ARTPOP Ball

The singer has sold 4 million concert tickets, and she arrives on stage in Antwerp to perform her album *ART-POP* (2013), which debuted at No. 1 on the Billboard 200. Sportpaleis, Antwerp. **23 September**. Tickets: from €39.50

www.livenation.be

#### **Beck**

Beck's back at Forest National, with his superb new album *Morning Phase*. Reports from his first concerts in the states are very promising. **10 September**.

Tickets: €46 - www.livenation.be

#### Feeërieën 2014

The Feeërieën festival is the AB's annual free music offering from around the world. Performers include Perfume Genius, Douglas Dare, Antony & the Johnsons, Miaux, Lonnie Holley, Jessy Lanza Copeland and Killing Sound.

AB's Kevin McMullan says: "The Feeërieën is an annual festival of what we call 'outdoor cocooning'. Five nights of free concerts in an intimate magical context in which you're bound to make some musical discoveries."

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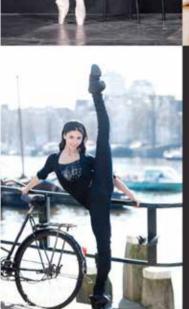




## The season for lasting change

"SUMMER IS THE SEASON TO BAN EXCUSES"

**Monica Schettino**, Wellbeing Manager at Aspria, challenges you to find your best health this summer





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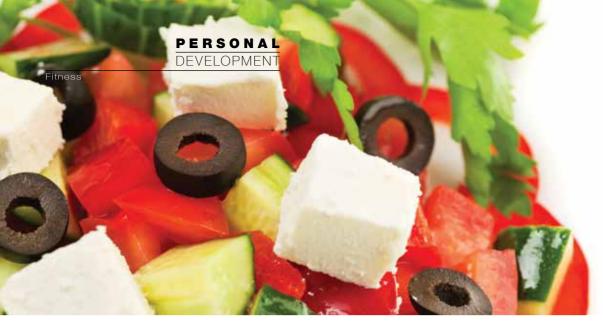


t's summer, the most popular season of the year! We love the warmth and longer days, the feeling of new energy and the abundant colours and scents of nature.

For me, summer is the season to ban excuses. We can make changes and feel the benefits quickly, giving us motivation to stick to our plans in winter, too.

Which changes are we talking about? Of course, a healthy lifestyle involves more sleep, less alcohol, daily meditation and exercise. There are two essential cornerstones to ensure you're in the best of health: eat healthily and get moving! Summer is the easiest time to do it. Let's see why...

"I don't have time!" This is the most frequent excuse to explain why we haven't adopted healthy habits. "I don't have time to cook!" is the most common excuse for explaining why we continue to buy processed food or readymade meals, although we know that they're poor quality, not nutritionally balanced and full of hidden sugar, fat, salt and preservatives. They should only be eaten as a stop-gap and definitely not on a regular basis. In summer, preparing meals is easier because it often doesn't involve any cooking at all. Salad, a piece of cheese, grilled fish or boiled eggs very quickly provide a balanced meal, bursting with health and full of flavour. If you need ideas, use the internet to find millions of recipes for your summer ingredients.



"I don't have time to do sport!" Who hasn't heard that excuse or even used it? In spring and summer, our days are longer and brighter, we have more energy and we leave the office in daylight! Summer is the best time to fulfil the World Health Organization's recommendations: "Adults aged 18-64 years should perform a minimum of 150 minutes (2.5 hours) of moderate intensity physical activity every week." How can you do this? 150 minutes a week is only 21.42 minutes a day! Our summer days are bright for an average of 16 hours, so it's easy to find 20 minutes for exercise. You could cycle to work if the distance and route permit; forget the car during weekends; go for a walk during your lunch break or when you get home; play with your children in the garden or the park; play tennis, roller skate, do gardening, go swimming or try jogging.

"Gyms are boring!" This is a substantial barrier, particularly for women. The World Health Organization recommends: "Muscle strengthening activities using the principal muscle groups should be practised at least twice a week". Your sports club is the best-equipped place, with experts to supervise activities in group classes or in the gym. During summer you can exercise outdoors on sunny days. You don't need much equipment; a park can become your gym. Use a bench for stepups or jump-ups, tri dips (for the triceps) and push ups (for the chest). Find a strong tree branch to use for pull-ups. Do your abdo session on the grass, and your workout is done

in 30 minutes flat! Need help to train outdoors? Search the internet to find thousands of exercises using just your body weight, or ask a personal trainer to supervise you on your own or with friends.

"My holidays are sacred, for rest and relaxation!" Your holiday could be your opportunity to adopt a healthy lifestyle because you rest and relax better after a day of activity than after a day on a sun lounger! You'll sleep better, oxygenate your body and brain, tone your muscles and feel filled with positive energy. Choose holidays that include sporting activities: walking, canoeing or biking in the mountains; swimming, kayaking, paddle board (a new sport where you stand on a surfboard and paddle across the water), windsurfing, waterskiing or kitesurfing at the sea or lake. If you really can't give up your all-inclusive village holiday, choose one that offers sports. And do them!

By making changes during the four wonderful months of summer, they'll become habits by October, and the physical and mental benefits will be enormous!

Wishing you all a lovely summer, and hoping to meet you in great shape in the autumn.

Monica Schettino – Wellbeing Manager, Aspria Arts-Loi ●



#### Go on holiday right on your own doorstep!

At Aspria, we recommend regular workouts throughout the whole year to maximise your chances of achieving your goals. Even so, this summer the Aspria clubs are offering you an exceptional opportunity to taste the benefits of **membership for 2 weeks!** Summer will be beautiful at Aspria.

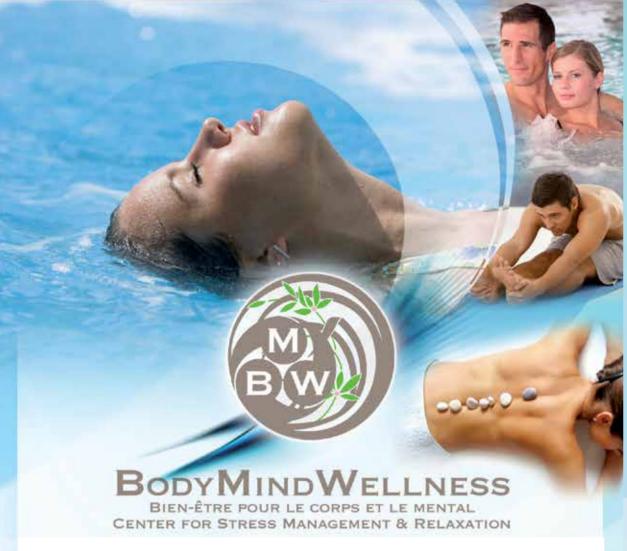
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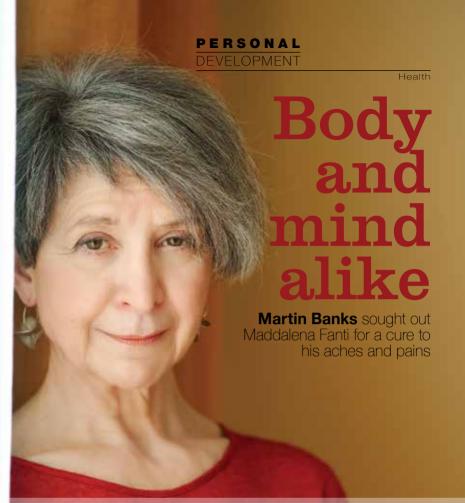


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WORLD"

eeling down, burnt out, angry, anxious or in physical pain? If so, Maddalena Fanti could be just who you are looking for.

She offers massage to help cure one's ills – but not as you may know it.

To help you find your centre and recover lost harmony, Maddalena Fanti works with gentleness and respect, combining classic verbal therapy with body-oriented work that "considers body and mind alike". Don't be put off by the jargon. Even if you have tried classic massage therapy to help recharge the batteries, you should give Maddalena's version a go because it really is different.

I speak from experience because, having recently been diagnosed with a very painful cervical herniated disc, I underwent one of her sessions and was pleasantly surprised at how

togethermag.eu | 2

#### PERSONAL DEVELOPMENT

Health

much it helped.

I had already tried some traditional massage and even undergone a series of sessions where cortisone is injected into the spine to relieve the discomfort. But after a couple of hours or so under the gentle, relaxing care of this Italian-born therapist, I can honestly say her 'mind-body' therapy can compare favourably with any of the above.

"The objective of my work," she explains, "is to activate the energy flow and harmonize the energy centres."

With gentle touches on the body's energy points, she releases tensions and 'blockages' that can reduce vitality and lead to negative thinking or emotions. Sound familiar? In my case, it certainly helped take my mind off the shooting aches and pains caused by the hernia at the top of my spine.

Each session starts with a conversation. Maddalena listens attentively, noting her client's symptoms and feelings and the 'elements' that will guide her. The client is then invited to lie on the massage table in the most comfortable position – face down, on the back or on the side.

Before she starts a session, Maddalena carefully chooses essential oils according to the clients' needs and what they hope to attain. The massage movements are long and gentle; they also go deep.

"The aim is to increase awareness of body, tensions and emotions. This process may bring up painful memories. These can then be allowed to rise to the surface, and, if desired, be shared." she says.

Arguably, the big point of departure from more traditional types of massage is the importance she attaches to psychological support, an approach using techniques drawn from several traditions. Through systemic therapy, for example, she tries to determine whether family history and relationships can provide an insight into a client's symptoms.

"Similarly, using the Jungian approach to dream analysis, I can help my clients gain greater awareness of their inner world."

Maddalena started the business four years ago after a four-year training course in 'Energy work, massage and eidetic therapy' (EMET) at the Atmaram School in Brussels. She now has two Brussels practices in Woluwe-Saint-Lambert and Uccle, and she also teaches young parents simple massage techniques for their babies.

"These," she says, "are not only a precious resource when children need to be soothed or calmed but also provide the tactile inputs that are essential for their psychological development and wellbeing."

Most of her clients are women, aged 40 to 70, including people who seek help for a range of problems.

"Some feel under great stress because they are being harassed at work, while others may have undergone a family crisis," she says. "All emotions are within our bodies and the therapy can allow these to come to the surface." The essential oils she uses are invaluable because of their therapeutic powers: for example, the power to reduce tension in the muscles. Having used them on me, I can vouch for their effectiveness.

Maddalena has lived and worked in Benelux for 35 years and spent 20 years working in the European Investment Bank, most recently in the human resources department. It was that particular experience that she says now helps her to deal with her "people problem" approach to therapy.

