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Editor's LETTER.

Together: Inspiring you to reach your dreams...

ON THE COVER



Mexican actress and producer Salma Havek

The day I was writing this two things struck me that seemed somehow connected. The first was TV images of absolute mayhem on the Turkish-Syrian border, with teargas and rubber bullets raining down on bewildered refugees, many of them young women clutching babies close to their chests.

The other was reading our interview with Salma Hayek. She recalls the tales by poet Kahlil Gibran that reminded her of her grandfather, tales that suffused her childhood. And you get the sense from her that she wasn't just delighted to have the opportunity to turn these stories into an animated film (Kahlil Gibran's The Prophet, 2014) it was also an opportunity to return somehow to a happy childhood home that rang to the sounds of poetry.

Gibran was a Lebanese Christian but his writing dealt with a common humanity that some people appear determined to ignore at all costs. But perhaps the day will come for some of those child refugees when they can sit by a hearth somewhere and listen as an elder of the family reads aloud from a good book that has no boundaries. He writes: "Your children are not your children - they are the sons and daughters of Life's longing for itself."

Paul Morris EDITOR









Our monthly **fashion shoot** p58



Dining in the Tyrolean hills p99

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Starring in Belgium

Kasabian

Kasabian is known and recognized around the world, wearing the mantle of ambassadors of the British scene. Velociraptor! enjoyed global success, and now they are back on stage, serene and more motivated than ever, to present their latest achievement, 48: 13. November 8. Forest National, Tickets: €37 - www.livenation.be



José James - While You Were Sleeping

José is a regular guest at the AB but this time has some surprises up his sleeve with his new repertoire, a burly sound laced with hard guitars.

October 27

Ancienne Belaiaue. Tickets: €23 www.abconcerts.be



Bonnie 'Prince' Billy & The Cairo Gang

This unassailable indie-bard is a sure bet for pure songs. Heart-rendingly beautiful folk-noir is and remains the trademark that he has been using for more than 20 years now. 20 November, Ancienne Belaiaue, Tickets: €28

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Marianne Faithfull

On the occasion of the fiftieth anniversary of the release of As Tears Go Bv. her masterful debut album. Marianne Faithfull arrives in town on the back of the release of an exceptional book entitled A Life On Records, tracing the life of one of the most popular artists of the 20th century. 19 November. Henry Le Boeuf Hall, BOZAR, Brussels. Tickets:









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Shapes



Aspria Well-being Manager Monica Schettino explains the whys and hows

veryone knows the benefits of regular physical activity for cardiovascular health. But do you know about the benefits of sport for mental

of turning stress At a time when stress, anxiety and depression are into exercise considered the evils of modern society, scientific expertise continues to reveal the potential of physical activity as a tool to relieve, treat or prevent these mental health problems.

Physical activity increases resistance to stress

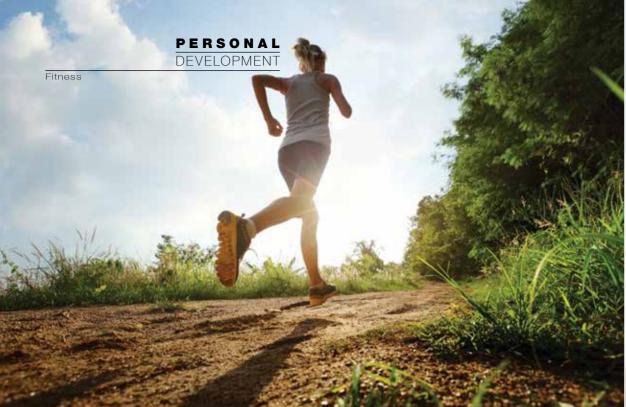
Because a form of stress is a component of physical activity, regular participation in sport increases resistance to other types of stress such as emotional stress. In effect, physical activity prompts the same symptoms as anxiety: increased heart rate, perspiration, difficulty in breathing. As a result, sport helps our bodies and minds to familiarize themselves with these sensations and to control them within the context of psychological stress.

"PRACTISING SPORT REGULARLY **INCREASES**

OUR CEREBRAL

Physical activity promotes self-confidence

When you learn a new skill, your self-confidence gets a boost. Learning to perform exercises correctly also helps to increase self-confidence. Positive selfconfidence is associated with mental well-being while a lack of confidence is associated with mental illness.



"PHYSICAL ACTIVITY STIMULATES THE DEVELOPMENT OF **BRAIN CELLS**"

Physical exercise acts as an antidepressant

Physical activity has an impact on the brain's neurochemistry: it produces serotonin and dopamine which are also known as the "wellbeing hormones".

Physical activity impacts the structure and functioning of the brain

Physical activity stimulates the development of brain cells, protects the brain from damage and strengthens brain functioning by promoting the development of new blood vessels which support new nerve cells. Numerous studies have shown that practising sport regularly increases our cerebral capacity, notably in strengthening memory and powers of concentration.

Physical activity improves physiological health

Physical activity reduces the peripheral risk factors of poor mental health, such as inflammation, diabetes, hypertension and cardio-vascular problems – by promoting blood circulation and hence the distribution of nutrients and energy.

Studies show that 150 minutes of moderate exercise or 75 minutes of vigorous exercise every week is enough to provide beneficial effects on mental health.

Take care to perform a form of exercise which is suitable for your problems, whether that's anxiety, stress or nervous depression. Fitness professionals will help you take part in the ideal physical activity for you, to ensure your optimal physical and mental health.

Don't hesitate to contact our Personal trainers and well-being advisors for good advice and training programmes.

Happy training! Monica Schettino is Well-being Manager at Aspria 0

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Health

A pain in the neck

Tom Meyers confronts a growing work-related health issue

" SCIENTIFIC STUDIES SHOW THAT ERGONOMICS AREN'T THE MAIN PROBLEM"

ccording to the European Agency for Safety and Health at Work, musculoskeletal pain in the neck, shoulder and back is the most common work-related health problem.

Its increasing prevalence in modern society is concerning, and when left unresolved it contributes to distress at home, loss of productivity and increased absence at work.

Working as an osteopath and Stress-Coach for Body and Mind, most of my patients make an appointment for relief from musculoskeletal pain. When asked about the cause of their discomfort, I mostly hear patients say it is related to working in an office all day: my chair at work isn't the best, I'm not sitting straight, my computer screen isn't at the right height, I've been working with the computer mouse a lot – in other words, patients most often put the blame for their discomfort on ergonomic or postural issues.

And, yes, prolonged static postures or repetitive movements can lead to muscular chronic tension and eventually pain.

This biomechanical link has been researched extensively, and, although it seems logical, it will

probably surprise you to know that scientific studies show that ergonomics aren't the main problem. There is in fact only limited evidence for a causal relationship between computer work, computer mouse and keyboard time and neck, shoulder and musculoskeletal pain.

In other words the desk, the mouse, the posture are contributors. However, they aren't the main cause of your pain.

So what is?

It turns out the biggest contributors to musculoskeletal pain are psychosocial factors, mainly job stress as we try to cope with a heavy workload, deadlines, information overload and reorganization.

On a behavioral level these psychosocial factors prompt you to work longer hours, increase your pace at work and make you take fewer breaks, to give but a few examples.

On a physiological level these factors contribute to triggering the stress response which increases heart rate, blood pressure, cortisol and adrenaline levels and heightens muscular tension.



"THESE PSYCHOSOCIAL FACTORS PROMPT YOU TO WORK LONGER HOURS"

Chronic stress in turn leads to mood swings, anxiety and depression, and these change your posture and so contribute to musculoskeletal problems.

This combination of biological and psychosocial factors means that we must observe musculoskeletal pain from a 'biopsychosocial' perspective.

So the next time you have musculoskeletal pain:

- Take a moment to reflect what has been happening in your life or at work lately.
- What are the changes that have taken place and got you all tied-up?
- How much stress have you experienced lately and what have you done to relax?
- Are you still carrying the weight on your shoulders of issues from long ago?
- Have you taken too much on your plate lately?

Take time to understand the true cause of your pain, unwind and be mindful of your beliefs and how others affect you. If pain persists then consider professional help.

For more health and wellness tips, tune in to the feature Health Matters on www.radiox.eu or visit www.tommeyers.be •



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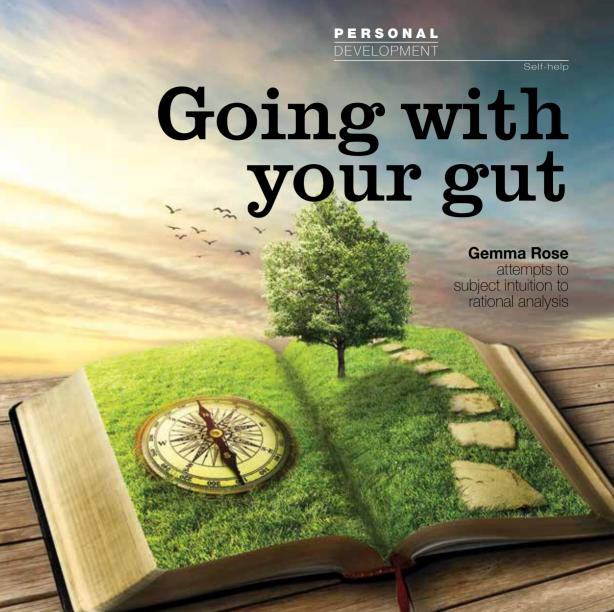
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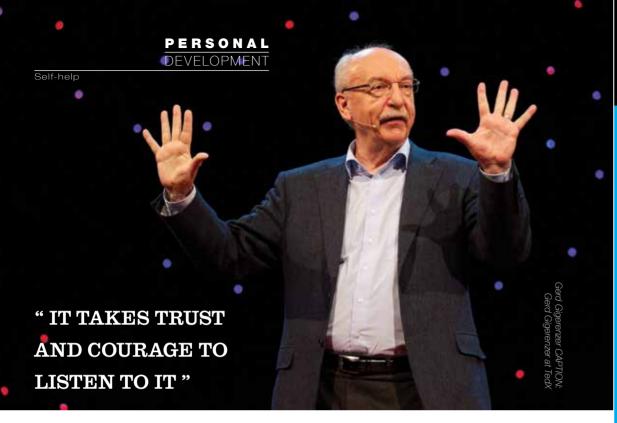
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WAY TO CLEAN UP THE MIND"

" MEDITATION IS 66 To very decision that has profited me has come from me listening to that inner voice first. And every time I've gotten into a **ALSO A GOOD** situation where I was in trouble, it's because I didn't listen to it. I overrode that voice, that instinct, with my own head and with my own thinking," counselled Oprah Winfrey in the recent interview 'Oprah Winfrey on Career, Life and Leadership'.

> I have always been fascinated by this counsel embedded within us. Sometimes it's a voice; other times it can be a sensation or a feeling. It can even be physical pain or discomfort. It prods us, awakens us. It



tells us that it's time for a change; or that something isn't right; or it is. There are many attempts to label it: intuition, instincts, gut feelings, the subconscious, a hunch, the inner voice. I'm not sure one term ever sufficiently describes this thing that voices its opinion ever so delicately one moment, and then blasts a code red alert the next.

Intuition is defined by the German psychologist Gerd Gigerenzer (who's considered an expert on the study of intuition) as this: "I use the terms gut feeling, intuition or hunch interchangeably, to refer to a judgment that appears quickly in consciousness, whose underlying reasons we are not fully aware of, and is strong enough to act upon."

'Go with your gut' is common self-help advice, and it appears to hold the key to our search for the good life. But how do we know what our intuition is? How can we tell the difference between it and the other voices in our head or sensations in our body? Can we really trust it? I cannot do this topic full justice, but my gut is telling me to write it all the same.

According to Gerd Gigerenzer in his TedX Talk,

trusting our gut appears to be useful in a world of uncertainty. It is not so clear what or where this world is, but I can imagine it's this messy, jumbled-up and confused world we live in.

Freud believed that intuition was best reserved for vital or complex matters such as choice of a profession or a mate, whereas a pros and cons list suited the more simple problems.

Gigerenzer also argues that more information, more time and more computation are less conducive to good decision-making. Malcolm Gladwell in his book *Blink* certainly agrees. He says that too much information over-saturates our brains so that it becomes difficult to see the wood for the trees, hence hampering our good judgment.

Our intuition can also get it wrong. The fatal shooting of Amadou Diallo in 1999 - shot at 41 times – by NY police who instinctively thought he was a criminal and that his wallet was a gun is a tragic example. Research from Yale University last year showed that unstructured job interviews and going on a hunch when selecting a candidate is not an accurate predictor of the right person for the job. Our





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PERSONAL

DEVELOPMENT

Self-help

intuition can fail us in relationships: divorce and break-ups can signify that the one who we thought was 'the one' actually wasn't. It can be argued that these decisions may not have been based on intuition, but rather on fear or conditions or beliefs that are familiar to us. How are we really to know what intuition is and what it isn't?