While this approach is not a substitute for medical treatment, it can be an invaluable complement to it. What I can say is that, while I am not banking on any great improvement soon, the aches and pains have subsided a little since my personal encounter with Maddalena's very holistic approach to wellbeing.



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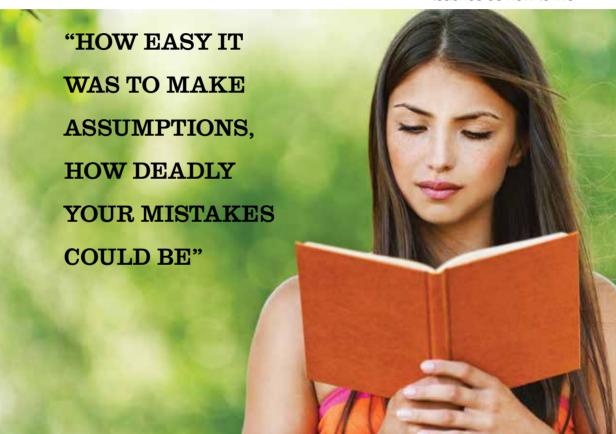
"The teachers care about you individually and want you to succeed."

"People are extraordinary friendly and welcoming and always aim to help you"

"St. John's is a very open school, you do not have to worry about fitting it, it is filled with people from all around the world and they are all very understanding."

# Literature for life Gemma Rolliterature ch

**Gemma Rose** believes that literature challenges us and teaches us how to live



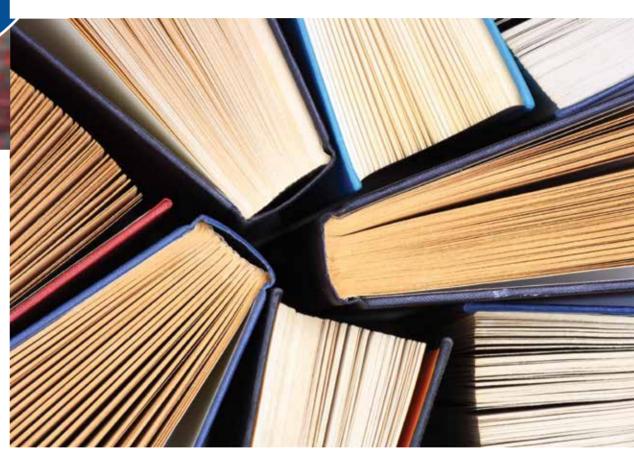
am my father's daughter. I can spend hours in a bookshop or library. I go in with the intention of getting one book but end up coming out with three or four more. I absolutely love stumbling upon hidden gems: books with catchy titles or front cover artwork, recommended books or other works by my favourite authors. These are really magical moments. I have to admit though, I still have books that I've bought which I haven't got round

to reading yet (but I still like showing them off on my bookshelf), paying heed to the German philosopher Schopenhauer: "One usually confuses the purchase of books with the acquisition of their contents."

Another magical moment is when I have let a book go and it finds its way back into my life again, sometimes years later. One such book is JK Rowling's *The Tales of Beedle the Bard*, a

Self Help

#### "I WOULD OFTEN RECALL IT WHEN I NEEDED CONSOLATION"



set of short-stories for young wizards and witches written by Beedle the Bard, a mysterious figure from 15th century Yorkshire, England, with an exceptionally luxuriant beard. A friend of mine had lent it to me back in 2008. I had been particularly taken by the story *The Fountain of Fair Fortune*, a tale of three illfortuned witches and a luckless knight striving to bathe in the fountain to cure their ills. One witch, Amata, had been abandoned by her

lover and yearned to mend her broken heart. At the time, I, too, had been struggling with heartbreak, so I found this story particularly touching. This story stayed with me for a long time, and I would often recall it when I needed consolation. A couple of years later, I found the book in a charity shop staring right back at me. It's been with me ever since.

Last year, there was a wave of press about how

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ving It's been with me ne Last year, there w Self Help

# "POPULAR FICTION HAS THE ELEMENT OF PASSIVITY IN IT"

reading had been scientifically proven to make you more empathetic. The journal Science published a study by New York's New School of Social Research, which showed that, in five experiments, persons who had read excerpts of literary fiction performed better in emotional intelligence tests than those who read nonfiction, popular fiction or nothing at all. Dan Hurley, science journalist and author of Smarter: The Science of Building Brain Power, has reported that there is a symbiotic relationship between reading and emotional intelligence, fluid intelligence (the ability to solve problems) and crystallised intelligence (knowledge that you build upon, such as vocabulary and information).

The importance, though, is not just what we read but how we read it. The study in Science used Chekhov, Don DeLillo and Téa Obreht as examples of literary fiction and Danielle Steel as an example of popular fiction. It is often acknowledged that popular fiction has the element of passivity in it, that perhaps the plot and the characters' lives can be predictable. Rather, for reading to become an activity and for us to be thoroughly enriched by it, we ought to read books that challenge us, forcing us to reflect and to think for ourselves. The Man Booker Prize winner Eleanor Canton recently wrote about the danger of treating literature as a consumer product, something easily attained and easily disposable without putting in the effort: "Consumerism, requiring its products to be both endlessly desirable and endlessly disposable, cannot make sense of art, which is

neither."

Stories – for me particularly, short stories – remind me that I am human: I make mistakes; I make assumptions; I accept life's lemons with serenity one day; I fight against it the next. I experience unrequited love, abandonment and romantic regret. And, yet, I also feel the sensation of growing attachment and unconditional love. By reading stories, I am comforted that I am not alone and that I, too, am part of the imperfection that constitutes mankind.

Most recently, I made an assumption that could have cost me an important friendship. Before I let this assumption take hold of me, I brought myself back to the short story *Painted Ocean*, *Painted Ship* by Rebecca Makkai. The story focuses around a young woman who was becoming frustrated at her partner's unwillingness to reassure her of her beauty and her worth. The woman realizes how her obstinate nature could have cost her the love of a good man: "The point, the moral, was how easy it was to make assumptions, how deadly your mistakes could be. How in failing to recognize something, you could harm it or kill it or at least fail to save it."

Gemma Rose writes at livingroomphilosophy.com Follow her on Twitter @livingroomphilo, and Facebook.com/LivingRoomPhilosophy

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# Uniting the unions

EU Reporter's **Gerry Callaghan** takes a long hard look at an agreement that could make or break the EU



t will be the biggest bilateral trade deal ever negotiated, saving millions for our businesses and creating countless jobs for our struggling economy. It is heralded by EU leaders as the answer to our economic woes, but is the Transatlantic Trade and Investment Partnership (TTIP) the silver bullet we need? Who will be the winners and losers of such a deal? And will it still go ahead after the 2014 election results?

The EU and US already account for 40% of world GDP, and between them, they have a total of 800 million consumers. Negotiations began in July 2013 and are scheduled to be determined by the end of this year, an optimistic expectation to say the least. Everything from energy regulation and product safety, to food standards and consumer protection are up for

discussion before the free-trade area can become a reality. The agreement aims at removing trade obstacles in a wide range of economic sectors to make the circulation of goods and services easier while encouraging investment between the two blocs. According to the European commission's website, a study

conducted by the London-based Centre for Economic Policy Research suggests that the EU's economy could see benefits of up to €119bn per year which is the equivalent of €545 for an average EU household, whereas the US stands to see an increase of €95 billion.

However, NGOs and trade unions voiced strong opposition last month as 281 peaceful anti-TTIP protestors, including a Green member of the Belgian parliament, were encircled for several hours by riot police before being arrested outside the Egmont Palace in Brussels. The negotiations are receiving heavy criticism due to a lack of transparency. At the demonstration, organizations, including Greenpeace, Unison, World Development Movement and War on Want, demanded that

"the commission's negotiation texts as well as all negotiation documents must be made public to allow for an open and critical public debate on the TTIP".

In response to the demonstrations, EU trade commissioner Karel De Gucht accused "Greens" and the "left" of hijacking the negotiations as a tool to win votes at the recent parliamentary elections. The EU official blamed the opposition on misinformation being distributed through social media. De Gucht defended the agreement against the backlash. saving the transatlantic deal will "change people's lives for the better". The commission say that for trade negotiations to work and be successful a certain degree of confidentiality is needed otherwise the EU would be "showing all its cards". But they do still insist that the trade deal is one of the most transparent

At the moment, genetically modified organisms (GMO) are one of the most contentious issues of TTIP discussions; US trade representatives

ever conducted.

## "THE NEGOTIATIONS ARE RECEIVING HEAVY CRITICISM"

are said to be pressuring their European counterparts to relax their GMO safety testing regime and asking for a rethink of the overall rejection of GM foods in Europe. Jürgen Knirsch, a sustainable consumption expert for Greenpeace said: "US exporters of corn, soy, pork or chicken don't only want to sell their genetically modified crops, chlorinated chicken and hormone meat on the European market. They are also keen to knock down the pillars of European consumer protection. In particular, they want to undermine European methods of risk assessment and the precautionary approach, which is fundamental to protect the environment and the health of Europeans."

The controversial deal received a further setback earlier this month as the US ruled out the inclusion of its finance industry from regulatory cooperation. The EU is pushing for the sector to be encompassed in any future

dialogue, but judging by the strong rhetoric in Washington, the US seems unlikely to change its stance on this.

Despite the powerful debate surrounding the issue, the ambitious plans have been put on hold temporarily while freshly elected European officials settle into their new roles. Regardless of the golden opportunity that this arrangement is said to present, the recent European elections highlighted citizens' concerns about the intergovernmental body. Support for further European integration is at an all-time low with the electorate, yet those in charge continue with their expansionist agenda. The rise of far-right parties after May's elections sent a strong signal to the bloc that people feel disconnected from their representatives in Brussels. Should, then, the EU take note of the election results

and focus on existing concerns instead of overstretching? The UK Independence Party of Nigel Farage in the UK and Marine Le Pen's National Front in France achieved the most notable victories. With anti-EU parties.

whose input is critical to the appointment of the next trade commissioner, now making up 25% of the hemicycle, the progress of the debate surrounding TTIP remains ambiguous.

Unfortunately, at the moment, the only certainty is that the EU-US negotiations will continue beyond the end of 2014. Will the EU take on board concerns about transparency and GMOs? Will it gather support from the new parliament? Could this maybe be a step too far, too soon for the struggling union? Or will the EU look at expanding further to avoid collapse? Whatever the outcome of these talks, they will alter the future direction of the EU.

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**Dave Deruytter** offers an overview of the current state of the property market

ome pockets of the global housing market seem to be on the mend, while others signal prudence. Figures from the US residential housing market are promising, but there are big questions concerning the glut of apartment supply in China.

How does Europe, and particularly Belgium, fare in this picture? Big expensive European capitals, such as London and Paris, and holiday homes in Southern Europe were hardest hit in the wake of the financial and economic crisis that began at the end of 2007. The Belgian market essentially escaped this crisis with the exception perhaps of pricy villas, particularly in the Antwerp region.

The chief reason for this is that prices in Belgium were not as high as in neighbouring countries, partly because local banks are not willing to lend more than the market value of a property or to accept more than a third of the regular monthly income of a borrower as monthly repayment of a loan. Other supporting factors for the Belgian market have been the relatively resilient economy and the continuous influx of international civil servants, backed up by the service industry around them in the Brussels Capital Region.

No surprise then that the 'Real estate barometer of the Notary Public' in the first quarter of 2014 shows a generally very healthy private real estate market across the country with good volumes and rising prices. However, tax-wise, buying property in Belgium is expensive. In the

#### PERSONAL DEVELOPMENT

Housin

# Property: The Belgian housing market

Brussels Capital and Wallonia regions, there is a hefty 12.5% headline figure for tax on purchase. Even the 10% in the Flanders region is very high. It will take you a few years of income, and hopefully capital gains, to regain those taxes. The good news is that income from private property is currently typically taxed very low here.

No one has a crystal ball to foretell the future of the market. However, we can pinpoint the main areas from which the risk factors will come. Interest rates are currently historically low. increasing the likelihood that they will only go up in the future. Even the EU institutions have to cut back their budgets, and that should lead to fewer or less wealthy civil servants who cannot afford expensive property. More generally, as a result of the latest State Reform in Belgium. property taxation has been regionalized, leading to speculation of an increase in taxation given the substantial budget deficits of the Belgian State and its regions. On the positive side, it is projected that a lot of immigration is to be expected in Belgium by 2020, particularly in Brussels Capital Region. It remains to be seen. however, what the purchasing power of those immigrants will be.

All in all, the Belgian housing market has been, comparatively, very stable over the past decade, and that could very well continue. In any case, property has its value in any diversified investment portfolio, and Belgian 'buy to let' property in a good location is worth considering.

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Charity

Take this opportunity to give blood in the EU district

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The first thing to say is that donations of blood, plasma or platelets help to save human lives. In Belgium, over 500,000 bags of blood are needed each year.

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# The wonders Our beauty expert, Delphine Stefens, recommends

Carita
Fluide de
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corn oil as well as
some arnica flower
extract and vitamins

A. E and F.

getting wet and dry at the same time

hat sounds like an oxymoron may actually be your best beauty bet ever or, at the very least, for the summer months. Dry oils combine rich vegetal oils — with plenty of fatty acids, vitamins and antioxidants — to nourish the skin and help restore its barrier, but they are formulated in such way as to leave it silky soft rather than greasy sticky.

And besides its restorative powers, dry oil can also act as a toning aid. Some, such as the trendsetters by Carita or Nuxe, can be used for the body, face and hair for an all-round easy routine. I like to sprinkle some in my bath as well.

Lierac Sensorielle Toning Dry Oil
with three citrus flowers (€28/100ML)
combines usual suspects such as
sweet almond, sunflower and apricot
kernel oils with an uplifting citrusy
perfume.

The French bestseller with the sunny fragrance is back with a new design for the 2014 limited edition of the **Nuxe** 

Huile Prodigieuse OR (€39.50/100ML). It contains golden particles for a subtle shimmer and silky skin and hair, thanks to a mix of six vegetal oils and vitamin E – it's guaranteed to come without silicones or mineral oil.



The Cinq Mondes
Huile Sublime
(€38/150ML) with
the famed Tahitian
noni and monoi oils
also features a limited
edition design for the
summer. This body oil
can also be used as
a detangling treatment for hair before
washing.

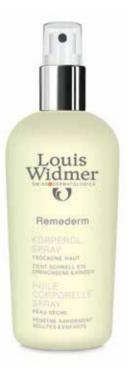


#### LIFESTYLE

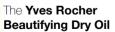


The **Louis Widmer**Remederm
Body Oil Spray
(€20,30/150ML)
is devised for

(€20,30/150ML) is devised for both children and adults with dry skin and contains a combination of vegetal oils, vitamins A and E as well as bisabolol, the active substance of the chamomile, to prevent irritation.



Biotherm Oil & Tonic (€42/100ML) combines an invigorating tonic with nourishing body oil for a readily absorbed dry-touch mix.



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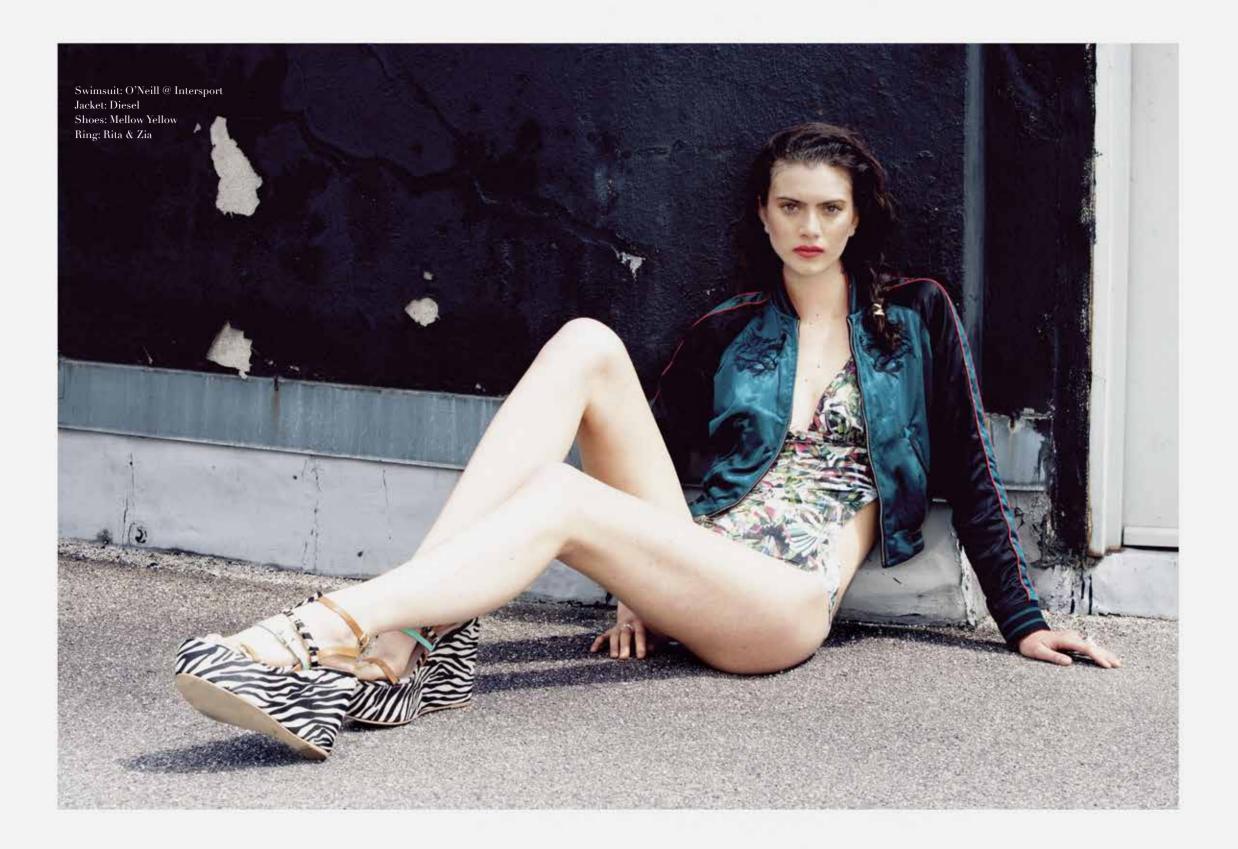
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T-shirt: Le temps des cerises Sun visor: Herman-headwear Ring: Rita & Zia









Jacket: Diesel Swimsuit: Sporty of Princesse Tam Tam Shoes: Dr Martens



Set of sunvisors: Herman-headwear

Watch: Ice-Watch Clutch bag: Eres

Hair and body shower gel: Hermès Eau de mandarine ambré & eau de pamplemousse rose





Shopping

Ice-Watch Ice-Glam Pastel in small (38mm) and Unisex (43mm), comes in four colours: Lotus, Aqua, Pink Lady, Wind: €79

white and rose gold with diamonds and blue topaz: €4,200

Nudo With Diamonds: rings with diamonds in

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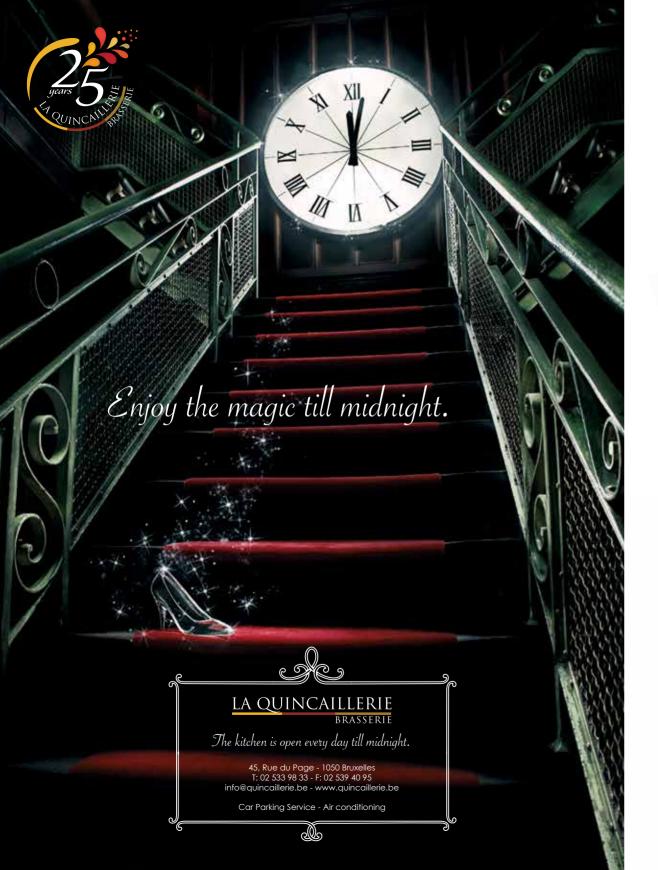
Our shopping pages are jam-packed with the top

brands: diamond rings, necklaces, watches, cameras and fragrances

#### Jimmy Choo

Jimmy Choo's fragrant eau de toilette: EDP VAPO 40 €36, EDP VAPO 60 €61, EDP VAPO 100 **€86.50** www.jimmychoo.com





#### LIFESTYLE

Shopping

#### Rodania

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#### LIFESTYLE

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four cappuccino cups: **€86** www.illysustainArt.org



Tensen Juweliers Antwerpen

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#### LIFESTYLE

Shopping



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with seven

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One of the characteristic features of the Patravi ScubaTec is the fact that it combines quality and functionality, perfectly matching the profile required for a sporty timepiece. The 44.6 mm stainless steel case contains an integrated CFB 1950.1 automatic calibre, the accuracy of which is attested by means of a C.O.S.C. chronometer certificate. To ensure safe measurement of dive duration, the bezel of the Patravi ScubaTec can only be rotated counterclockwise. so that the diver's safety remains guaranteed in the event of accidental manipulation. The generously designed dial of the three-hand watch assures rapid and accurate readability, and even in murky waters the diver can still see the time, because the hands and markers are coated with a special luminous material (Super-LumiNova), which glows light blue in the dark. The black dial is well protected by a sapphire crystal almost 4 mm thick. In addition, a helium valve ensures that when the diver is descending in the diving bell, the gas can escape automatically without damaging the case.