Perhaps one of the ways to be attuned to our intuition is to listen to ourselves. Easier said than done, I know. Keeping a journal of our thoughts and sensations may help us to distinguish the wisdom from the paranoia. Meditation is also a good way to clean up the mind and to stay present. Sometimes, something just feels right or wrong. Pay attention to it; you don't have to act on it just yet, especially when you feel you have insufficient information or there is no sense of urgency. Just be aware.

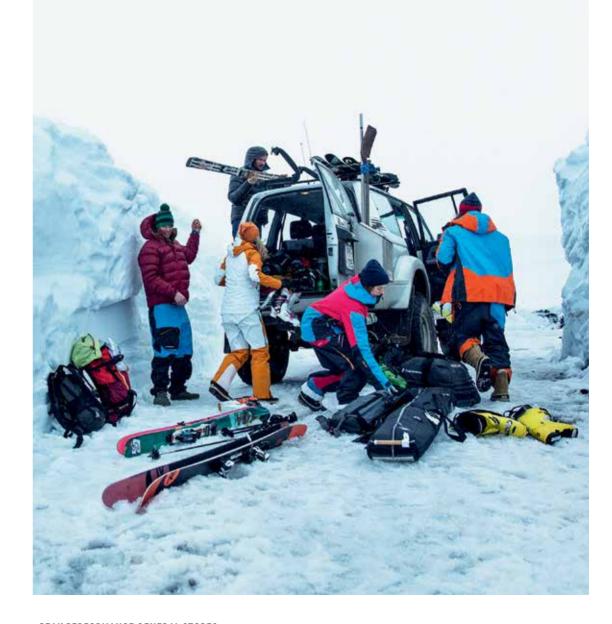
Plato believed that intuition must be subjected to reason. For Malcolm Gladwell, the best way to make a decision lies in the balance between conscious deliberation and instinct. Research from the careers charity 80,000 hours states that we can trust our intuition when: the environment is sufficiently predictable to make decisions; we have enough experience from making similar decisions in similar environments; and feedback on decision making is quick and accurate, enabling us to learn from it.

Fully understanding our intuition is probably one of the greatest mysteries of life. It takes trust and courage to listen to it and to act upon it. My rule of thumb is Oprah: if she goes with her gut, then I might as well too.

Gemma Rose writes at http:// livingroomphilosophy.com Follow her @livingroomphilo, and https://www. facebook.com/LivingRoomPhilosophy "IT IS NOT SO CLEAR WHAT OR WHERE THIS WORLD IS"

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The planet, stupid

EU Reporter's Gerry Callaghan takes the temperature in the debate over environmental issues

ncoming Commission President Jean-Claude Juncker has announced his designated Commissioners amid controversy over the institution's new structure. The make-up of the Commission includes the merging of Climate



and Energy policy, and also the amalgamation of the Environment and Maritime and Fisheries Commissioner. In the case of the former, combined with warnings over the integration of the two portfolios, the nomination of Miguel Arias Cañete has been roundly criticised due to his strong links with the oil industry.

Both politicians and environmental groups alike have voiced their concern over the integration of the Climate and Energy and Environment and Maritime portfolios. Greens/EFA group co-presidents Rebecca Harms and Philippe Lamberts cited concerns over a "lack of clarity"

in the policy divisions and appointments. They fear that the merger constitutes "a further downgrading of the EU's commitment to climate action" at a crucial iuncture. The same is true of the proposal to merge the fisheries and environment portfolios: "This

cannot lead to a dilution of the EU's commitment to either of these key areas," said the MFPs.

This view is supported by the non-governmental 'Green 10' group, who stated in an open letter that the new Commission "represents a clear relegation of environmental issues in the order of political priorities". Furthermore, the appointment of Miguel Arias Cañete has caused a similar outburst. It is believed he will lean too heavily in favour of the energy companies. According to Spanish newspaper *El País*, the former Spanish

" DG CLIMATE WAS DE FACTO MARGINALIZED TO THE BENEFIT OF DG ENERGY"

POLITICS

agriculture minister owned shares in an oil company, and his right-wing government cut subsidies for renewable energy in recent years.

This led to the global conservation organisation, WWF, branding the Commission



However, the
French Socialist
Party perceives the
merging of the
Climate and
Energy
Commissioner in a
positive light.
"There is a real
coherence in the
merging of the two
functions, which
will help to
reinforce the
portfolio," insists

appointments "regrettable". They released a statement saying, "WWF finds it regrettable that for the first time in 25 years the environment will not have its own designated Commissioner. This comes precisely at the time when environmental problems are looming larger on the political agenda."

Fresh evidence about the close links between Miguel Arias Cañete, who has been named to take over as the EU's energy and climate chief, and the oil industry, has been revealed by Friends of the Earth Europe. Following concern about his suitability to take on the climate and energy portfolio given his investments in oil companies, Mr Arias Cañete announced in mid-September that he is selling his shares. But environmental group Friends of the Earth Europe has uncovered further evidence of his close family connections to the businesses in question which suggests his conflict of interest is far from resolved.

Magda Stoczkiewicz, director of Friends of the Earth said, "We are deeply concerned about Mr Arias Cañete's nomination. Last week Mr Cañete sold his shares and said he wanted to avoid even the slightest notion of potential conflict of interest, but with his family's continued involvement in the same companies the notion remains far more than slight. The European Parliament must scrutinise Mr Arias Cañete very closely – there should be no place for conflict between public and private interests in European decision-making."

Pervenche Berès, MEP and head of the French Socialists in the European Parliament. She is, however, less sure about the man chosen for the job. "Questions will be raised in the European Parliament about this choice," the MEP warns.

Clashes between the European Commission's Energy and Climate directorates-general (DGs) caused frequent disruption in the outgoing EU executive team led by Portuguese official José Manuel Barroso. "DG Climate was de facto marginalized to the benefit of DG Energy. However, we have seen that the merging of these two subjects in the United Kingdom has had positive political consequences," says Thomas Spencer, director of the 'Climate' programme at The Institute for Sustainable Development and International Relations (IDDRI). He believes this merger could turn out well.

The designated commissioners, including Arias Cañete will take over on 1 November for the next five years if they receive parliamentary approval. He, alongside the other 27 Commissioners, will face questions in the European Parliament on 1 October before MEPs will vote to approve, or not, all 28 proposed Commissioners.

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The world of private banking

Martin Banks talks to Philippe Wallez about sustainable private banking

ccording to a recent report, the average Belgian has the third highest net financial assets in the world. The 'Global Wealth Report' said only Switzerland and the United States score higher with the Netherlands fourth.

In Belgium, the average net financial assets per capita amounted to €78,300 in 2013, a rise of 4.6% compared to 2012.

As relative wealth increases so does the

need for specialist financial services, including private banking. ING private banking offers everything from everyday banking transactions and savings packages to loans and insurance.

It is perhaps worth bearing in mind that, in order to benefit from its private banking services, you should have assets in excess of €1m. But, with many Belgians apparently becoming richer, there is likely to be an everrising demand for private banking.

Brussels-based Philippe Wallez, General Manager of its private banking arm, says: "For a private bank, it is a real advantage to be part of a direct universal bank. ING is not only a direct bank, it is also a bank for companies with a



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WEALTHY CLIENTS
A BROAD RAFT OF
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"In other words, we can offer our wealthy clients a broad raft of services, for both their private assets and their business, one single organization for all of a customer's projects. "Maximising the management of private wealth can be a relatively complex matter. The alobalization of the economy, market volatility, the extreme diversity of financial instruments or even taxation, are difficult factors to master. Against such a backdrop, it is

essential to be able to rely on specialists."

Mr Wallez spelled out some of the reasons why ING private banking in particular is proving so popular. One factor, he said, is that it can boast 95 private bankers throughout Belgium who answer any question about a customer's wealth. It offers two different approaches to managing someone's financial wealth: "discretionary" management and "advisory" management.

Depending on a client's choice, they will be allocated a portfolio manager who will manage the case in keeping with the recommendations of the bank's Investment Office.

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PERSONAL DEVELOPMENT

Money

This is a team of investment specialists who, savs Mr Wallez, "constantly decipher market trends to define a clear and precise strategy."

ING Private Banking, which has offices in Brussels, Antwerp. Ghent and Loyers, also includes 15 legal experts arouped together under the name Wealth Analysis & Planning, providing legal and tax advice on the preservation. control and inheritance planning of your wealth or that of your business.



"YOU MAY HAVE FINALLY Mr Wallez says, "A FOUND THE SECOND HOME YOU HAVE BEEN DREAMING OF OWNING "

Lending and insurance is another important element of its work. For example, you may have finally found the second home you have been dreaming of owning but your cash is not readily available just when you need it. You could take out a private banking loan and your private

"In cooperation with credit specialists, he will determine, together with the client, the most appropriate loan package, a conventional mortgage loan or tailor-made funding."

banker will help you with the formalities.

Different asset transactions can require this type of service, including funding a real estate transaction in Belgium or abroad; obtaining liquidities to buy a work of art; paving death duties or benefiting from an advantageous tax system.

ING has also set up two mortgage centres to simplify the steps for taking out a mortgage loan and provide personalized advice. Their specialized advisors can process the whole file. from preparing it up to the final decision to grant the loan, including all the intermediary technical

stages such as price negotiation and quarantees. This "comprehensive monitorina" is supplemented by personalized advice. in particular in the field of taxation.

The bank also puts great store by what it calls its "family business approach". family business is an integral part of your wealth. This type of business can go through different stages which sometimes need

professional assistance.

"For instance, transmission can constitute an especially sensitive and delicate stage which must take into account both family and financial considerations. Many scenarios are feasible in this field and our experts can provide concrete answers and objective advice."

The main aim of ING Private Banking, he says. is to draw attention to the importance of preparing your succession and assisting you in the process.

Mr Wallez explains: "To manage your wealth, it is important that you can call on a person of trust, someone who listens to you and who knows perfectly your situation in its entirety, your projects, priorities and those of your family, building together a quality professional and personal relationship, sustainable over time.

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Profession: Property Hunter



What is it that makes you different from an ordinary estate agent?

Firstly, we offer a made to measure service exclusively aimed at buyers or tenants. Secondly, we are in a position to search the entire market. We already work with all our individual clients, but we also work with no less than 700 professional partners in the property market. Our researches allow us to find 30% of the properties outside the market, before they have even been advertised. We don't have a portfolio of properties. We have information, and a very big address book.

So anyone with a property to sell can get in touch with you about it?

Absolutely. Our web site www.propertyhunter.be lets anybody, an individual or a professional, to offer us a property – which might be just what one of our clients is seeking! No commission is due, because we are paid upstream by our buyer and tenant clients.

What motivates your clients to use your services?

Our clients are people who either don't have time to hunt for themselves or who don't know about the market – or people who aren't in a position to search for property because they live abroad. There are 9 of us working together, and each of us only works on 3 to 4 dossiers at a time, which means that we are devoting at least 25% of our time to each dossier. We are offering quality, not quantity.

"We are not an estate agent, we are specialists in property research"

Interview with Julien Dessauny, Marc-Olivier van Bellinghen and James Goffin.



So in a way you are offering time and opportunities to your clients?

Absolutely; but our work includes many other things. As consultants, we advise and assist our clients so that they can make their purchase in complete safety, and we accompany them through the whole process, right up to signature of the final agreement at the notary's office. Also, we help them buy at a fair price, because as we are experts in the property market, we know how to estimate the value of a property. And we know how to negotiate too.

How many properties do you show your clients on average?

3 to 8 visits are enough on average. Before that, we would have visited between 10 and 40, according to the nature and the difficulty of the search. During that time, our clients can relax and keep an eye on the progress of our search, and give us their feedback through their personal space on line. The aim is that they only visit the best ones! And of course that's another area where we bring our expertise to bear.

What are your results after five years of operations?

The figures speak for themselves: two offices, with a third coming soon, more than 500 satisfied clients, and a success rate of 9 out of 10, with an average time of 6 weeks to find the property. We're also proud to have been elected the best property hunter in Belgium for four years running. What could be better?



Operation Help The Belgian Chococlef Multiple Sclerosis League by



he Belgian MS League needs your help!

buying or selling chocolates

The League aims to engage the public, informing them about the disease, but also raising funds. One means of doing this is through the sale of chocolates – Operation Chococlef. These funds are essential to maintaining the various services set up by the League, which include:

- Welcoming and promoting encounters during activities in the provinces
- Informing the public about the disease and its consequences in everyday life
- Supporting people with multiple sclerosis and their families
- Defending the interests and rights of individuals
- Help financially in some of the extra costs caused by the disease.

Want to help? Together we can take concrete action to improve the lives of people with multiple sclerosis:

- You can participate by proposing the distribution of chocolates in your networks and among your entourage.
- You can buy our Galler chocolates priced at €6 for a pack of four bars or the Pocket-bag, or €10 for the case of 24 mini-sticks. They are available in pharmacies, bakeries and at the tills in supermarkets.
- You also have the option of choosing a gift. Donations of €40 are eligible for a certificate for tax exemption. For example, if you want to help people with MS regularly, a monthly standing order of €3.50 (for 12 months) will entitle you to a tax certificate.

Through your commitment, you will help the League maintain its operations.

Contact us: 081/40 15 55 www.chococlef.be











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Interview

Maasmechelen Village & Brussels Fashion Days

Jeanie Keogh takes a sneak look at new Belgian talent

russels Fashion Days is rolling up its sleeves to present the latest design collections over the week-end of October 17th to 19th, turning the city into a style hub for the third year running. This season they are teaming up with Maasmechelen Village to create a post-event pop-up store featuring the new collections fresh off the catwalk. The collections will first be available at a pop-up store in Brussels throughout the three-day event and then will move to Maasmechelen Village. The luxury outlet village, located a little over an hour's drive outside Brussels, will offer up one of its boutiques for Brussels Fashion Days to convert into a temporary store for ten days only. As from October 21st, the eager fashionista can pop over to get their pick of the up-and-coming trends from young Belgian designers, as well as have the unique chance to grab iconic and black label pieces from major labels that are exclusively in stores for the duration of the international fashion season.

If you find yourself in Maasmechelen and not in Brussels during Brussels Fashion Days, Maasmechelen Village has other events going on during the fashion fever. It will host hair demonstrations by Corbeille featuring up-dos and style tricks as well as make-up



Claire Baillet



"IT'S ABOUT

DISCOVERING

SOMETHING

NEW,

THE BEST

OF THE BEST"

consultations in the fall colours in studios set up for the occasion. You can also take a stroll outside through an open air fashion photography exposition curated exclusively for Maasmechelen Village for its fall campaign fittingly called The New Chic, which is ongoing throughout the month of October. It is here that you will see 12 photos from the cutting-edge work of renowned fashion photographers Kurt Stallaert, Suzanne Rensink, Luc Praet and Annabel Sougné. More fashion photography will be exhibited at the Maasmechelen Village's display cabin at The Egg in Brussels for people to visit in the down time between shows and while ruminating on the latest designs they've seen.

This new collaboration between the luxury outlet village and the Brussels fashion show organizers is to promote young Belgian talent.

"It is the first time we are working in cooperation with the BFD and the reason why we did that is simply because we thought there was an obvious link between what we are doing and what Brussels Fashion Days is trying to implement," says Maasmechelen Village Marketing Manager Claire Baillet.

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Interview



The Village, which carries over one hundred labels, is making a point of positioning itself as a supporter of the design schools around Belgium by showing off the burgeoning stylesetters cropping up on the fashion scene. To that end, an exhibition of the designers from three fashion schools - ESA Saint Luc Tournai, Château Massart Liège and Francisco Ferrer will unveil their prototypes and first collections in a designated space in the Village. Additionally, designer collections from all ten schools across the country will have select pieces available for purchase in the pop-up store. Their pieces will be hung on racks between big labels giving their work a chance to literally rub shoulders with those of already established brands.

"It's very obvious for us that we support these initiatives and these young designers. It's about discovering something new, the best of the best," Baillet says.

The premium retail outlet has a history of using creative campaigns to draw public attention to noteworthy artists and designers, connecting the buyer with art in a more innovative designer-to-consumer relationship. They showcased this in their spring and summer displays highlighting the work of floral designer Marc Colle and

surrealist René Magritte.

"We aim at delivering an experience which goes far beyond shopping and what we want is that when people come here they spend some time – it's almost like a day out. They come, they experience, perhaps discovering a key artist who is also linked to fashion," Baillet says.

The fall campaign The New Chic is fitting as it dovetails with Brussels Fashion Days' sneak preview of the trends we will see in the coming months on the streets of Belgium.

"We worked the theme of fashion in different aspects and this is why we linked, as much as possible, fashion with what could be beauty, style advice, hair demonstrations and also brands," says Baillet.

The pop-up store will also add a layer to the fashion fervour in that visitors will feel they are at the forefront of the next style movement. Pop-up stores in London and Barcelona have been successful for years, Baillet says, helping future designers get noticed and ruffle some feathers in the industry.

www.maasmechelenvillage.com







A smörgåsbord of style

Jeanie Keogh headed to Sweden for Stockholm Fashion Week



white, beige, grey and black is that they've always got something tucked up their sleeves, sometimes literally. Open the door of the new Volvo XC90 SUV to be rolled out in 2015 and you discover a gear lever made of crystal glass from Orrefors and a tablet-like touch screen control console. While Volvo might seem like a lost leader in the luxury car market, that is partly their point: Swedes like being understated. In fact, they are so exceptional at it, they have made it into an art form. Incidentally, when Swedish designers try to break out beyond the nononsense signature Scandinavian style and follow the hype, they seem to be as lost and befuddled as someone who goes into Ikea for a lamp and ends up in a kitchen showroom. mesmerized by funky gadgets.

Yet in little more than 20 years, Sweden has come a long way from its Ikea beginnings on the international design scene and is starting to raise eyebrows. You'd think that by now the world would have grown tired of the user-friendly functionality of Ikea and the standard fare of trend-setting H&M. The secret to their ongoing success is this: Swedish designers skip out on the latest trend and instead deliver practical products





Thon Residence EU

In addition to 5 hotels in Brussels, Thon Hotels also offers 247 apartments spread over 4 properties. And even more coming soon, in January 2015! Thon Residence Florence will increase its offer with 24 new units on the Avenue Louise.

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Thon Residence Florence

White Night

which draw inspiration from the way Swedes live and work.

When visiting Stockholm, there is something almost maddening about how comfortable and laid back they manage to look while remaining highly sophisticated in what appears to be a plain white shirt. The innovative panache that Swedes effortlessly master is in the carefully harmonized blend of emotional and rational. A perfect example of this is the care in which designers lavished on the XC90. The seats have a massage feature as well as an integrated child booster seat option. The ventilation system filters pollen and harmful particles from the air, It runs on a two-litre. four-cylinder engine and is 200kg lighter than competitive models. There is a panoramic skylight (modelled after an airy Swedish living room) and 19 Bowers & Wilkins speakers with a sound system that used the Gothenburg concert hall as a benchmark for the ultimate acoustic experience. It's rather like the professional music equivalent of wearing inner ear monitors in your car.

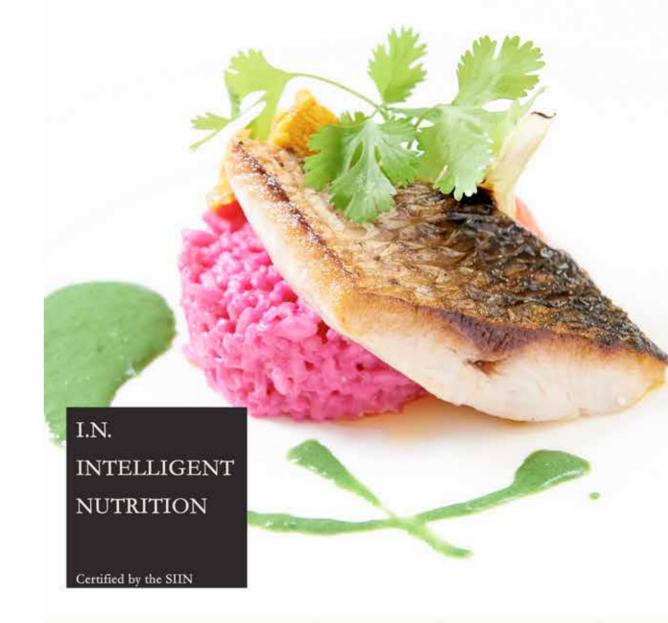
Stutterheim rain coats do the same. Going it alone against the Gore-Tex monopoly on rain gear, the rubberized cotton raincoat brand is a

family-run business that was inspired by a grandson chancing upon his grandfather's fishing coat and deciding to bring back the vintage rain jacket. For those readers born in the mid to late 70's, putting on the coat gives you a nostalgic feeling and being in the rain in one reminds you that we all fared quite well before textile technology exploded. And Stutterheim iackets are the muchanticipated accompaniment to Hunter rubber boots

"THE CAREFULLY HARMONIZED BLEND OF EMOTIONAL AND RATIONAL"

On the haute couture front, after experiencing Stockholm fashion week in August, I'm convinced that Swedes will be the first to create a silk pyjama onesie that doubles as evening wear. To that end, Deitas' new spring/summer 2015 collection is full of flow: light fabrics, soft, simple lines and just enough frill to create an erotic flutter. Menckel is all about pinstripes and skyscapes for next season, an effective cross of airy bohemian and business-minded. Buttoned-down men's shirts meets sunset cloud patterns. The Back collection features exaggeratedly large safety pin clasps; asymmetrical, stiff cloth that is crudely cut; and high-waisted skirts and French stripes. Cheap Monday is embracing gaudy in a smörgåsbord of hipster: chunky platform shoes, trucker hats,





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White Night



raver glasses, wide fishnets mixed with distressed denim, their colour palette bold primary colours offset by touches of baby blue and baby pink. Diana Orving's women's line was quite Grecian, sexy slip out to the store gear and perfect comfort for night's out while on holiday. Caroline Kummestedt is focusing on plunging necklines. Think oversized hospital scrubs or graduation gown v-neck shirts only highly flattering.

The design heritage extends to nearly everything: The New Clarion Sign hotel room gains an extra few square metres solely from the clever choice of seascape picture on the wall, and the throw pillow is propped up in the middle of the bed as if literally thrown there; the hotel Nobis' bar has a signature (and awardwinning) drink that is a variation on the strawberry daiquiri but with crushed basil instead of mint. Even the canapés served at the Artipelag, a conference centre cum art gallery built by the BabyBjörn founder, evoke ideas of

long ago Norse warriors: "Ang" was beef brisket glazed in red wine with pickled onions and smoked mayonnaise, and "Skog" featured blueberries with milk chocolate and spruce syrup. Additional Nordic touches included breakfast of hard boiled eggs with caviar and reindeer salami.

It's hard not to be completely taken in by Scandinavian luxury and forget the natural beauty of the waterfront landscape. So, for a sobering walk take a wander along the harbour pier, take in the figureheads of sail boats to the placid, mermaid-like faces of passers-by. There is a reason that Swedes boast of living in the best country in the world. They stay true to themselves and to their roots, and haven't forgotten how to recognize a good thing when they see it.

•









Marc O'Polo Betty Barclay







RED HOT

Full brows, lush lashes and bold eyeliners are still going strong this season. Wonder what to pair them with? Go for this fall's rich red and deep burgundy lipsticks.

- Go for reds with a blue undertone to make your pearly whites stand out.
- Use a lip liner to prevent your lipstick from bleeding over the lip line.
 - Try a lip base primer for even longer wear.



Guerlain **Liplist Base** lèvres lissante (€32.50)

Giorgio Armani **Rouge Ecstasy** 406 Red









Beauty



& Other Stories Lip Colour Faradine Red (€15)

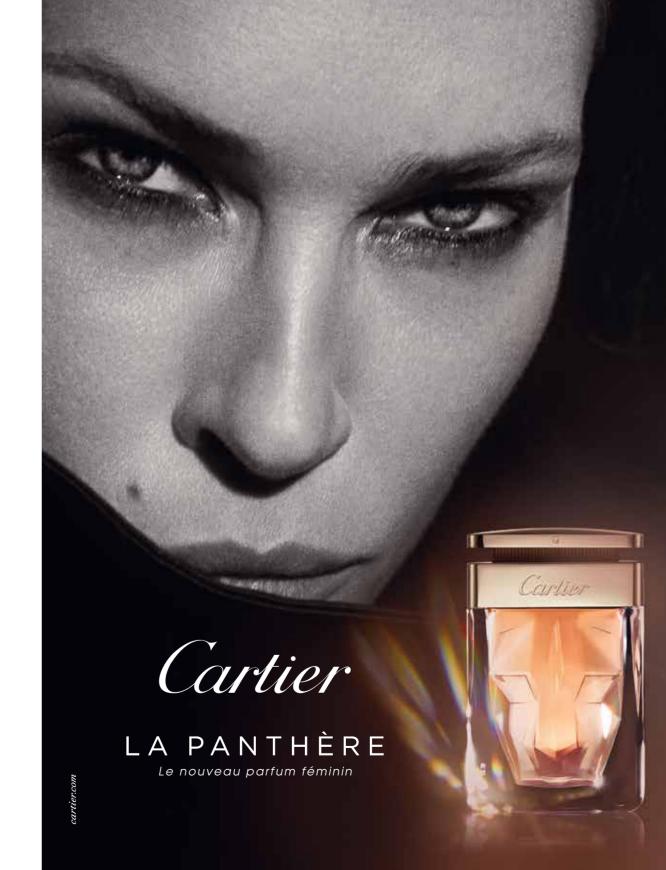




Chanel Rouge Alure 149 Elégante (€33). © CHANEL



Givenchy Le Rouge Pourpre Inouï limited edition (€33)