#### Striking Exterior.

With its striking exterior, the Patravi ScubaTec is clearly a sporty timepiece through and through.

Its classification as a diver's watch is symbolized by the glowing blue applications on the index marks, the first quarter of the bezel and the blue notches on the crown. The dynamic appearance of the Patravi ScubaTec comes from the interaction between the ceramic blue tone, specially created for Carl F. Bucherer, together with the black of the remaining three quarters of the bezel and the stainless steel of the case.

A further extraordinary design detail is found on the case back, where a relief of two manta rays has been incorporated with a 3D effect. Even on land, the bracelet, a combination of shiny and matte stainless steel, gives rise to a fascinating interplay of light and shade, reminiscent of the shimmering surface of the sea.

Thanks to the integrated bracelet extension, the length can be adjusted individually, so that the Patravi ScubaTec can be worn over a diving suit and be used for everyday wear.

Whether you are wearing it in the ocean, on your travels or with a suit — with the Patravi ScubaTec your look will represent the best of sport and style.





Interview

## Diane Kruger: Walking The Bridge

Together hooked up with a beautiful and talented German model-turned-actress

erman-born actress Diane Kruger, 37, has her hands full with work on both the big screen, in the upcoming French film A Perfect Plan (Un Plan Parfait), as well as having a hit on her hands in the US drama, The Bridge, in which she plays Detective Sonya Cross, who is afflicted with Asperger Syndrome.

Kruger is known for such roles as Helen in *Troy*, Dr Chase in *National Treasure* and its sequel, as well as *Inglourious Basterds*, *Unknown* and *The Host*.

In her personal life she was married to French actor and director Guillaume Canet from 2001 to 2006, and they remain friends. She's been in a steady relationship with Joshua Jackson, 35, since 2006. You may remember Jackson from the TV hit, *Dawson's Creek*, in which he starred from the late 90s to 2003. He is currently starring in a new TV series called *The Affair*.

Kruger is a former model and one of Hollywood's most glamorous actresses.

#### Together: You're often described as being very direct.

**Diane Kruger:** Well, I do think all my life I've been very direct because that's part of the German language, which is of course my first language. It's more of a shortcut than, I think,

French or English, so people always say, "Oh you can be blunt or you can be very direct. You are very straight up, what you see is what you get." And I guess that's true.

#### You work in both Europe and America? A Perfect Plan was filmed in France.

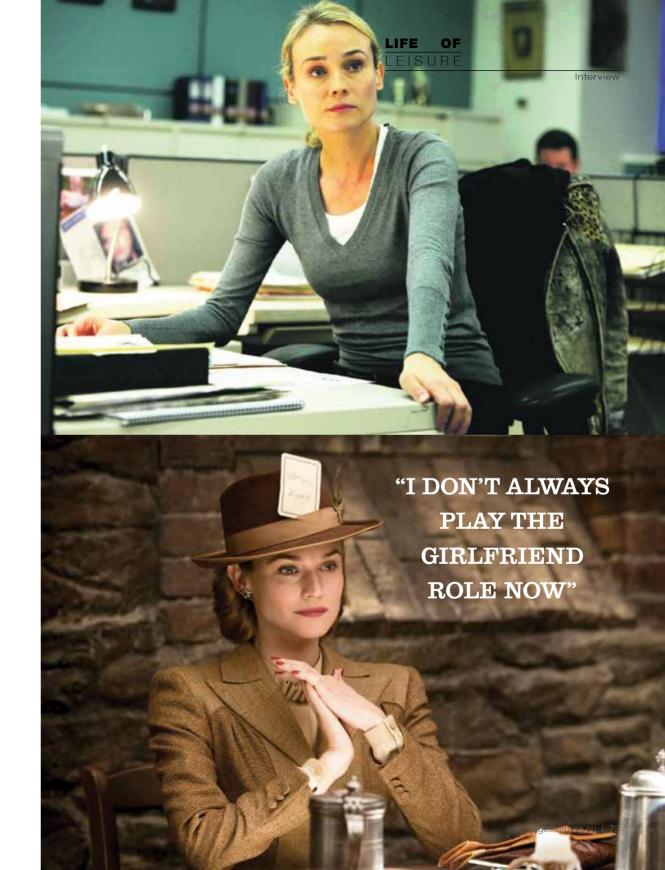
Yes, I've always wanted to make at least one French film a year. I always do no matter what. Since *Inglourious Basterds* it's been better. Quentin (Tarantino) gave me a lot of confidence, and he made it possible in America for people to see me in a different light. I don't always play the girlfriend role now.

#### Why is it important to you to do a movie in French?

Well, I live in Paris, and it's been my dream ever since I started as an international actress to work in French. I went to drama school in Paris, and so naturally it's my dream to make French movies. That's why I became an actress. When I met Catherine Deneuve, I couldn't even talk (laughs). I just love French movies, and now that I'm getting the opportunities to make them, that's a great feeling. And I'm European and want to work in Europe, and the way I see it, French movies usually have great parts for women

#### Why are they better parts than in American movies?

Because studio movies get made because of



#### LIFE OF LEISURE

Interview

the box office, and mostly young boys go to the movies, so the airls need to be hot or to serve the male plot. Or else it's a romantic comedy. where they talk about clothes and lipstick (laughs).

#### You're in great shape. Do you still do ballet?

No, I don't do ballet anymore. I'm not a big gym person. I like hiking and bicycling. I just like living life. Seriously, I love hanging out with my friends and travelling and seeing the world on my own, at my own pace. I really enjoy just having free time with my loved ones.

#### Which actress inspired you growing up?

Romy Schneider. She was my big idol, and I grew up watching her in German films. She made some cheesy movies, but I loved her. And then I moved to Paris as a model, and I discovered all her French movies. She was the best actress of her generation, and it gave me hope because they loved that accent.

#### What kind of driver are you?

I'm an excellent driver. I learned in Paris. Lexcel at driving, and I can deal with LA traffic. I've even driven in Naples once (laughs). When I first learned to drive, I picked my mother up from the airport in Paris, and you know what it's like - there are no lights or anything, you just go. go, go. And my mum freaked out, screaming at me in the car. "What about the blinker? Get out of the car and let me drive!" So she got in the car and put the blinker on. Nobody cared about her blinker. (laughs)

#### Are you a bit of a rebel?

I'm opinionated, but I don't think I'm rebellious. I was a pretty good girl growing up.

#### And now?

(laughs) I've become less stupid as I've got older, but I was certainly raised to voice my opinion. That's not always a good thing because I've learned that diplomacy is something that's very good at times. (laughs)



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#### LIFE OF

Interview

### Why were you not interested in doing television before *The Bridge*? Did your boyfriend Josh persuade you?

No, I always felt like that commitment, the nine months per year commitment over seven years, seemed too much. I have run away from commitment all my life. (laughs) That's way too much commitment for me. I think I started getting interested when all the cable shows came out. I am a huge *Mad Men fan*, and I think *House of Cards* is one of the smartest shows and has better writing than most movies these days. That's what I found interesting. I feel like cable television in America is in its Golden Age, and you have directors like Soderbergh or David Fincher doing television that says something.

#### Did you have any police training before you started *The Bridge*?

No, it's laughable. I am getting better at it. I wear a holster, but I'm not playing a gun-toting cop anyway.

#### Apparently you had some problems holding the gun?

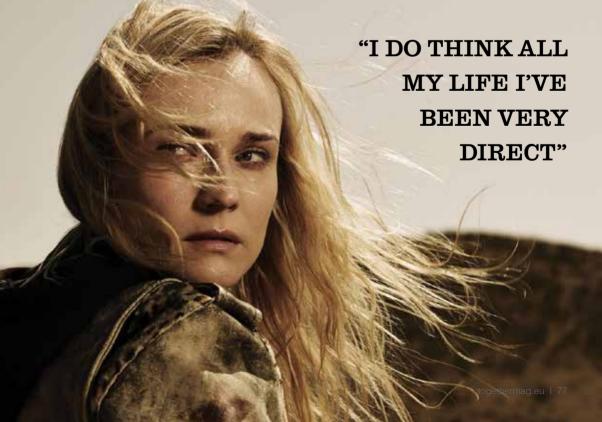
(laughs) Oh my God, it's so embarrassing. I'm like, "Hold up your hands!" Plop. (laughter) All the boys make fun of me. Yeah, guns and I don't go together. She's not that kind of cop. She is a detective, she's brainier, and I don't really like guns. So I am fine with that.

#### Did you do any other special preparation?

Well, a lot of it was for the Asperger's aspect, because I do feel a huge responsibility, and I don't ever want this to be an affectation or a thing that is the comic relief of the show because it affects so many people. And, like I said, I didn't know very much about autism, or this version of autism. I deliver lines completely the opposite of what my instinct would be as an actor if that makes sense.

#### What did you learn about the condition?

Well, the challenges that they meet every day, the social anxieties that they have, what



Interview

overwhelms them and, also, that they are geniuses. A lot of people who have Asperger's are brilliant people in one thing; they get obsessed about a subject or about something. For example, Steve Jobs had Asperger's, and they think Einstein had it. It's very sad, but at the same time, it's kind of a cool thing to have. Like how great would life be if you didn't have to do the niceties that society wants you to do?

#### Are you afraid of mental illness?

Not anymore. I used to be when I was younger, because you have that romantic idea of going crazy, like any teenager. It's like a Sylvia Plath period, especially for women but no, not now. I know that I am not crazy.