Mystic A D S

Photographer: Aylen Torres Stylist: Nicholas Sirot

Make Up artist: Marie Brabant for Mac

 ${\bf Model: Morgane @ be models}$

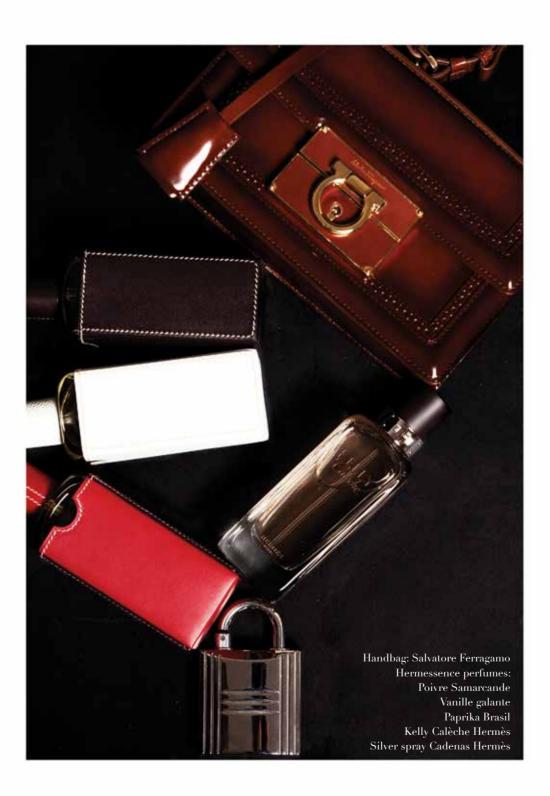


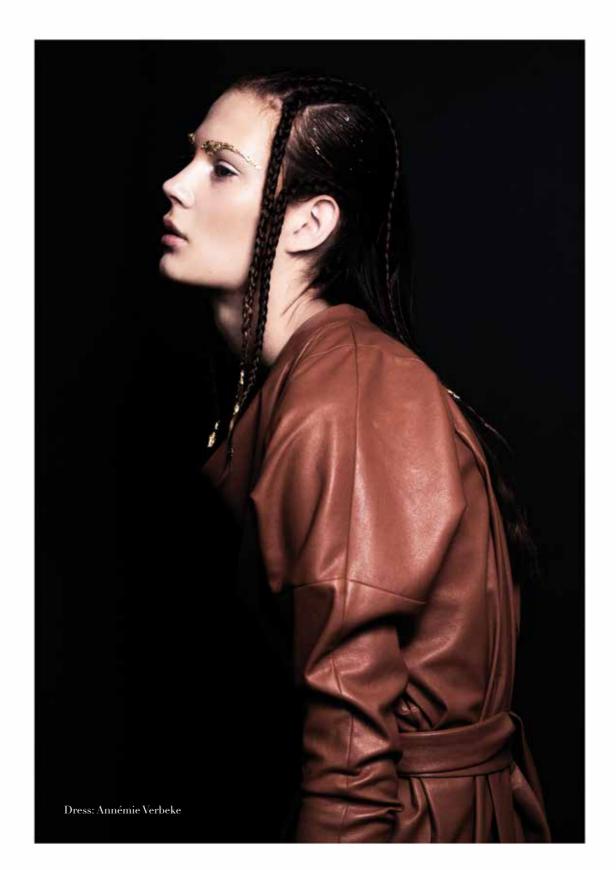
















Dominique Rigo: Bold, innovative and classic

Linda Thompson met a man who heads a Belgian company that has been successful for 40 years

n the run-up to a customer's recent visit to his sprawling interior design store in Brussels, asked one of his associates to be sure to show a customer the Toshivuki Kita "Wink". A little incredulously, she accepted. She hadn't sold such a chair in the 15 years she had worked there so wondered why this particular customer would suddenly be interested in buving one.

Of course, the customer came and fell head over heels in love with the Japanese designer's armchair and ordered that very day. The episode is a telling example of the kind of personal touch Rigo has consistently brought to the interior design and contemporary furniture business he founded exactly 40 years ago.

Located in Uccle, in the southern tip of Brussels, Dominique Rigo's main store showcases the largest collection of contemporary design in the capital, carrying over 40 brands spread out on four storeys of a vast showroom. Up-town, on the Avenue Louise, Rigo also runs two mono-brand showrooms for prestigious furniture brands Cassina and Vitra. On The Sablon, to coincide with the 40th anniversary of the firm, Rigo has opened a special pop-up store to celebrate and pay homage to pre-1974 furniture design classics.

Dominique Rigo, a trained architect, set up emergence of the "me-generation" which was expressionism", the high-tech revolution and design or fashion styles. Now 67, Rigo still heads the firm and has not lost his enthusiasm





Dominique Rigo



Confidential Bespoke









shop in the 1970s in the midst of the embracing "late modernism", "structural His love of the craft is in perfect harmony with the spirit of « BESPOKE Confidential » innovative design whether in architecture,

Ayari Noureddine's experience speaks for itself!

In his career he passed through the very best houses but,

above all, he is one of the most talented tailors in Belgium.

Interview

for modernity. New, bold and innovative designs continue to find their rightful place alongside 20th century design classics.

Dominique Rigo is a highly successful familyowned and family-run business which includes a team of seven interior architects and nine ancillary staff.

Daughter Charlotte Rigo is a qualified interior designer and joined the company nearly 20



years ago. Her younger sister Mélanie handles the company's marketing and communications. They have both inherited their father's enthusiasm for contemporary design and quite naturally adhere to his strong work ethic. That is probably what makes the relationship between the Rigos and their team and their customers so much more personal – to the point where they can predict what customers will and won't like. "I think our customers really value our personal and creative approach. It inspires confidence and loyalty," says Rigo.

Rigo also credits the company's success to its longevity. When he first opened his modest shop on Rue du Beau Site in Ixelles in the mid-1970s there were several other important contemporary design stores in the capital but few have survived.

But Dominique Rigo is not just a furniture store enterprise. The company works together with

architects and customers on prestigious office and home projects throughout Belgium and further afield. "I'm satisfied with all the work we do. For me a successful project is one in which the customers are happy."

Asked about the difference between popular furniture and designer furniture, Rigo says he doesn't want to draw artificial distinctions between what he sells in his store and, for example, IKEA. Far from seeing the mega

Swedish furniture company as a competitor. Rigo thinks it as a stepping-stone for design lovers who don't know they're design lovers vet, "There's a wave of new customers that will probably become ours for their second or third purchase, IKEA is publicity for us because it incites people to buy contemporary design." he says.

"The luxury segment of the furniture market appears to have largely escaped the belt-tightening reflex of cash-strapped customers. All luxury items are created equal", says Rigo. "We are in the luxury business, but there's a difference in approach between the luxury we offer and what is offered in the fashion industry. It's somehow less exclusive."

Rigo still feels confident about the years ahead. Rigo's team has survived and thrived for the last 40 years by carving out a particular design niche that has proved to be highly successful.

With a smile, he adds: "I should really be considering retirement at my age, but I remain too attached to the business and my clients, and I am reassured that my family is more than capable of taking the baton."

www.dominiquerigo.be



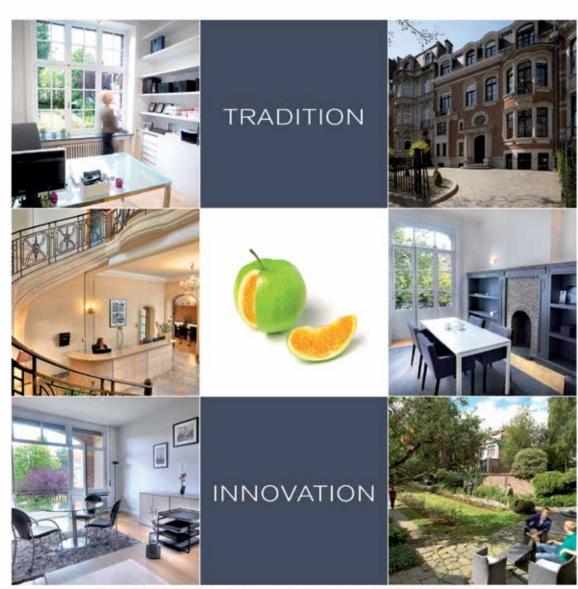
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LIFESTYLE

How will we ever live without them? Colin Moors marks your

card on what's coming soon innovation-wise

egular readers of my irregular technology pieces will know I'm always keen to predict the future in some way. This time, I'm going to do it for the whole article, while hopefully piquing your interest in the up-and-coming technology you'll be able to buy in the next couple of years or even months.

Fresh Prints

Possibly the most interesting idea from many points of view is 3D printing. I know you'll have seen it before, because Together covered it a few years ago. The big 'but' here is that HP are now heavily involved in producing 3D print units for small business and even the home market. It's certainly true that such machines can already be bought online - in fact, you could buy a kit that when assembled could print the parts for a new printer. So why is this 'up-andcoming'? Well, HP Labs Chief Technical Officer Martin Fink calls it "an immature technology" but one that has "a magical aura" and goes on to confirm there will be a full product available in the shops by April of next year. With HP pushing these things out of the factory gates. you can be sure every home will have one in five years or so. Soon, we will all be able to print spare parts for domestic appliances or even print things we 'found' on the internet. The possibilities are almost endless.

¿Dónde está la estación?

Many of us here in the capital of Europe will speak two, three or more languages. Sometimes, we can work out what people are saving by referencing one of our familiar languages and extrapolating from them. But what if someone starts speaking to you in a language you are unfamiliar with? You could try to find some way to communicate, or you could just pull out your instant phrase translator from the Voxtec company. The Phraselator, as it is clumsily called, will listen for you and translate into your language of choice. With over 1,000 phrases in more than 70 languages, it currently represents the bleeding edge of voice translation. Aside from avoiding the repetition of "where is the station?" in very loud voices, this tool has a practical application for the military and for foreign aid workers. I'm looking forward to the Brussels version, with the phrases "How much? You have to be kidding me" and "no, it's fine - the traffic is always like this."

The next best thing ever?

The claims of various snake oil salesmen and con artists over the years that their product will do the work of ten men while keeping your whites white and de-scaling the kettle will seem tame compared to the benefits touted for what will undoubtedly be the darling of the tech world for years to come. It's called Graphene. It's only ten years since the first Graphene sheet was 'grown' in a lab and yet its range of applications

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LIFESTYLE

Technology





is vast. Graphene is basically a sheet of pure carbon, one atom thick. It is several hundred

times stronger than steel, is the lightest material known, with one square metre weighing around 0.8g, and it's also the finest conductor of heat and electricity known today. If that wasn't impressive enough, it's exclusively carbon, an element that is the fourth most abundant on Earth. Once the scientists get the manufacturing process down to a cheap

and sustainable level, this stuff can be

Because of all these properties, the possibilities for use in the near future include wearable technology and rapid device charging. For example, simply putting your phone in your

made by the tonne (which would be guite a lot).

pocket for thirty seconds could charge it completely. There could be graphene 'tattoos' - ink-stamps to allow electronic entry to certain places, which could be washed off or would wear off in time, and even biotech, such as monitors for insulin, cholesterol and blood itself. Longer term projections envisage 'toxic' graphene, used to hunt and kill cancer cells. Of all the tech that will be making a difference to our lives, this really is the one to watch.

Speed bumps

Many newer mobile phones have NFC (near field communication) options for such things as contactless payment or tapping on

posters in bus shelters to get product info. No, really. Dimple is the name for what is basically a sticker with four NFC buttons on that you can stick on any part of your phone and program to do what you want.

One push, and you could switch on the GPS unit, switch on Bluetooth and start your navigation app. Perhaps you need an instant camera launcher? You can do that as

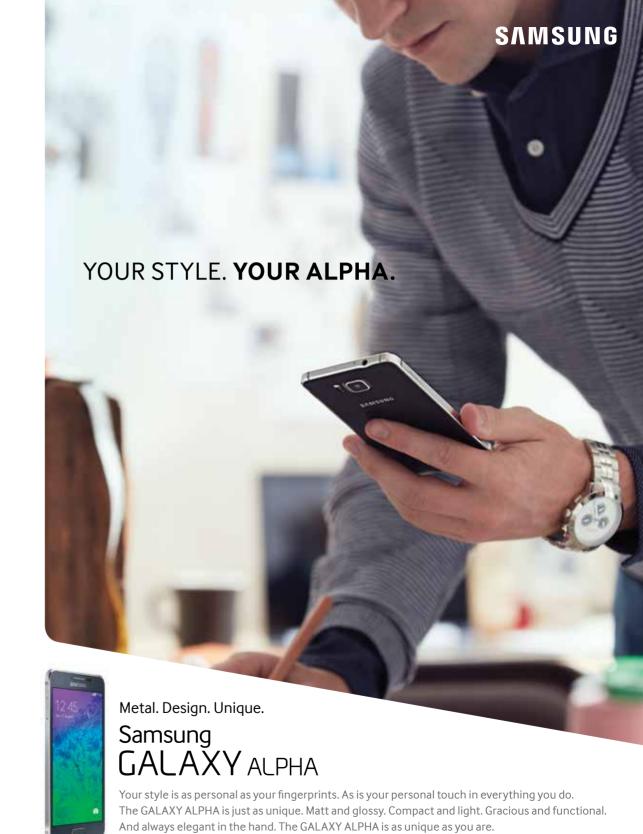
vell.