#### What gives you strength to deal with bad reviews?

I learned that on *Troy*. Don't read reviews! (laughs)

#### In which language do you think?

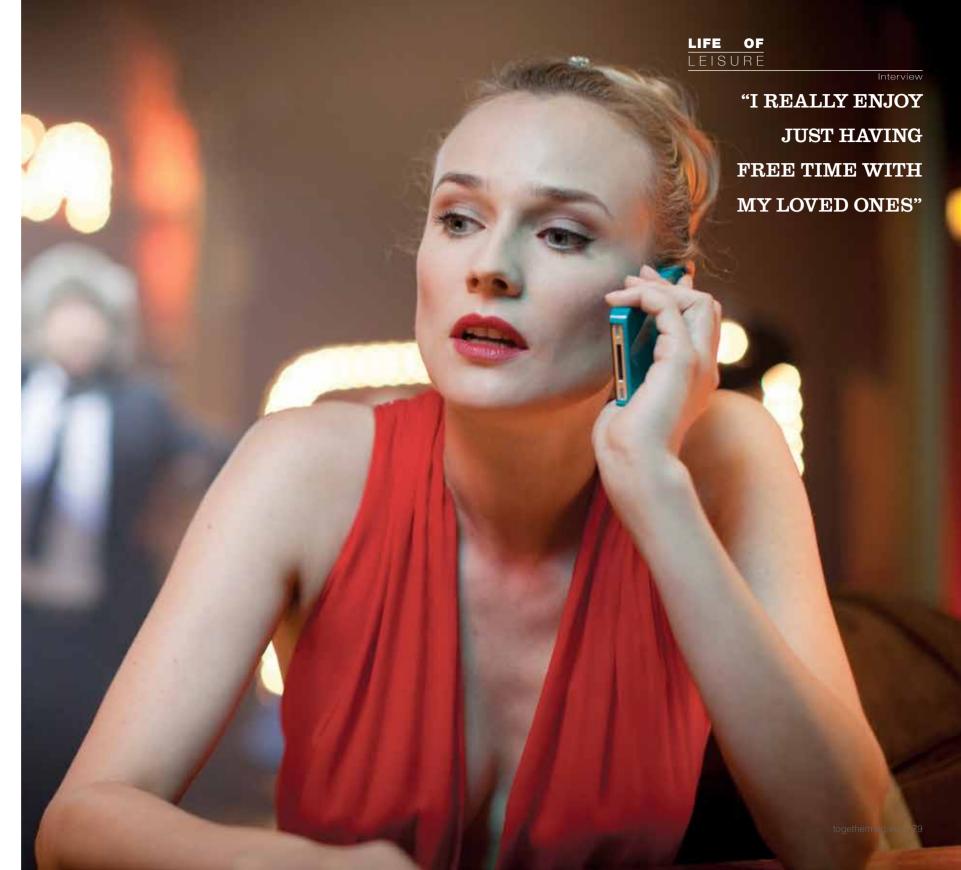
I think in English, because I speak English. I very rarely get to speak German. But when I am in France for a long time, it goes back and forth. French is a little less blunt than English. German is very blunt. When I speak German to my mother, my boyfriend is always like, "Why are you yelling at your mother?"

## The show *The Bridge* deals with America's relationship with Mexico. How much did you know about the issues?

I have lived in the US on and off for 20 years. The problems with immigration are in every paper most days. I am very politically interested, and I wanted to learn more, so we went to Juarez, and I walked the bridge.

#### What was it like working with Demián Bichir?

He's so charming. He has every girl wrapped around his little finger. I call him 'the porn actor' because of the way he talks. (laughs) I'm like, "Really?" (laughs) And he speaks Spanish, right? And all the catering people, they all speak Spanish, so he gets a special sandwich. He gets special treatment (laughs), but I love him. He's great. ●



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#### **Gerry Callaghan**

tackles stand-up paddling in the spectacular landscape of les Hautes-Alpes

# Taming the Alps

fter closing my eyes for a brief period mid-flight, I opened them at what seemed to be the perfect time, as the clear sky presented a flat farmland plateau. The rigid plan-like uniformity of the ground below slowly disappeared – trees arose and scarred the landscape like moss on a stone.

The descent into Lyon brought excitement and a little nervousness. What I had planned was three activity filled days. To me, it looked a little too much on paper, and I wondered if I had passed, not so much

the age limit but the energy threshold for such a break. I wondered if I still had what it took, or if the many years of exercise postponement had set me out on the 'all-inclusive/bus-tour' path. If nothing else, the next three days were going to be challenging.

At Lyon airport our ever-cheerful guide Caroline from les Hautes-Alpes tourist office greeted us, before loading us in her van and setting out towards Embrun. The road meandered through the breathtaking French mountainous panorama, with each turn presenting a view worth a thousand photos. Embrun itself was the picturesque quaint little hillside town, full of charm and historic beauty. After a brief walk around, we headed to Luc Eyriey's chocolatier, where we indulged in a tasting that brought pleasure to the taste buds.

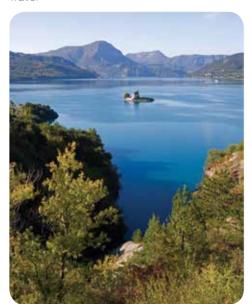


I arrived at Château de La Robeyère around 20h and admired this vast and imposing French countryside from the hotel's patio over a much needed coffee, before heading out for a local framboise wine-fuelled dinner.

The next morning we packed our bags and donned our hiking boots for the 350-metre climb to Dormillouse. The climb was tough in parts, but I was partly distracted by thunderous ice blocks crashing down the mountainside, I made it with no real strain. We sat down to have lunch at the Gîte de l'Ecole in Dormillouse, which provided us with a spectacular view over our ascent and the snow topped peaks that rose high above.

Serre-Ponçon Lake was next, for a short boat ride to Rousset to receive our Stand-up paddle

Travel



initiation. Jérôme from Association Serre-Ponçon Aloha was our instructor, and at first it seemed like not much instruction would be needed. It was so much fun, and I was a natural, paddling faster and faster until... the confidence I had built up disappeared in one quick slip. I went from vertical to horizontal in the blink of an eye, and the crack of a nose. I struggled back onto the board, much like a seal onto land. And I laughed along with everyone, but my confidence had vanished, along with my pride.

I hung up my paddle and headed back to the hotel for a well deserved four-course meal and fell asleep, possibly concussed. On the menu for the next morning was an electric bike ride to Place Forte de Mont-Dauphin which, in 2008, was listed as a UNESCO World Heritage Site.

Damien, our escort from Cyclotourisme, went over the basics of the bike before we set out. It would assist me in peddling, and, even on very steep inclines, it was assured it would be a breeze. I loved it. I instantly began picturing all the faces of the people and cultures I would see on my round-the-world cycle. I reached 60kmph at one point, albeit downhill. I passed many of the archaic 'human powered' bikes on the way with ease, and a sly chuckle.

We reached Mont-Dauphin and all its beauty after one easy hour of cycling through the supposedly steeply inclined country roads. After a brief lunch in the picture-postcard town, we set out towards the Durance River where I was to be baptized in the art of river rafting. I was told on the way that it was for six-year olds and above. So I felt at ease with that. However, on arriving, Pierre, our guide from Adelante Rafting, told us that we were "lucky", the summer came early and the snow melt had produced a faster "more torrential" route.

"Good news," I said with unrestrained sarcasm. I stood at the riverbank watching the upturned rafts of people flow by at a "more torrential" pace. "I'm sure we'll be fine," Pierre reassured me. I was not reassured.

It was time; Pierre went over some instructions in French. "Just do what everyone else does," he said to me with a smile. So, we set out, and I screamed along with everyone else, as instructed. The river picked up pace, and we bobbed and ebbed along, narrowly missing rocks and paddling franticly away from the river's edge. My adrenaline was racing, and I wanted more, to go faster. I survived the river, and, with it, the trip.

I watched the sunset over this magnificent place from my window and reminisced. The few days spent in les Hautes-Alpes had made me feel like a kid again, and I promised myself that, at least once a year, I would take an activity-filled break like this. •

#### **AIR FRANCE KLM Air & Rail**

For a different option when heading to the south of France, try the new AIR FRANCE KLM Air & Rail Terminal at Brussels-Midi station, dedicated to its Air & Rail customers. Both airlines offer customers travelling to any of the 200 destinations on their global networks tickets combining a train and plane journey at no extra charge. It consists of three parts: a ticket office, a check-in area and a relaxation area, significantly improving the travel experience for Air & Rail



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LEISURE

Travel - Monaco

## **Monte-Carlo** Sporting Summer Festival

Jérôme Stéfanski suggests heading south this summer for all your music needs

Photo © Monte-Carlo SBM



Summer festivals are popular everywhere, and Belgium hosts some of the most successful musical events in the world, such as Rock Werchter. Pukkelpop, the Dour Festival and Tomorrow Land, bringing together some of the greatest artists on the planet. All well and good if you like sleeping in a tent in 30°, drinking lukewarm beer served in a plastic cup and relieving yourself in a terrifying portable toilet and rubbing shoulders with the unbridled, sweaty crowd: all this the antithesis of the chic atmosphere that reigns in Monaco.

#### On the rock

This summer, the most discerning festival-goers are heading for the famous rock to celebrate the highly-anticipated Monte-Carlo Sporting Summer Festival. During the two summer months, French and international stars perform before a lucky audience of 1,500, soaking up a unique opportunity to applaud great names in a chic and intimate atmosphere. Put your shorts and



festival on 22 August. So, two words characterize this

exceptional programme: quality and diversity.

sandals in the closet. Get out your finest moccasins and your occasional linen shirt. Swap your beer for a flute of champagne, follow the guide and enjoy!