:DIMPLE

If that's not enough, there's a developer kit and the capability to control some home

entertainment devices. As it collects radiated power from your phone, it never needs charging. For me, this puts Dimple into the 'simple but brilliant' category.

Pick up the next edition of Together when I gaze into my crystal ball (OK, Google) and tell you about what's coming up a bit later in the century.



LIFESTYLE

Shopping

Shopping



Bell & Ross

The Hydromax watch has been designed to perform in the most extreme underwater diving conditions. The watchcase is filled with a transparent oil called Hydroil®, guaranteeing perfect water-resistance and readability: €2,200 - www.bellross.com

Fau du Parfum Encens Satin, 100ml: €165. Available from November in seven exclusive points of sale. www.loreal.com

Cartier

Déclaration D'Un Soir: A fragrance that adds spice to your life. A fresh, spicy and woody theme that takes an unprecedented step in perfumery by introducing pepper. A trigger of emotion. A perfume of character, where the elegance of musky sandalwood is associated to the intensity of pepper, spiced up by subtle notes of red pepper:

€98.50 - www.cartier.com

Ice-Phone

These Universal Tablet Cases were created to protect the Ice-Tab and 7-8 inch tablets - the perfect accessory to customize the tablet to















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Pastry & Multifunction: A

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compact and complete cooking aid for the kitchen that leaves room for creativity from beginners and baking experts alike. www.magimix.fr

magimix

Recommended by dermatologists, aestheticians and spa professionals, the Clarisonic cleansing brush loosens dirt and oil, removing deep-seated impurities from pores and priming skin to better absorb topical treatments: €149 www.clarisonic.be



Rado Esenza Touch

A touch controlled watch in full ceramic - and this one is made exclusively for women. The latest technology and the most emotional of all the human senses unite for this unique, stand-out product.: **€9.200** www.rado.com



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Shopping

Shopping Waterloo

LES JARDINS DE DIANE

13interior

With a style that is contemporary yet traditional, 13interior is a unique design store that caters to the taste of its buyers through the creation of custom-made, home furniture. The elegant design store provides a stylish selection of material, fabric and colours that are just right for creating or recreating your home. - www.13interior.be

Hugo Boss

It is no surprise that Hugo Boss remains a leading trendsetter in men's fashion. The luxury style house features clothing articles that cover the latest in designer fashion – each piece is a fashion statement in itself. Every man will find something for his closet, with apparel ranging from classic clothing, evening and leisurewear to sportswear and accessories.www.hugoboss.com/de/en/collection.php

IN THE CENTRE

Men's Corner

Stylish, chic and classy. You'll find all of this and more at this up market men's clothes shop right at the heart of Waterloo. Featuring well-known brand names like Eterna, Bruhl and Jezequel, no matter what you are looking for, be it sweaters or trousers, you'll find it here.

02 351 3191

Yaka Print

Owner Stephanie Bury realized her dream of running her own business when she opened this printing shop in March last year. In a short space of time it has become popular locally for people looking for everything from wedding invitations and mouse mats to ideas for website creations and business cards. www.yakaprint.be

Boutique of the Bathroom

Having opened some 27 years ago, this bathroom accessory shop is now a mainstay of the shopping scene in Waterloo. Managed by Maryse Ceustermans, it boasts a great range of products, including bathroom carpets in no less than 120 colours!

Passage Wellington

You will find just about everything you could wish for in this pleasant indoor shopping centre ideally located in the middle of town. Shops sell all items from stylish clothes and shoes to luggage and children's toys. There is also a small restaurant and cinema showing all the latest blockbusters.

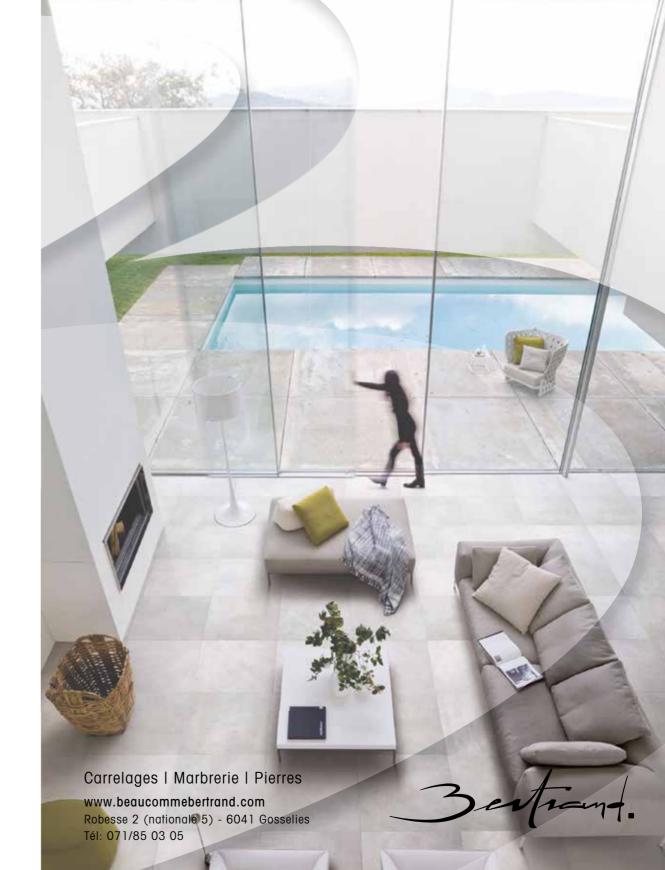
www.passagewellington.eu

Waterloo Battlefield Gift Shop, Braine L'Alleud

Napoleon or Wellington souvenirs? You can buy busts in many different sizes, T-shirts, little statues of Napoleon with hand inside his jacket pose, chocolates, refrigerator magnets, snow globes, well, just about every souvenir you can imagine.

Plus, lots of higher end merchandise for those serious Napoleon collectors.

www.waterloo1815.be



LIFESTYLE

Shopping

La Pepiniere des Jardins Idee-O

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www.idee-o.be

My Home outlet

Products for your home at very reasonable prices – and an experienced interior designer is on hand to help you carry out the work.

315A Chaussée de Bruxelles, Waterloo

Manfroy

It sells everything you need for the kitchen, from small electrical items to large ones. A helpful, experience team is at your disposal. 290 Chaussée de Bruxelles, Waterloo

Sequoia

Offers the best selection of organic and natural products.

63 Chaussée de Bruxelles 1410, Waterloo

Caroline Biss

Here you will find the elegant women's Autumn/ Winter collection from Caroline Biss – Jackets, jerseys, united, structured in warm colours. The shop also offers a wide range of accessories, shoes, bags and belts. 236 Chaussée de Bruxelles 1410 Waterloo - 02 354 84 22

Fleurs de ma Passion

A charming flower shop that unearths the nostalgic feeling of walking as a child into a candy shop: Fleurs de ma Passion offers a feast for the eyes. This cosy setting is the perfect way to treat yourself and loved ones to a floral arrangement abundant in colour and fragrance that befits the season.

www.mapassionfleurs.be/fr

Scapa

This year Scapa in Waterloo celebrates its 10th anniversary but the service from Brigitte and Samantha remains the same, advising you on simple outfits or something for a special occasion. The new season sees a cocktail of bright pastel colors such as pistachio green, orange and yellow. www.scapa.be



RESTAURANTS

Brasserie du Lac

Exotic gourmet cuisine, minutes from the centre of Waterloo. Terrace, garden, oyster bar, crêperie, restaurant and brasserie – tasty food, including autumnal specials such as mouthwatering stews and game.

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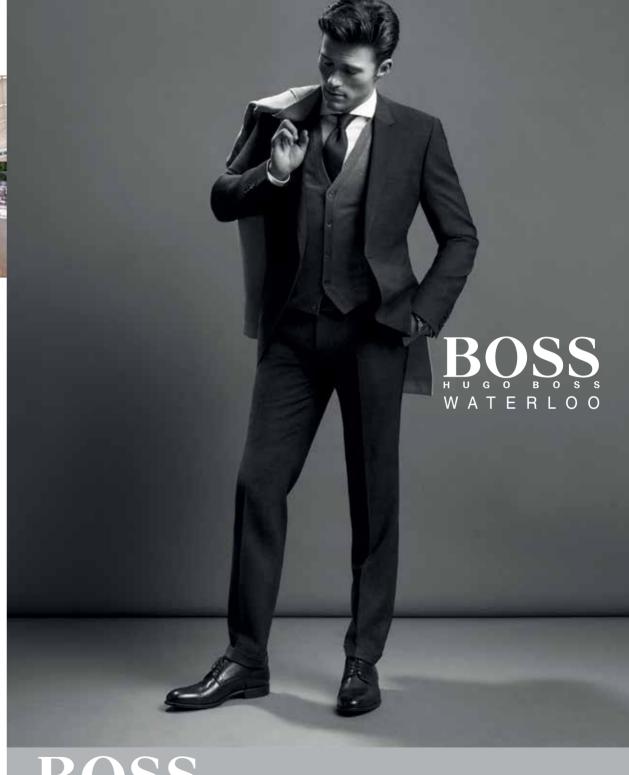
La Pépinière

Over the years this has become something of a local institution and it's not hard to see why. Serving classic French/Belgo cuisine, it boasts a particularly impressive patio/terrace, particularly welcome in warm weather. There's a great selection of food - all served with flair - and the smoked salmon melts in your mouth.

Look out too for the tasty Irish and Argentinian beef and wonderful seafood, not least the Breton lobster. Popular with locals and the many British and American expats living locally, this stylish-yet-relaxed restaurant is open 7/7. It's run by a local go-ahead businessman who owns a string of equally good restaurants throughout Brabant Walloon. www.lapepiniere.be

Sushi Shop

Situated in the centre of town, it offers terrific Japanese food at very affordable prices. The service is fast and the food excellent with the



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LIFESTYLE

Shopping

friendly place, showing sport on numerous satellite TV channels, and is also a good spot if you want to grab a snack with your Guinness. There is also a happy hour from 6-7pm or when the barman gives the sign! www.thesnug.be



MUSEUMS

Wellington Museum

Located across the street from the church, this museum was formerly the command centre of the Duke of Wellington, commander of the Allied forces who fought Napoleon's army. In the museum you'll find documents, engravings, arms and authentic souvenirs relating to the battle. You'll also learn the role of the seven nations which took part in the combat and find a series of illuminated diagrams explaining the successive stages of the battle. A visit here is recommended before going to the nearby battlefield. www.museewellington.be

Musée de Cires

Situated across the road from the Lion Mound, this is a wax museum, popular with the hordes of visitors to the battlefield. Featuring models of the soldiers of the various battle regiments and their commanders, die-hard war enthusiasts will particularly enjoy this place. If waxed figures are your thing, go for it. Combine it with a visit to the Panorama building across the road. This circular naturalistic painting, by Parisian artist Louis Dumoulin, is on a canvas some 110 meters in circumference.

www.brussels-belgium-travel-guide.com

lunchtime menus being especially popular. This is only a small restaurant but is simple and unpretentious, always full and invariably with some Japanese diners (always a good sign!). www.sushishop.be

Les Six Colonnes

This restaurant in the heart of Waterloo is a mainstay on the local eating-out scene. It is open seven days a week in a typical brasserie atmosphere where you can try wonderful ice-cream and pancakes or choose from the wide range of shellfish.

It offers something to suit everyone's pocket, ranging from snacks to delectable gastronomic dishes and a catering service is also available. They do great seafood, but apart from that there is classic Belgian brasserie cuisine, at prices that don't break the bank and choices for all age groups. Eating outside on sunny days is particularly recommended. Veggies are well catered for and there are even 'themed' evenings.

www.sixcolonnes.be

Le Cambronne

Auberge des Fondues, Le Cambronne features a stone grill this is place for meat, raclette fondue. The atmosphere is friendly, ideal for a night out with fierends. This traditional tavern also offers a classic brasserie menu.

www.restaurantdulion.be

BARS

Touchdown Sports Bar

Located in the town centre, this lively bar has billiards and numerous sports channels. If you like cozy, unpretentious bars with friendly service in an atmosphere where you can enjoy a night chewing the fat over great beer you cannot go wrong here. It's particularly popular with local youngsters and expats.