New York icon Lana Del Rey opens the festival on 4 July with a sweet and captivating performance. The

An exceptional line-up

#### The setting

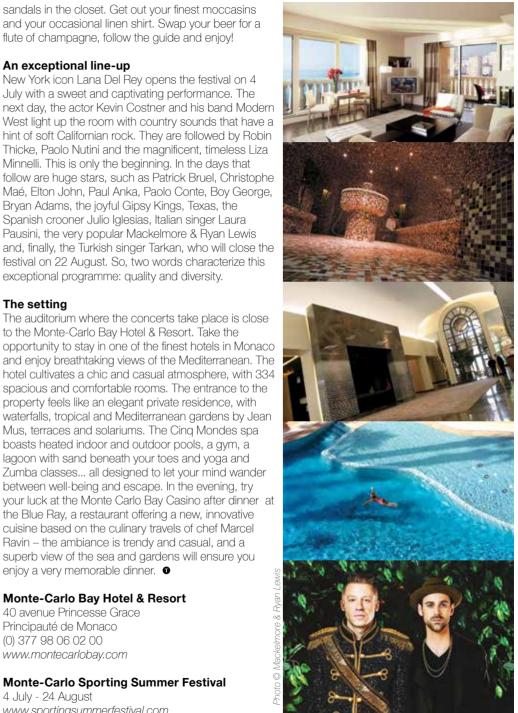
The auditorium where the concerts take place is close to the Monte-Carlo Bay Hotel & Resort. Take the opportunity to stay in one of the finest hotels in Monaco and enjoy breathtaking views of the Mediterranean. The hotel cultivates a chic and casual atmosphere, with 334 spacious and comfortable rooms. The entrance to the property feels like an elegant private residence, with waterfalls, tropical and Mediterranean gardens by Jean Mus, terraces and solariums. The Cing Mondes spa boasts heated indoor and outdoor pools, a gym, a lagoon with sand beneath your toes and yoga and Zumba classes... all designed to let your mind wander between well-being and escape. In the evening, try your luck at the Monte Carlo Bay Casino after dinner at the Blue Ray, a restaurant offering a new, innovative cuisine based on the culinary travels of chef Marcel Ravin – the ambiance is trendy and casual, and a superb view of the sea and gardens will ensure you enjoy a very memorable dinner. •

#### Monte-Carlo Bay Hotel & Resort

40 avenue Princesse Grace Principauté de Monaco (0) 377 98 06 02 00 www.montecarlobay.com

#### **Monte-Carlo Sporting Summer Festival**

4 July - 24 August www.sportingsummerfestival.com



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ADVERTORIAL

# Taking care of your big day Waerboom is a unique location for any event







#### LIFE OF

ADVERTORIAL

French-Belgian gastronomy and refined with the best from world cuisine with a modern touch.

#### Top breeds

Next to the Waerboom domain you can find the Waerboomhof farm. Here they raise some top quality breeds of chicken, cattle and pig with the utmost care: Mechelse Koekoek, Angus Aberdeen and Duke of Berkshire. The sublime taste is due to a healthy and slow breeding process. With meat from the Waerboom breed, it stands to reason that the chefs pay great attention to local produce.

The property also boasts 35 stylish hotel rooms in the main building and the annexes, so you need not worry about partying too much. Leave

the car keys in your pocket, and enjoy your evening without inhibition.

#### **Exclusive wedding hall**

Choosing a place for your nuptials is always fraught with difficulty. Waerboom's newest hall offers an exclusive and unique setting, with a glass wall allowing a view of the inside courtyard of the Waerboomhof farm. Your guests will be enchanted from the moment they enter the gate. The

premises will be reserved exclusively for you and your guests – rooms included.

As if all this was not relaxing enough, the property also boasts an exceptional wellness complex called Waer Waters. A short walk from the hotel, it is an oasis of tranquility and relaxation in a beautiful setting with top quality equipment, professional service and superior cuisine. There are 6,000 m² of spa and relaxation facilities and 6,000 m² of sports areas for tennis, squash and fitness rooms. Salons Waerboom have everything it takes to pamper both body and soul and send you home with nothing but wonderful memories of your big day.

Visit Salons Waerboom without any obligation every Wednesday and Thursday evening (except on public holidays) between 18h00 and 20h00 and check out the facilities.

www.waerboom.be

or many of us, the big events in our lives come with added stress. Anniversaries and weddings are joyful occasions, and work seminars can be very productive. That's why it is so important to choose somewhere that will relieve that extra tension. Salons Waerboom is just such a place – it ticks all the boxes when it comes to hiring a venue because it is much more than that.

#### A family affair

For over thirty years, Herman and Annick Coppens have managed this family affair and are now assisted by their two daughters, Tamara and Sarah.

Located only a 25-minute drive away from Brussels' Grand' Place amid the rolling, peaceful hills of Payottenland, Salons Waerboom cater to all manner of family celebrations: weddings, communions, birthdays, retirement, anniversaries, family reunions and baby showers. And, of course, it's very popular with businesses that want an exclusive place to hold their seminars.

#### Gastronomic delights

When people talk about Waerboom, the word gastronomy always arises. Salons Waerboom are local trendsetters when it comes to brunches and Sunday buffets. Sit down for a business lunch, a tete-à-tete or a family celebration, and you will find the food and the service impeccable. Whether you want a walking dinner, a buffet or a served banquet, the Coppens family will guide you through the best menu option to suit the occasion and your pocket.

Salons Waerboom also organizes numerous events on a monthly basis, mostly on Sunday afternoon but also on other bank holidays and sometimes in the evening. There are different concepts, such as the Super Brunch, a wonderful, expansive buffet that takes place five times per year with live music from a band and DJ. Then there are the top quality gastronomic buffets in a magnificent setting. They are very affordable, with cuisine inspired by traditional



Shannon Robb buckles her seat belt and travels back to the early days of iet settina

ome on, fly with me, let's take off in the blue". Frank Sinatra's smooth serenade is nearly impossible to resist. "We'll just glide, starry-eyed". He easily persuades you to pack your bags and become an international jet setter at the drop of a hat. "Come fly with me, let's fly, let's fly away".

Sinatra's 1958 hit embodies the glamorous notion of the jet age's golden days, as they are called: those early days of jet planes when travelling by air was an event of sorts, not a tedious exercise or some test of patience and endurance as it can often be today. People travelled in style: they dressed well, in suits and skirts, with their colour coordinated luggage sets in hand. Stewardesses (not "flight attendants") dressed in tailored uniforms topped with pillbox hats and served elegant meals to passengers who had plenty of leg room and a first class experience no matter their seat number.

It's easy to romanticize the past, to wax nostalgic on a time gone by and to long for the elegant combination of a simpler lifestyle lived with a more sophisticated air. Those golden days of the jet age are no exception, especially when compared to the turbulence that has surrounded the airline industry more recently: the fees, the security lines, the in-flight service (or lack thereof).

It's undeniable that there was an air of glamour during the early decades of air travel. Sinatra seemed to think so, so it must be true, right? Some planes featured lounges and piano bars, so it's not difficult to create a mental image of Ol' Blue Eyes himself surrounded by the likes of



Ava Gardner and the rest of the Rat Pack, crooning as he soared through the clouds.

Although jet engines were invented and improved during the 1930s and 1940s, their use was limited to military aviation, and they weren't introduced for commercial flight until the early 1950s. The De Havilland Comet 1 made the first jet airliner flight between London and Johannesburg, South Africa, on 2 May 1952.

However, flights were expensive. A single fare















Jet Age

ticket for the Comet 1 flight to Johannesburg was £175 and a return was £315, according to the BBC's *On This Day.* Now, adjust those figures for inflation: £175 becomes nearly £4,400 (that's just over  $\in$ 5,400); £315 is hiked up to about £7,900 (over  $\in$ 9,700). The result, then, was a cabin predominately occupied by white businessmen during the early decades of the jet age.

It wasn't until the 1960s and 1970s that crosscountry and trans-Atlantic travel became more easily accessible to families and the less affluent. Jumbo jets in the 1970s allowed more passengers to travel and reduced the cost of air travel as a result, making the transportation

method less
exclusive. According
to the Smithsonian
National Air and
Space Museum
website, passenger
numbers in America
more than quadrupled
between 1955 and
1972 with the falling
fares.

The bright side of the more expensive flights, though, was the service passengers received in return, and it is

typically memories of this high-quality service that make the modern traveller reflect wistfully on the air travel of the past.

Stewardesses would attend training schools, which reflected finishing schools, to some degree, and where they would be instructed in charm, entertainment and cooking. Ann Hood, now an American novelist and short story writer, worked as a Trans World Airlines flight attendant during the late 70s and 80s. Although her time working in the air wasn't until after travel had expanded to a wider range of people, her experiences as a flight attendant still matched more closely with the early decades of the stewardesses than the contemporary in-flight experience.

On her blog, she fondly recalls her time at TWA's Breech Training Academy in Kansas City, Missouri: "We had to wear high heels. We had our hems measured and the dangle of our earrings. We learned how to pack a suitcase, calm a crying baby, open a wine bottle and cook chateaubriand to order".

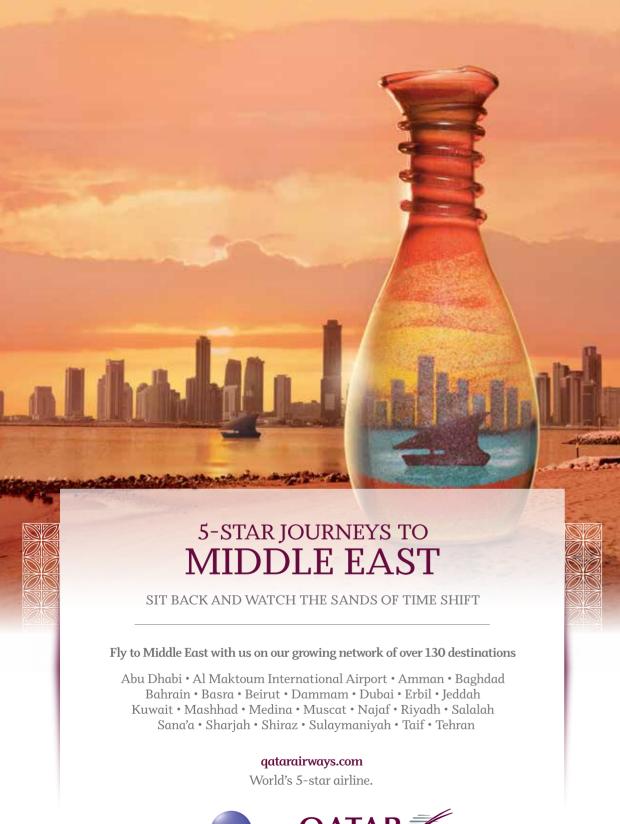
Perhaps it is true that the early days of the jet age truly were golden and that we've descended into an era of turbulent civilian aviation. But, as with everything, it is a give and take. Today, we may have to pay a little extra for another bag, and we certainly aren't treated like OI' Blue Eyes, but we are paying relatively less



and arriving more quickly and more safely at our destinations. Plus, more of the world is available to us than it was during the supposed golden age of flying.

Despite the security lines and the fees, there is still a certain air of excitement when we board that plane and take off into the blue. But if the arm rest of your too-small seat is digging into your side, your too-expensive beverage of choice is already gone and the sound of crying children gets to be too much, slip on some headphones, close your eyes and fly away on dreams of a golden past as Sinatra soars with you into the clouds.







fter an overnight flight, I arrived in Dubai on a Monday morning, greeted by magnificent weather. There was time to enjoy the hotel's private beach and explore the bustling streets of the city for a bit. But the real fun began the following morning.

A boat took us to a private beach, just at the foot of Burj Al Arab, Dubai's towering luxury

hotel, where a Sea-Doo Spark awaited each of us. The Sea-Doo Spark is a new model of BRP's Sea-Doo line that is making waves as the brand's most affordable, lightweight and environmentally friendly marine vehicle to date.