The Snug

This is the only Irish bar in Waterloo and is situated outside the town centre so access, without a car, could be a problem. But it is a

LIFE OF LEISURE

There are still places where you can travel miles every day without seeing a fellow human being



Salma Hayek: Animating poetry

alma Hayek waited a long time to become a wife and mother. She ultimately found true love and happiness with French billionaire François-Henri Pinault. CEO of PPR, one of the world's largest luxury goods and clothing manufacturers. For a time. Salma was all too happy to take a break from Hollywood and devote herself to her husband and their beloved daughter. Valentina, now seven. But lately she's been taking the plunge in Hollywood again, having played a Mexican drug lord in Oliver Stone's Savages (2012) and now in two new films, Everly and How to Make Love Like an Englishman.

But the project closest to her heart is Khalil Gibran's The Prophet, an animated film based on the Lebanese poet and philosopher's classic text of the same title. Hayek spent three years producing the film and also serves as one of its narrators alongside Liam Neeson. She hopes it will send a positive message to audiences of all faiths.

"Khalil Gibran wanted to bring people from all religions and cultures together," Hayek says. "He believed that people could find a way to understand each other and live peacefully together. His message is very beautiful and I think it's the right time in the world for people to see this kind of movie. We need to be reminded that we as human beings we can unite behind shared values like love, our bond with nature and our innate love of our children." The Prophet, directed by Roger Allers (The Lion

Together sat down with Salma Hayek, who talks about stories that permeated her childhood

King) is particularly close to Hayek's heart because Gibran was Lebanese, just like Havek's father, and she had long dreamed of trying to bring *The Prophet* to life as a feature film. She chose nine of the world's top animation directors to bring their own vision to nine different 'chapters' of the film that each in their own way attempt to translate Gibran's poetry to the screen.

Hayek, 47, lives with her husband in London (having relocated to the UK from Paris following the harsh taxation laws passed in Pinault's native France) with their daughter Valentina and Pinault's two children, Francois, 17, and Mathilde, 14, from a previous marriage.

Together: Salma, The Prophet is a very personal project for you, isn't it?

Hayek: I'd wanted to make this film for some time. I'm Lebanese on my father's side and The Prophet was my grandfather's favourite book and he kept it at his bedside. For me, being able to bring the work of Khalil Gibran to audiences all over the world and especially to a younger generation is such an honour for me. When I re-read the book as an adult, it brought back so many deep memories of my grandfather and how close I felt to him. I was only six when he died, but I still have this strong image of the book that was so important to him. This film is my way of paying tribute to my own heritage, to my grandfather, and to the work of a great poet and philosopher.



"IT BROUGHT **BACK SO MANY DEEP MEMORIES** OF MY **GRANDFATHER** "



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"AS HUMAN
BEINGS WE
CAN UNITE
BEHIND
SHARED
VALUES"



Why do you think Gibran's message is so important?

Gibran is not interested in preaching to people. Even though he's Lebanese and Christian, his work is not aimed at Christians or any one religion. His book is philosophical and spiritual and tries to explore themes that draw on our common humanity. It's a very important text, and I think young people in particular will respond to it. The book has sold over 100 million copies around the world since it was first published (in 1923), and I hope our film will have a very positive impact on the way people see life.

Have you shown parts of the film to your daughter?

She's seen a lot of it. One night she even started singing a song written by Damien Rice for the film while she was in the bathtub. And that happened just after she was singing a famous song from a Disney movie. That gave me a lot of encouragement because we want children to be able to enjoy this film and appreciate the beauty of the images and the stories that are being told. There's a wonderful naiveté to our story. Some parts are nostalgic and will make people think of the kind of magic that you see in Disney movies. Children will sense that and so will adults. You will start to feel more like a child again and let your imagination flow the way a child experiences life.

There is so much conflict and tension and killing taking place in the Middle East these days. What impact can a film like this really have?

When there is so much fighting and conflict it becomes even more important to send messages of peace and universality. This film talks about shared values and our basic connection with nature and love. I hope children will be encouraged to embrace and follow their creativity and sense of imagination and that it will give them some hope that they can find beauty in the world. Who knows whether one child who sees this film might be inspired to become the next Gandhi or Nelson Mandela? It's important to give young people some sense of what can be done to unity

people around basic human values.

This was not an easy film for you to finance, was it?

It took some doing and now the hardest part is really to sell it to distributors who believe in it and want to be part of a very unique project. I had a difficult time making Frida (her Oscarnominated 2002 biopic of Mexican artist Frida Kahlo in which she played the title role), and The Prophet was just as big a challenge. But I am confident that people around the world will be able to see a film that is very different from other kinds of movies and has something good to say about the world.

What touches you specifically about the different stories in the book?

It's changed over time. As a teenager, I was really drawn to the poem about love. Then in my 20s I was drawn to reading and re-reading the poem about good and evil. Today I love reading the one about children. That's why I think the book speaks to people of all ages and generations.

Has Valentina been aware of all the work you've been putting into making the film?

(Laughs) Of course. I even took her to Cannes with me (in May) as her reward for her mother having spent so much time working on the film while in the house with her. She has been living with me while I've been making the film for the last three years. She's heard me on the phone talking to producers in Los Angeles almost every night before her bedtime because that's when it's morning over there. I've also shown her a lot of the drawings that the animators made for the film and so this is the first of her mother's movies that she's really been able to get to know.

Is Valentina getting used to being photographed alongside you?

I've taken her on the red carpet with me and she loves having her picture taken and posing. She thinks it's a game and she gets to play with her mother. (Laughs) I'd rather have it that way than make her afraid of the photographers because that's a part of what comes with her mother's work.

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Interview

"THE HARDEST PART IS REALLY TO SELL IT TO DISTRIBUTORS WHO BELIEVE IN IT"

How do you see your life evolving these days?

I want to rest more next year! I've done a few films as an actress and making *The Prophet* was very exhausting at times. But I knew I would regret it if I didn't at least try to get it made and now I have this beautiful legacy to leave to my daughter. Children should be aware of their roots and I wanted Valentina to be able to appreciate her Lebanese heritage just like I have always connected to that side of my family.

Have you been inspired by anyone on your Mexican, mother's side of your family?

My grandmother has been very inspirational to me. She was a chemist and a scientist and she would develop her own beauty creams. She was a strong woman, a woman who was ahead of her time. She always had a sense of her independence and wanting to make her mark in life.

Do you feel you've lived up to that kind of image of a strong woman?

I feel I was able to make a good career for myself, and in the end I was able to enjoy having a family life that I always wanted to have. I know many women who haven't been able to find that for themselves. And it's hard on women who would like to have children but haven't found a good partner. It's not easy, I understand that.

Is it tough managing your various roles in life as wife, mother, producer, and actress?

It's very stressful and I've learned to take time for myself when things are getting to be too much for me. It's important that women take an afternoon for themselves or go see friends and not let vourself feel overwhelmed when vou want to be the most perfect mother and do everything for your child or children. With Valentina I've had to be careful about not fussing over her too much. Children need to know that you love them and how deeply you care about them but you also have to leave them time to play on their own or read and things like that. But I worried so long about missing out on having my own family and then once she was born I wanted to do everything for her and make have the best life possible. Sometimes that's an impossible challenge you set yourself because if you want to have a career you can't always be with your child all the time or as much as you would like. But I try to take her with me everywhere I never spend more than a week away from her no matter how busy I am.

You seem very happy and enthusiastic in life. Have you always been that way?

No, I went through a lot of anxiety when I was younger. I'm very happy today but it took me a long time before I felt really comfortable with who I am. I had a lot of complexes about my body and starting out in Hollywood you see yourself in comparison to all these tall and thin actresses and it was tough for me. I also struggled with trying to find roles because of my appearance and my accent, and sometimes all that wears you down, especially on the inside. At one point it sunk in that I should stop worrying about my body so much and just try to focus on my work and trying to have a good life. That's a big lesson I learnt, and I'm very grateful that when I did meet the right man I was really ready to become a wife and mother. Sometimes in my thirties I was worried that maybe I wasn't going to have a family. But now that I do, I'm so grateful for everything. •



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Peace of mind

Dave Deruytter offers options for holiday destinations where silence is golden



here are more than seven billion of us and yet there are still places where you can travel miles every day without seeing a fellow human being. Scary for some, peace of mind for others.

When travelling the world these days, there is no lack of choice. What a wealth of possibilities compared to our parents' or grand-parents' time. Back then, many people never travelled further than 10 miles from their home, unless war or disaster forced them to. How small must their worlds have been? How large can ours be?

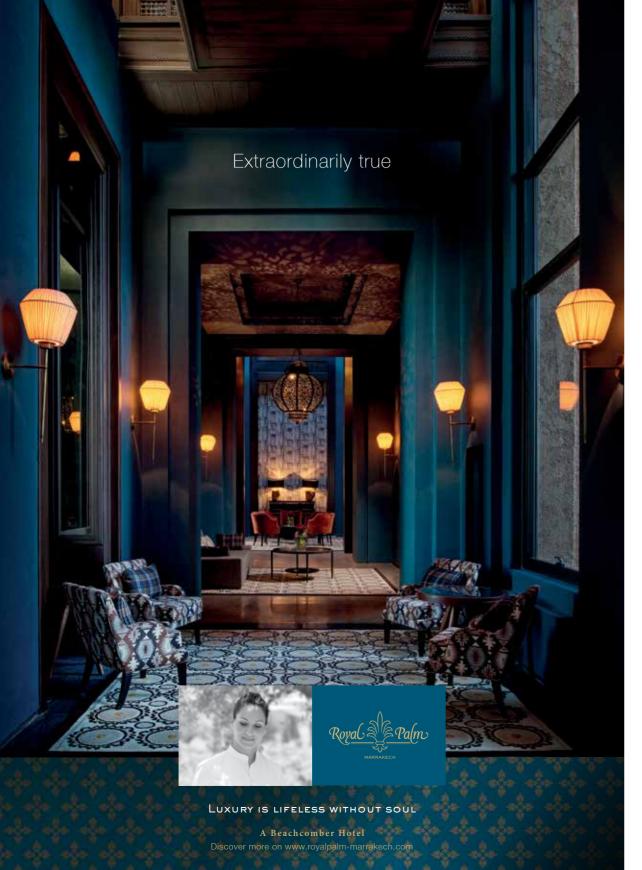
More countries seem to be opening up to the world – the possibilities for the curious traveller are still increasing.

Recently Myanmar, a pretty much closed and

military run country until 2012, has becoming a hot holiday destination for the more experienced South East Asia traveller. A river cruise of one or a few days to the city of Mandalay is a must. But one will have to go soon, before the masses arrive, to get the authentic feeling of the country and its people. Popular holiday destinations can indeed be very crowded in summer time or in the high season. The touristic sector has built huge infrastructures over the past decades and ever more people can afford to travel.

Many people like active vacations in the midst of the hordes of fellow holidaymakers. But stressful professional lives are helping to make calm and quiet holidays a growing niche.

The 'Relais du silence' hotels have existed for many years, but that is not always what young,



LEISURE

GREAT WALL OF CHINA Travel © Severin.stalde



active professionals are after. They prefer something more dynamic, preferably in a faraway place.

Try travelling the thousand islands of Finland for example, where you will meet no one, After several days you will start to talk from desperation to the local reindeer, which outnumber the Finns in the North of the country.

Some people find quiet places with no one around scary and even just a few days there they think they are going mad. Others need silence to find the balance in their life again, given that they are in daily contact with too many fellow humans during their working days.

Renting a mobile home and driving through the far west in the US, or going into the national parks, is also very popular. You get to sense the American dream of the early settlers. You may even think of your favourite western and feel or breathe in its atmosphere.

Many similar options exist in Canada. There you can combine busy, crowded places with peace and quiet in the countryside. In summer time you can go to Vancouver for a few days then rent a mobile home and discover the wilderness of the province of British Columbia. The further away you drive from the city, you will see fewer and fewer people. But don't go too far north: you may hit snow or ice.

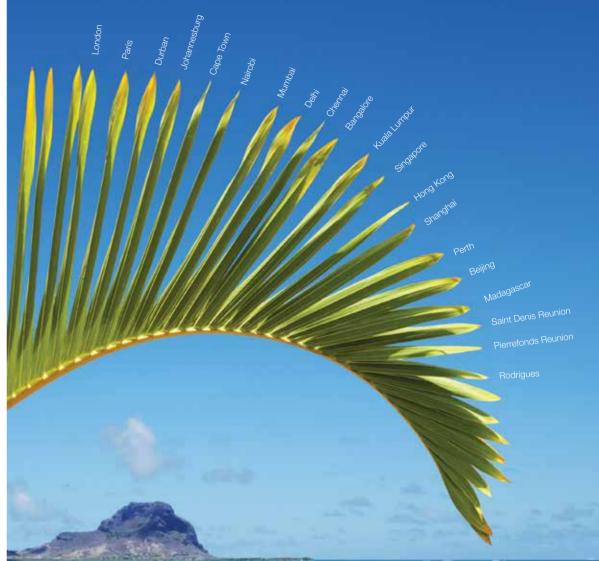
In Canada for example, you can also simply take the trail on foot, spending several days in nature with just your tent and supplies. You can go on your own or in a small group. For security, the local ranger will give you a walkytalky in case of emergency. At night, if it's your first time, you may be surprised by (and perhaps afraid of) the different voices and noises out there in the dark.

On the luxury side of things African safaris, with a group of friends or family and some local guides, plus cooks and other servants, is very much 'in' with the rich and famous. They seek that Out of Africa feeling, embracing the savage, beautiful landscapes then returning at night to be pampered in cosy tents with luxury meals.

Latin America and Russia have no less space for the lone wanderer. With by far the world's largest populations at 1.3 billion each, even China and India still have their fair share of remote places. When I was stationed in Beijing I remember climbing the remains of the Great Wall of China with a group of expat hikers called 'The Walkers'. For a whole day we did not see a living soul and we were only a two hour drive from Beijing.

There is no lack of space for a quiet holiday but it is crucial that we keep our ecological footprint small and prove to the generations to come that we have been good caretakers of our earth. whether we like the noisy masses in popular beach resorts or the lone roar of a lion in the African savannah.

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Travel

LIFE OF

share a good meal with your partner or friends.

was full all summer long! This is the place all the locals flock to. It's no surprise since the food is amazing, served up in a Zen setting in the middle of nature. Every morning, Pau heads for the market

and brings the produce that will go into his tasty

and the eyes. The 600 Can Domo olive trees produce the divine olive oil which Pau uses in his

Just a 20 minute drive from Fivisa International

Airport. Can Domo is located in a nature reserve.

and dedicates itself to preserving the serenity. There

is no music, no TVs in the rooms (except on request

for addicts), no hustle and bustle. Simply genuine

contentment. And yet, less than five minutes drive

restaurants and the popular Llisa Rica golf club.

the refinement of the rooms and the joys of the kitchen, Can Domo promises a rejuvenating and

memorable stay in winter and in summer. A real

away you will find the hottest beach bars, charming

Thanks to the combination of Alexandra's sensitivity.

and light dishes - it's a real treat for the taste buds

kitchen, and it will soon to be available in Brussels.

Alexandra's husband Pau Barba is a talented Catalan chef who has worked in several Michelinstarred restaurants. In May this year, he opened the Can Domo restaurant, which, without any publicity,

T.--.

Chic and bohemian IBIZA

Last month, **Jerome Stéfanski** went to Ibiza to discover one of the most unspoiled areas of the island, a veritable haven of peace in the midst of nature called Can Domo

alled 'isla blanca' because of its numerous traditional white houses, is known around the world for its nightclubs and DJ superstars. Here, electronic music is king, but the pearl of the Balearic is much more than that. Indeed, the main attractions are its authenticity, its preserved nature and eternal wind of freedom. In summer and in winter, Ibiza is the perfect place to escape the grey skies and recharge your batteries – and it's less than three hours by plane from Brussels.

Can Domo

When she first settled on the island, Alexandra Vermeiren was only eighteen. She immediately fell in love with this unique place and its perpetual energy. She promised herself that she would return one day and make lbiza her home.

Ten years ago, after an early career in events and fashion in Brussels, she decided to drop everything to live the dream. Today, the young mother is very contented: Can Domo, her agritourism project, is so successful that her husband came to join her to launch the new restaurant.

The nine rooms and suites in Can Domo are distributed around the different buildings of the old farm. Spacious and comfortable, each room is tastefully decorated in a chic bohemian style. The thick stone walls and small windows ensure that the temperature indoors is always cool – which is a real blessing since in Ibiza in the summer the climate can reach almost 40°c.

Around the pool, the shade of olive trees, tables have been decorated with care, the perfect spot to













nuaaet.

Alexandra recommends:

Beach: Amante Beach Club is a stunning Ibiza restaurant and beach club set in a beautiful rural cove. www.amanteibiza.com

Dining: Patchwork at Sa Punta rooftop is a new trendy Lebanese restaurant offering fine food and a wonderful view of Talamanca bay.

www.sapuntaibiza.com

Shopping: Las Dalias has been the one and only hippie market since 1954. This is the best place to enjoy food, shopping and live music together in the evening. www.lasdalias.es

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Advertorial

Icones

James Drew visits a restaurant where it's a question of 'Belgitude'

he Icones restaurant, which is to be found in Martin's Brussels EU on Boulevard Charlemagne, just down the road from the Berlaymont in Brussels, is all about rediscovery – in particular, the rediscovery of Belgian classics.

"It's simply a question of 'Belgitude,' explains General Manager Andy Dubrai. "Our chef, Dimitri Musschebroeck, has made it his mission to revisit Belgian specialities and give them a complete transformation into something new and exciting."

"Our menu is always very seasonal," Dimitri chips in. "That way, we can ensure the freshest main courses and starters the whole year round."

And to assist clients in their search for the best of Belgium, the specialities in question are marked with an 'Icones' logo on the menu – delicacies such as sole fillets in a Timmermans Lambiscus Faro sauce, with shrimps, chanterelle mushrooms and boiled new potatoes.

And, as far as experimentation is concerned, you couldn't do much better than the Paris-Brest de Petits-Gris de Namur au chèvre frais au pesto – Andy explains the story behind this creation: "The Paris-Brest pastry is French in origin, originally consisting of a choux pastry filled with praline mousseline cream, topped with sliced almonds. It was first made by Maisons-Laffitte pastry chef Louis Durand, inspired by the Paris-Brest-Paris bicycle race in 1891, for which designer Pierre Giffard was asked to make a cake shaped like a bicycle wheel.



"For our part, and after much discussion with Dimitri concerning snails and their presentation, the Paris-Brest, while visually similar to the original version, has become a savoury creation, in which the mousseline cream is replaced with an espuma pesto with snails on fried goat's cheese and dried tomatoes."

And for my part, the choice was only too easy – a very traditional contrefilet of beef, 'Artisan Dry Aged' for 28 days, with home-made French fries cooked in (what else?) classic beef dripping. Delicious does not come close – quite simply one of the best steaks that your correspondent has ever enjoyed in his 13 plus years in Brussels so far.

And the wine list is complementary, without being excessive, featuring discoveries from all over Europe and beyond.

And, as Andy adds, it's also all about sole and shrimps this season: "Dimitra is, like all chefs, also influenced by trends and new products that our suppliers tempt us with throughout the year.

And, for pudding? "The Brussels waffle was our first 'lconic' proposal," Andy explains. "Façon Macarons – in fact, the chef uses the waffles as the 'coque of a macaroon', and these two parts are placed together with a wonderful cream – so Belgian, so trendy."

Enough said – Icones awaits you, bon appetit!

Martin's Brussels EU
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www.martinshotels.com

Trave



Ischgl: Into the Valley

Colin Moors heads into the Tyrolean hills but has to hike for his supper



hen my editor said to me "Hey, Colin, have I got an assignment for you" I thought something was up. When he said "All you have to do is eat food prepared by Michelin-starred chefs and then enjoy the legendary Austrian hospitality" I knew there was. The 'catch' here was that in order to get to the food, I had to embark on something of a hike. I needn't have worried, as the food, scenery and hospitality more than compensated any physical effort on my part.

The Tyrolean town of Ischgl in Austria is the setting every year for the event dubbed 'The Culinary St James' Way'. In winter, the town is packed with skiers heading for the famous Silvretta slopes and pistes but summer reveals a beautiful town set in a picture-postcard valley.

The St James's Way was conceived in 2009 by

the famous Austrian chef Eckart Witzigmann. No stranger to the kitchen, he holds three Michelin stars and is one of only four chefs ever to have been awarded Chef of the Century by the Gault Millau Guide. Still under his patronage, the idea of St James's way draws inspiration from the other world-famous journey, El Camino de Santiago, the Christian pilgrimage to the shrine of St James in Santiago de Compostela. The idea of the original pilgrimage was of course to show your devotion and to receive nourishment for the soul as a reward for your efforts. The Austrian version is far less strenuous than a 1,000 km hike and I suspect a good deal more tasty.

I won't deny that there's a lot of walking to be done before you get to sample the delights that await you at each 'hütte'. You will need the correct walking gear, which in this case is a



good pair of walking shoes. Feel free to wear shorts and a T-shirt (but carry a fleece as there's still some snow on top of the mountains), carry sticks and a rucksack, or go the whole hog and step out like the hiking version of The Terminator, as some seemed wont to do. Just don't forget the good footwear and you'll be fine. The sight of local children bounding across the rocks like tiny ibex should in no way put you off. Oh, and in case the word hütte conjured an image of a quaint stick-andstone built shack, be assured that these places are hotel-sized affairs, often with rooms to rent and open from 06.30 for breakfast. Yes, really. I enquired as to how the building materials for these huge structures arrived at such a remote location. My guide's answer was simple: they were carried there, by hand. Austrians have won their reputation for toughness and tenacity.

As the eateries are situated at around the 2,300 – 2,500 metre mark, a stiff climb is often in order. However, the higher you go, the more there is to see, from the majestic Highland and Alpine cattle, bells clanking in the thin air, to the beautiful and delicate flora – a good proportion

of which features in the food you'll be eating. The views as you climb away from the village and higher into the Alps are simply outstanding. One of my fellow travellers put it best when he said: "It makes you wonder about your place in things, looking at this." I couldn't have agreed more.

There are four featured chefs, all cooking a signature dish at one of four different hütten. Each dish is designed with the hiker in mind, so instead of the Alpine standard Spaghetti Bolognese or Spätzle, you'll get something tasty yet light, fuelling the next stage of your journey. Here's what to expect after your long walk.

Dieter Müller: Michelin-starred chef at Restaurant Dieter Müller aboard the MS Europa (a mere 26 seats) prepares a pan-fried filet of char with horseradish, mash, salad herbs and a red beet confit. The combination of light fish, punchy horseradish and earthy beets is a classic combination and works remarkably well.

Alfio Ghezzi: More Michelin stars, as the Executive Chef of Locanda Margon in Trento

serves up probably my personal favourite of the four, a tagliatelle with veal stew, a creamy Parmesan sauce laced with a Torento DOC wine, Ferrari Maximum Brut and the big open secret ingredient, coffee powder. Don't knock this until you try – it's deep, rich and opulent.

Russell Brown: Guess what? Yes, another Michelin star. Brown's Sienna restaurant, which he runs with his wife in Dorset is the epitome of fine dining – intimate, fresh and exciting. This ex-chocolatier's offering is England on a plate: beef cheeks braised in beer and onions with textures of onion four ways. Any idea that the four types of onion are there purely for show are allayed at first bite. A joy.

Giovani Oosters: Last but by no means least is our very own Giovani Oosters. Giovani owns the cheekily named Vous lé Vous restaurant in

"THERE'S A LOT OF WALKING TO BE DONE"

Hasselt, just east of Brussels. No Michelin star as yet but it surely won't be a long time coming. Passionate and creative, he delights by sticking to his policy of using local ingredients. His spelt 'risotto' incorporates Paznaun alpine cheese, air-dried bacon, local honey and mustard and a beetroot carpaccio cooked in Wilderen cherry beer

With a very short window of opportunity to try these delights before the greenery is replaced by snow, the season is now sadly over. Book early for next year, as over the years, this has become very much the foodie festival to watch. Take my advice and head for the hills.



TO MAKE SURE YOUR GARDEN WILL BE READY FOR THE WINTER AND BEFORE CHRISTMAS CALL ERIC'S GARDEN **02 688 00 56**







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7, rue Archimède 1000 Bruxelles - www.tiagos.be - 02 230 00 07 Ouvert tous les jours de 12h00 à minuit et le weekend à partir de 17h00



La Porte des Indes

Martin Banks savours fine dining from India on Avenue I ouise

he name of this landmark Brussels resto, part of the esteemed Blue Elephant Group, fittingly translates as "gateway to India".

There may not be that many Indian restaurants in the city but, really, who needs them with places like this? If you don't believe us, listen to Mick Jagger. Yes, he of Rolling Stones fame. La Porte was the place of dining for old rubber lips the day before he entertained thousands at the Werchter festival this summer.

When it comes to Indian cuisine this is as good as it gets. The food is served in an opulent atmosphere of exotic flowers, lush plants and exquisite antiques. Just stepping inside the place is like stepping back to the British Raj.

But don't come expecting a cheap curry washed down with a pint of beer. The fare served here is of a rather higher standard, cooked by some of Europe's top-notch Indian chefs with all dishes prepared with the highest quality ingredients.

Having said that, the eat-as-much-as-you-like buffet, every Thursday and Saturday evening, is particularly great value. Alternatively, try the house Thalis, small portions of main courses. Unlike a lot of Indian restaurants, vegetarians are also particularly well catered for here. As well as musical legends, this fine restaurant

attracts some of the Brussels' best-known personalities and EU figures and little wonder.

After one visit you are sure to be hooked on this unique taste of the Indian sub continent. A real Brussels institution.