Having never ridden a Sea-Doo, I was a little

nervous before getting on the Spark, but my previous adventures with the BRP team (like my ride through Portugal on the back of the CAN-AM Spyder Roadster) put me at ease. Once we'd taken to the water, the nerves had fully subsided.

Sea-Doo has dominated the marine vehicle market for over 25 years, and with this new

model, it is easy to understand why. The Spark was easy to handle, and skimming across the water at such high speeds gives you a sensation unlike any other. It was magic.

The Sea-Doo Spark is customizable to fit your tastes and also your price range, so every experience on the water can be exactly what you want. Its sleek design and polypropylene

frame mean the Spark is both easy to transport on land and easy to manoeuvre once it's in the water, in addition to making it more fuelefficient and environmentally friendly than other machines.

There are six basic categories to choose from to begin creating the

machine that will spark your desire to make some waves:

 Number of passengers: The option to choose between two seats or three makes the Spark accessible to families of any size.
 Motor: The Rotax® ACE™ is the most energy efficient motor; it consumes 7.3 litres per hour. The Rotax ACE 900 HO features better

SENSATION UNLIKE
ANY OTHER"

"SKIMMING ACROSS

THE WATER AT

SUCH HIGH SPEEDS

GIVES YOU A





acceleration and a higher maximum speed and uses 9 litres per hour.

3. Add an iBR braking system: The iBR system allows you to stop more quickly and effortlessly than other braking systems on the market, increasing the machine's ease of handling and making docking your Spark a painless process. 4. Accessories: Add removable bumpers to protect the body of the Sea-Doo, a step on the side of the machine or a storage compartment. 5. Colour: A choice of five different colours means your Spark can reflect your personality.

And if that weren't enough, Sea-Doo offers a number of other accessories for even more customization.

In its most basic version, the Sea-Doo Spark is available for purchase at around €6,000 and increases in price depending on the choice of motor, additional systems and accessories. There are dealers across Belgium: www.brp.com

Getting there: Qatar Airways www.gatarairways.com www.hiltonhotels.com

Accomodation: Hilton Dubai Jumeirah Resort



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LEISURE

russels is bustling and never fails to provide plenty of locations and activities to fill a weekend from beginning to end. But as exciting as the alwaysmoving and ever-changing atmosphere of Brussels can be, sometimes the crowds and traffic can feel overwhelming and a change of scenery is necessary, if only for a couple of

#### Catch some zzz's: Nooz wellness resort

Escape to a place of ultimate serenity in the Antwerpse Kempen, a place where time ceases to exist and where relaxation is your only priority (and an easy one to achieve, at that). Nooz, a secluded resort about an hour from Brussels in Grobbendonk, offers four living quarters tucked away in the privacy of the forest. The resort offers a range of wellness packages to fit the ideal length and price of your stay. If a few hours away are all you need, enjoy a massage or a soak in Nooz's Mystic Water oasis, a fire-heated tub in the woods. In need of a weekend-long escape? Multi-day Nooz packages (also offered for week-long stays) include candlelit dinners, private cinemas and saunas among other services. In addition to the spa services, packages often include snacks and beverages, and Nooz offers package options for larger groups. www.relaxweekend.be

#### At the beach: Oostende

Once a small fishing village, Oostende is now the largest coastal city in Belgium. Despite its size, the beach and other coastal activities offered in Oostende are a nice change of pace from the cobblestones and concrete of Brussels. If your weekend plan is to claim a spot on the sand and move only for a guick dip in the water (given that the Belgian weather is playing in your favour), be sure to check the city's website for locations and hours, as swimming is only permitted in specified areas at certain times of the day. Or take to the sea on a boat trip and capture a view of Oostende as its early fishermen might have; you can even try vour hand at catching the local fare on the Crangon, a traditional shrimp trawler. If you'd rather keep your feet on dry land, the city has plenty of museums and monuments to explore,

and let's not forget the restaurants where you can taste the fresh fare, even if you didn't catch it vourself. www.visitoostende.be

#### Search high and low: Dinant

Forty miles south of Brussels in the province of Namur. Dinant sits along the Meuse River. Whether you're looking for a weekend of history and architecture, nature and physical activity or food and beer. Dinant has something for you. Explore the city from top to bottom, beginning with the Dinant Citadel. Built to fortify the river valley, the Citadel is perched 100 metres above the Meuse and allows visitors a bird's-eve view of the city after climbing 408 steps, in addition to housing a weapon and history museum. (Don't let the stairs keep you from storming the tower; a cable car will also carry you to the top, and a parking lot is accessible from the plateau.) After vou've experienced Dinant from above, take a trip underground to 'La Merveilleuse', a beautiful grotto with fine white stalactites and waterfalls. A RAVel route provides cyclists and walkers with a convenient means of touring the city, and Dinant also holds claim to Adolphe Sax, inventor of the saxophone, and the 13th-century Gothic Collegiate Church of Our Lady. And every year on August 15th. Dinant hosts the Bathtub Regatta, during which you can witness a procession of makeshift boats - including bathtubs - racing down the Meuse. www.citadellededinant.be

#### Once upon a weekend: Belgian castles

Perhaps a weekend on par with a fairytale adventure is more your style. Belgium boasts one of the highest densities of castles per square kilometre in the world. Depending on how far you want to travel outside Brussels and in which region of the country you'd prefer to spend a weekend, discovering the castles hidden across Belgium provides an entirely customizable weekend getaway.

Only about a 20-minute drive outside of Brussels, the 15th-century Beersel Castle provides a quick escape from the city and a brief return to the Middle Ages. Or travel to Bilzen, where the history of Alden Biesen is based on the history of the German Order of

## Weekend escapes in Belgium Shannon Robb criss-crosses the country to discover a range of weekend destinations

#### "IT'S NO SECRET THAT BEER IS A PASSION IN BELGIUM"



Travel

Photo © Luc Viatour/www.Lucnix.be



Knights Landcommanderii, dating back to the 11th century. The castle serves as both a historical site and a location for numerous festivals and events in Bilzen throughout the year. Nearly two hours outside of Brussels, Reinhardstein Château was built in 1354 by Renaud de Waimes after he was granted permission by Duke Wenceslas of Luxembourg to build on the site. The castle passed through the hands of numerous families over the centuries, before falling into disrepair and finally being restored in the late 1960s. Reinhardstein now houses period armour, weapons, tapestries and furniture. The Castle of Lavaux-Sainte-Anne and the Maredsous Abbey are just a couple more popular names out of the hundreds of other castles, citadels and manors in Belgium.

#### Raise your glass: Belgian beer tours

It's no secret that beer is a passion in Belgium and an important part of the culture. Brasserie du Bocq, located in Purnode in the province of Namur, was founded in 1858 by Martin Belot and remains in the Belot family today. At the World Beer Awards 2013, Brasserie du Bocq's Saison 1858 won the World's Best Bière de Garde/Saison. The brewery specializes in high-fermentation beers and offers guided tours of the facility followed by beer tastings. www.bocq.be

Other breweries across the country offer similar opportunities to raise a glass to Belgium. The folks at BeerTourism.com, with the hope of showcasing Belgium's extensive beer history to new audiences, have created an in-depth website that profiles cities, specific breweries and beer styles. From reds to Lambieks and from Nieuwpoort on the coast to Bouillon in the Belgian Ardennes, there are plenty of cities in which to spend a weekend exploring the country's wide range of beer styles. Find a compilation of travel guides to Belgian cities, complete with tips on beer, food and travel accommodations, at belgium.beertourism.com.

#### For the adventurous spirit

If a weekend in the fresh air with plenty of physical activity is your idea of a break from reality, head to the Ardennes and try kayaking on the Amblève River with Coo Kayak (www. coo-adventure.com), explore the geological formations of the Abîme Cave (www. decouvertes.be) or take to the tree tops at Parc Chlorophylle, a "recreation forest" (www. parcchlorophylle.com). Other companies throughout the Ardennes region, such as Europ'Aventure (www.europaventure.be), and across the country offer packages and services to accommodate your adventurous spirit from horseback riding to paint ball to rock climbing.



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- 15h00-16h30 Initiation de golf
- 16h30-17h00 Explications sur les étapes à suivre pour jouer au golf

Participation: € 5 p.p. Une réservation est nécessaire, le nombre de participants par après-midi est limité. Tenue correcte exigée; pas de jeans, ni de talons.





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## What's On Belgium

#### **OPERA ON SCREEN**

On the hot sand of a beach or in the heart of the city, with bubbly or a summer cocktail in hand, surrounded by your family or just à deux, enjoy the best operatic productions of the latest season. Lulu, La Traviata, Cosi Van Tutte and Orlando were recorded live at La Monnaie and will be projected onto the big screen this summer.

(Duration of each opera: 2h30) www.lamonnaie.be



#### eat! BRUSSELS, drink! BORDEAUX

The Brussels restaurant festival is once again taking up residence in the Bois de la Cambre/ Ter Kamerenbos, Over four days, restaurateurs from throughout the Brussels Capital Region and its partner cities, provinces and regions are coming together. During eat! BRUSSELS, drink! BORDEAUX, our partners Bordeaux wines will share their know-how and passion for delicious products with connoisseurs and foodies who are always looking out for outstanding quality, new taste sensations and adventures. 11-14 September www.eathrussels.be

#### **Guignolet in the Park**

Théâtre Royal Les Coeurs de Bois invites you to its season of outdoor puppet theatre, with more than 65 performances free to the public in the Park Royal. The company, which started in Brussels in 1946, will entertain children (even older ones) on Wednesday to Sunday in July and August.

Park Royal. Free www.guignoletdansleparc.be



Food & drink



#### LA TERRASSE: WELCOME TO SUMMER!





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You'll feel that you are somewhere between Bali and the French Riviera – so just lose yourself from midday to midnight on our huge terrace amid the tropical plants.

Bring your friends along. There's a full programme of events and concerts with DJs, and Happy Hours and Aperitivos.

Try the brunch on Sundays from 11am until 3pm.

This year, La Terrasse will of course not be ignoring a large international event taking place in Brazil as the Red Devils play in the World Cup - and you're all invited to the party!

Lunch or dinner is available every day at the Vittel restaurant - to book a table simply email vittel@ la-terrasse.be or call 0470 866210 for a reservation. BBQs are by special reservation and only for groups of a minimum 20 people. •

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#### LIFE OF LEISURE



#### 21st Sculpture Festival Knokke-Heist

Knokke is famous for its dedication to the arts, and the beautiful seaside town clearly loves its sculpture. This year, the sculpture walk 'Sculpture Link Knokke-Heist' will include 28 monumental sculptures. On your daily promenade you can find works by the artist Phil Billen (courtesy of d'Haudrecy Art Gallery Knokke-Zoute) on the Knokke Sea Dike from Heist-West as far as the Zoute, and sculptures by Marco di Piazza (courtesy of Bont Art Cologne) on the Knokke cultural axis, from the Casino, passing Hotel 'La Réserve' around the lake Zegemeer as far as the CC Scharpoord.

The art universe of **Phil Billen** is all about the sea: ships, bathers, seamen, mermaids, packet boats, dreams about travel, since he spent his holidays as a child at the North Sea. They capture the space around them, they rise up to the sky or appear to walk on the ground between two lanes, they melt into one another as far as you can see. For the sculpture walk on the promenade, Phil Billen has created new monumental works around the theme "Passion for the sea".

Marco Di Piazza was born in Rome and grew up in Tuscany. The son of an artist and a philosopher, Marco studied art and architecture in Florence. He participated in the prestigious Venice Biennial of 2011. His works can be found in private and public collections in more than 20 countries. Sculpture link is part of Art Nocturne, where you will also have the opportunity to discover numerous smaller sculptures by these artists at Art Nocturne Knocke, during which gallery owners will exhibit a unique selection of sculptures at the Scharpoord cultural centre from 9 to 17 August 2014, every day between 16h00 and 21h00.

www.artnocturneknocke.be www.sculpturelink.be •

What's On

## Cinema

Picturenose.com's

James Drew offers up
his film choices for this
month



#### Transcendence

Chinese-American sci-fi starring everyone's favourite Johnny Depp as Dr. Will Caster, who is hot on the trail of solving the mystery of, well, everything, and is constructing a sentient computer to help him do just that. Seriously, has he never seen *The Terminator* (1984)? Wally Pfister makes his directorial debut, and Jack Paglen's screenplay was, for some time, on Hollywood's so-called Black List of popular but unproduced films. Go figure. 119 mins.

#### **Boyhood**

Richard Linklater returns with another sociohuman drama, this one telling the story of a divorced couple, Mason (Ethan Hawke) and Olivia (Patricia Arquette), who are trying to raise their young son, Mason Jr. (Ellar Coltrane). The story follows the boy for twelve years, from first grade at age six through twelfth grade, aged 17-18, and examines his relationship with his parents as he grows. It's Linklater, so it's likely to be rather good (if a trifle long). 165 mins.

#### The Expendables 3

Go on, you know you want to – and, by gum, director Patrick Hughes and writers Creighton Rothenberger, Katrin Benedikt and Sylvester Stallone have certainly put a cast together for this (concluding?) action sequel. The returning cast includes Sylvester Stallone, Jason Statham, Jet Li, Dolph Lundgren, Randy Couture, Terry Crews and Arnold Schwarzenegger, while new additions are Wesley Snipes, Antonio Banderas, Mel Gibson, Harrison Ford, Kelsey Grammer, Kellan Lutz, Ronda Rousey, Victor Ortiz, Glen Powell and Robert Davi. What do you want, a synopsis? Things will explode. I thank you.

#### Jimmy's Hall

In what may be Ken Loach's last fictional film for quite some time (he is moving over to documentaries), Barry Ward plays 1930s Irish political activist Jimmy Gralton, who sets out to build the eponymous hall to expound his political views and create a community centre for the young that is open and free to all. As you might imagine, there are those in his village who are not so keen... 106 mins.



like theatre but not as much as literature, even if there are quotes from Molière and Othello. I think, then, I can't adapt a text because I need to change a lot of that text. I believe that adaptation is somehow impossible because you need to have the freedom to do collages; filming is like making a collage.

"In Turkey, we sometimes use this formula of humiliating the others because we have a big and strong industry of soap operas. Characters have to stimulate sympathy with the public, be a little bit melodramatic and a bit heavy, which make it easier to watch.

"Intellectuals and especially the theatre actors are different because, all their lives, they've

acted in Shakespeare plays. They live a very intellectual life in close circles with other actors. In all countries, there are such differences, and intellectuals are a bit isolated from the society. Maybe in Turkey this phenomenon is a little bit more present.

"What keeps me going is doing something better because, normally, I'm not really satisfied with what I do, so I always try to improve. Then I think that, as artists, we shouldn't use good reviews to prove that our art is good."

Read the full interview on our website www.togethermag.eu

Portrait by Stephanie Cornfield

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## What's on International

#### Les Belges a Saint-Tropez: Do You Do You Saint-Tropez ?

The 22nd edition of Les Belges a Saint-Tropez as Belgians descend on St Tropez for the most important national holiday event beyond Belgian borders. Celebrate by the water's edge and see sunset with fellow partygoers. It begins at 18h00 with an acoustic concert and a walking buffet. Experience the new Olivier Saxe concert on an innovative 100 m<sup>2</sup> stage. July 21, 2014

www.21-7.be



#### **Chasing Time**

A new exhibition entitled 'Chasing Time' takes the visitor on a journey through time, as it is experienced in sport, socially, technologically and artistically. How is time perceived by athletes, neuroscientists,

How is time perceived by athletes, neuroscientists, philosophers, sociologists and artists? How is time measured in sport, and how is it divided into thousandths of seconds? How do athletes experience and manage the time spent in competition? This exhibition focuses on the intimate relationship between time and movement, and the effects of industrial time in sport.

Through inventive scenography by Lorenzo Greppi, visitors discover a route organized around nine themed sectors, which clearly illustrate the changes and evolution of the perception of time throughout history. The Olympic Museum, Lausanne, Switzerland. **Until 18 January 2015** *www.olympic.org/musee* 

## Les Luminessences Sound and Light Show For the second consecutive year, the four

For the second consecutive year, the four façades of the inner courtyard of the Palace of the Popes will come to life, providing an opportunity to relive the history of the Papal City with rousing images, music and voices. Enjoy a 360° fairy tale immersion into the city's thousand-year-old history. Palais des Papes, Avignon. 12

August to 11 October

www.lesluminessences-avignon.com



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## Maserati: **Bob Monard**. is a big fan of an Italian A century of luxury sports

#### The Maserati timeline

multi-cylinder

turbocharged)

(sometimes

1 December 1914: Alfieri Maserati created a brand called Anonima Officine Società Alfieri Maserati in Bologna. Five of his seven brothers were involved in the development of automobiles, including Mario, who it is claimed was the designer of the brand's famous trident emblem.

**1922**: The firm commissioned Diatto Alfieri and his brother Ettore to make the firm's first racing car. They called it the Tipo 20, and it won the 24 Hours of Monza in 1924.

1926: The two brothers decided to build their own race cars and launched the Maserati brand. The first car was developed on the basis of the Diatto and baptized Tipo 26. This was the first 'true' Maserati, and it became a formidable rival to Bugatti, winning the Targa Florio in 1926.

When Alfieri died in 1932. three of his brothers succeeded him. and seven vears later they sold their shares to the Orsi family, who were passionate about motor racing. Maserati then focused on

Photo © Robin Hanson driving a Maserati 6CM at the 1937 Donington Grand Prix (credit James Hamilton's uncle

engines. The Maserati 8CM became the first sports car equipped with a 3-litre V8 engine with hydraulic brakes.

In 1939 and 1940, the Maserati Tipo 8CTF 3-litre engine – the Boyle Special – won the Indianapolis 500 and the Pikes Peak International Hill Climb. 1946: The sporty A6 1500 came off the production line. In 1957, it was followed by the 3500 GT Mistral. Bora and Merak.

The war ended, and Maserati achieved racing success, with Juan Manuel Fangio in the 1950s behind the wheel of the A6GCM; the team's success lasted right up to the 1957 world championship with the Maserati 250F, and also with the Tipo 60 and Tipo 61, 1958: Financial difficulties marked the end of all direct sports involvement. Private teams took over.

> **1963**: The first Maserati Quattroporte (four door) was marketed. With its 4.2-litre and 4.7-litre engines. it was the world's fastest sedan at the time. 1966: Maserati unveiled the Ghibli, a direct competitor of the Ferrari Daytona and the



Lamborghini Miura. **1968**: Maserati came under the control of Citroën, looking for a V6 to equip its SM. Three new Maserati models emerge: the large Bora, the small Merak - both midengine vehicles - and the Khamsin.

**1975**: Maserati was taken over by GEPI, an Italian state-owned company responsible for the revival of ailing firms. Then it was owned by Alejandro de Tomaso, an era that brought the Biturbo, the Biturbo Spider, the Maserati Karif, 2.24V and 4.24V, as well as the Maserati Barchetta and Maserati Racing, followed the Ghibli II and the Shamal.

**1983**: Chrysler Maserati appropriates and offers the Chrysler TC Convertible Touring Convertible. **1987**: Fiat bought the Trident brand, and it merged with Ferrari in 1997.

Aficionados still remember names such as Mexico, Kyalami, Shamal, 3200 GT and MC 12, sold and collected throughout the world.

Nowadays, Maserati generates a turnover of around €700 million. In 2013, the firm set a sales record: 15,400 vehicles sold in more than seventy countries, principally in the USA, China and Europe. Innovations are expected in the near future, in particular with the upscale 4X4 LEVANTE. But for now, this veteran brand, which has had its ups and downs for a century, is preparing to celebrate its titanium jubilee from 19 to 21 September on the Modena site, hosting no less than 250 vintage sports cars that will participate in circuit rally events. For those who can't make it to the Po Valley, local importers have some pleasant surprises up

their sleeves.

#### Maserati in Belgium

In Belgium, Maserati delivered 59 cars in 2013, against 45 the year before. At the end of May 2014, 165 had been sold, an increase of 617% compared to the same period in 2013.

#### So, what's available?

- The GranCabrio convertible is a four-seater, like its counterpart GranTurismo, which comes with the 4.7-litre V8/450 hp, and there are ten more configurations for the GranCabrio Sport and the MC (from €135,995 to €154,670).
- The GranTurismo coupé, based on the same platform as the Quattroporte, has the V8, with 4.2 and 4.7 litres, backed up by 411, 439 and 460 hp (from €125,690 to €155,848).
- The prestigious diesel Quattroporte S and SQ4 GTS V8 (6 and 8 cylinder/410-530 hp) from €110,473 to €148,830.
- The wonderful Ghilbi touring car, boasting a V6 engine, comes in diesel (275 hp) from €66,000 (275 hp) in 'regular' (330 hp), in S and SQ4 (410 hp), priced from €69,212 to €85,063.

The Maserati brand is exclusive, based on the elegance of its design, luxurious interiors and melodic engines, the attention to detail, the subtle quality of the finish, wrapped up in the charm of traditional Italian craftsmanship. Buon centenario! •

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