La Porte des Indes Avenue Louise 455, Brussels Tel: 02 647 8651 www.laportedesindes.com

"TRY THE
HOUSE THALIS,
SMALL PORTIONS OF
MAIN COURSES"

What's On

What's on Belgium



Jacques Tardi and The Great War

BOZAR hosts a traveling exhibition focusing on Jacques Tardi, one of the authors of the most famous and respected French-language comics. For 40 years, with *Putain de Guerre!* (Goddamn this war!) and *C'était la Guerre des Tranchées*, Jacques Tardi centered his work around the First World War. BOZAR. **Until 23 November**. Tickets: €4 *www.bozar.be*



Hartmut Haenchen: In times of war and peace

Dmitry Shostakovich composed his Eighth Symphony during WWII; it was a work with an unusual structure and sharp contrasts. This concert has a personal significance for Hartmut Haenchen, who was born in Dresden in 1943 and grew up in East Germany. He is combining these works in a series of concerts on the theme of 'war and peace'. La Monnaie (in collobaration with BOZAR music) www.lamonnaie.be



Growth makes you happy

Do you have questions about money and personal finance, saving and investing, buying property, banking and insurance, pension planning, tax and estate planning? The British Chamber of Commerce in Belgium wants to help. It has invited a number of experts to come and share their knowledge and experience on all sorts of financial issues for expatriates living in Belgium. You can register on the Chamber's website. Vlerick Business School - Place Rogier (Manhattan Center), 1000 Brussels.







Program 2014
October • December

Concerts An exceptional concert every month

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- Welcome drink and concert: 15€
- Welcome drink and concert followed by a three-course dinner (including drinks): 85€

09.10.2014 Bai Kamara Jr

30.10.2014 Diederik Wissels & Jihye Lee

13.11.2014 Filip Jordens: Hommage à Brel

18.12.2014 The Nordanians (feat Niti Ranjan Biswas)

Nocturnes of the Sablon: 27 - 30.11.2014

Information & bookings:

02 400 42 50 • mercedeshouse.brussels@daimler.com www.mercedeshouse.be







Shantalla in concert

Formed and based in Belgium, five members of Shantalla are Irish, while singer Helen Flaherty is Scottish. Their first CD, *Shantalla*, was released in Belgium in 1999 and received rave reviews across Europe and North America.

The band's second CD Seven Evenings, Seven Mornings was released in 2001. Reviews were just as good as those of Shantalla, with many critics saying it confirmed the band's arrival as a major force on the international Celtic music scene.

In 2005, Shantalla disbanded and the individual members went their separate ways, playing and recording in different formations. After a five year break the band re-formed, adding bouzouki & guitar player Simon Donnelly to the original line-up.

Their third CD *Turas* – an Irish word meaning journey – was released in 2011. Reviewers agreed that the band is as good as ever and has matured into one of the best Celtic music acts on the international folk scene. The band will be joined by their friends from Bothán.

Cultural Centre De Kam, Beekstraat 172, 1970 Wezembeek-Oppem. **18 October at 20h00**. Tickets: €12 (children under 16: €8) shantallabothan@gmail.com



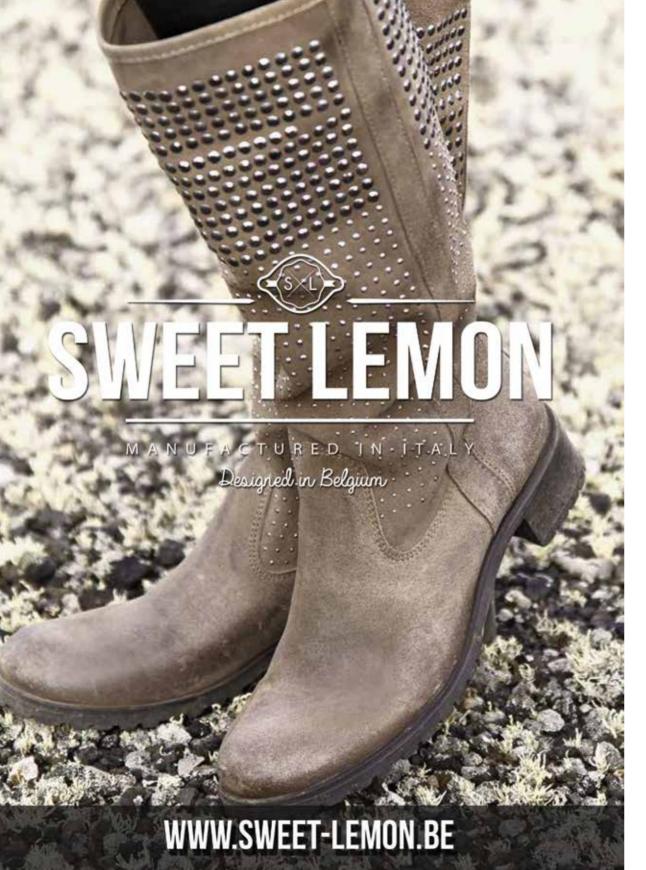
Based close to Brussels, Escalpade provides invaluable education and support for children with motor-neurological deficiencies. www.escalpade.be

Charitic Angels Christmas Shopping Days

Charitic Angels is celebrating its 10th anniversary! Charitic Angels is a non-profit organization created by Sonia Henrion, which raises money through events useful, artistic, sporting and festive in favour of different associations each year. And once more it has organized a Christmas shopping event, running for three days at the end of November.

40 brands and exhibiting artists will gather in place du Chatelain. You can get all your Christmas gifts under one roof – chocolates, clothes, comics, decor, accessories, cosmetics, jewelry, etc. 30% of all sales will be distributed between two Belgian charities, Escalpade and Les Enfants de Salus Sanguinis. Hangar 18, 18 place du Chatelain. 27, 28 and 29 November, 11h00-18h00.

Join them and toast the imminent arrival of Christmas at the Nocturne cocktail night on 27 November at the same venue, from 20h00 to midnight. €20 www.chariticangels.com



What's On

Focus on Waterloo

Sunday shopping

Waterloo is home to one of the biggest Sunday markets in Wallonia, attracting visitors from far and wide. Each Sunday, the huge car park at Carrefour on the outskirts of the town is transformed into a flea market for the day. Call 0497 341842 for info on renting a pitch. The Joli-Bois morning market, each Saturday from 8am to 1pm, is also well worth a visit.

The "discovery tour of Lasnois

Art and walk

artists" starts from Ohain sports
centre and this relatively gentle
stroll through the pleasant Wallonia countryside
is likely to appeal to young and old alike. It
takes place on the Sunday closest to 15
October and further details are available by

Battlefield bikes

calling 02 633 5163.

With excitement gathering for next year's much awaited bi-centenary of the Battle of Waterloo, the town's tourist office has launched a novel way of exploring the area's military past with new 14km bike (or hike) tours. Tours take in local attractions, including the Folon Foundation, parks, castles, abbeys and traditional farms.

www.waterloo-tourisme.com

2nd International Historical Film Festival

Eight films, as well as eight documentaries, will be part of the official competition. The event will also include three premieres, the projection of eight other historical films, a tribute to Charlie Chaplin, educational sessions and an



exhibition. Prizes will be awarded for the best film, best actress, best actor, best director, as well as the most beautiful costumes and sets. The organizers have also formed a "young" panel to be chaired by Belgian actress Pauline Brisy and a "Young Europe" panel composed of young film enthusiasts from international schools and students from Erasmus. This year, a critics' prize will also be awarded. 16 -19 October. Wellington Theatre, Waterloo.

Christmas calling

It's coming up fast again. Waterloo and its neighbouring towns are already busy gearing up for the festive season, with a range of carol singing and Christmas markets taking place across the whole area. First off is a market at Place de l'Elise in La Hulpe on 7, 8 and 9

December quickly followed on 14 and 15

December by an artisanal Christmas market at College Cardinal Mercier in Braine L'Alleud (further details from office.tourisme@braine-alleud.be



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The November Man

Roger Donaldson (*Thirteen Days* (2000)) returns with an anti-spy spy thriller, starring Pierce Brosnan as 'November Man', retired veteran CIA officer Peter Devereaux who bowed out of the service when his protegé, disobeying Devereaux's direct orders not to fire, accidentally kills a child while aiming for an alleged assassin. But, wouldn't you know it, the agency has one last job for our man, which involves the rescue of a deep-cover operative from Russia. Very good things are already been said about this – well worth a view, methinks. 108 mins.

Dracula Untold

Untold? Really? You reckon? Well, this one concerns the life of Vlad Tepes, aka Vlad Dracula, aka Vlad the Impaler, whose name (and some of his bloodthirsty history) was, to be fair, the inspiration for Bram Stoker's original novel. But, given that there haven't really ever been any really scary vampire films, apart from Salem's Lot (1979) and 30 Days of Night (2007),, I can't honestly see this one breaking the mould. For what it's worth, Luke Evans stars, and first-timer Gary Shore directs. Running time TBC

Teenage Mutant Ninja Turtles

And, God save us, this lot are back as well – Jonathan Liebesman directs. A reporter is hot on the heels of a group of mysterious vigilantes. I wonder who they might be? A sequel is already planned – it's just very surprising that they have rebooted this franchise at all, but ours not to reason why, eh?

Fury

This one, however, looks more than tempting – set during the last month of the Atlantic theatre of war during World War II in April 1945, the Allies are making their final push and a battle-hardened US Army sergeant in the 2nd Armored Division named Wardaddy (Brad Pitt) commands a M4A3E8 Sherman tank called Fury and its five-man crew on a deadly mission behind enemy lines. Outnumbered and outgunned, Wardaddy and his men face overwhelming odds in their heroic attempts to strike at the heart of Nazi Germany. David Ayer (U-571 (2000)) directs. Running time TBC ■

What's On

What's on international

Les Inrockuptibles Festival

The highly popular Les Inrockuptibles Festival just seems to get bigger and bigger. The festival takes place all over France, including Paris, Marseille, Nantes, Lyon and Toulouse, and also in London. Among the acts are Blue front man Damon

Albarn and Scottish trio The Jesus And Mary Chain. November 11-18. Tickets: in Paris three-day ticket:

www.lesinrocks.com

€99, a day pass €39.50



Thomas Zipp

Effects of Stimulus-Range and Anchor Value on Psychophysical Judgement (The Laerdal Rehearsals). The Saatchi Gallery said of Zipp: "Thomas Zipp's installations appropriate the language of museum

appropriate the language of museum and scientific display to convey a madman-made, foreboding view of western civilisation's achievements."

Until October 25. Guido W Baudach Gallery, Berlin www.guidowbaudach.com



Midnight Call - Sala Apolo

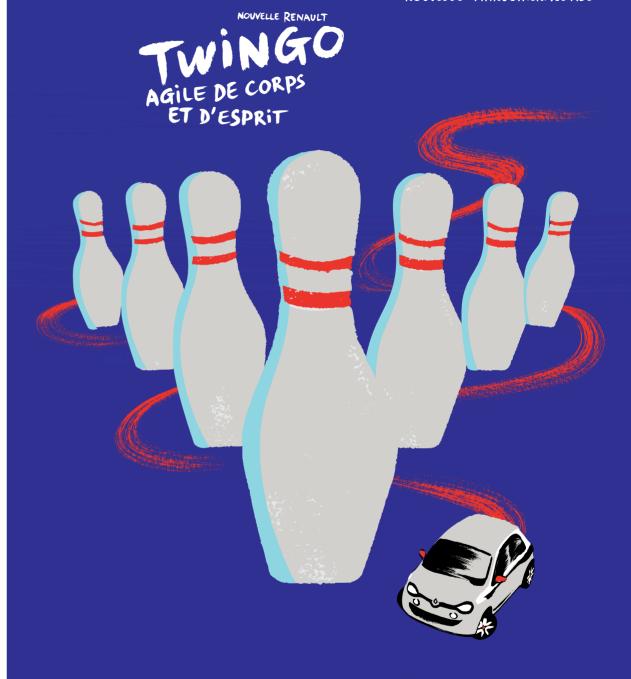
Every Thursday from midnight both level of the Apolo are invaded by the sounds of funk and disco with a touch of electronica and R&B and hip hop. Nou de la Rambla, Barcelona. Tickets: **€14** www.sala-apolo.com

ARTE LISBOA - Contemporary Art Fair

International Art Fair brings together the most prestigious art galleries in Europe while promoting contemporary art in Lisbon.

One of the most important objectives for ARTE LISBOA Contemporary Art Fair, is to stimulate the development of patronage and artistic production. **1-30 November**. Lisbon www.artelisboa.fil.pt





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4,2 - 4,5 L/100 KM. 95 - 105 G CO₂/KM.



Clouds illusions





LE CHAT by Philippe Geluck



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Similar offers are available for Volvo V40 (starting price €17 995), Volvo V40 Cross Country, Volvo S60 and Volvo V60. Please note that the images may show cars with extra equipment. While we try to make sure that all data are accurate, we are not responsible for typographical and other errors that may appear.





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