

Together

magazine

**KATIE
HOLMES**
Style princess

**BOBBI
BROWN**
Cosmetics
queen

**JEAN-POL
PIRON**
Belgium's
bathtub
baron

**AUTUMN
LOOK**



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TIME ON YOUR SIDE



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Publisher's letter

Inspirational people figure large in this issue

Proof that dreams can come true: I have long wished that actress **Katie Holmes** would grace the cover of **Together** magazine. I am by far not alone in my admiration for the actress, as demonstrated in the decision by **Bobbi Brown** to appoint Holmes as the first celebrity ambassador of her cosmetics brand. Learn about their mutual admiration for each other and discover their beauty tips on page 50.

An interview with top jeweller **Valerie Messika** on page 63 reveals her secret to success, as does our interview with Belgium's 'bathtub baron' **Jean-Pol Piron**, the man behind bathroom design firm Aquamass. He's also got another secret that he's not too willing to share just yet – read all about it on page 16.

Our regular fashion stylist **Nicholas Sirot** puts the spotlight on this season's fashion trends; and anyone who follows the advice in our fitness column by personal trainer **Patti Bruns** will be sure to fit into the clothes.

Another regular is relationship counsellor **Suzette Reed** – those among our readers who are waving *au revoir* to offspring headed for university could do no better than read what she has to say about Empty Nest Syndrome.

The magazine is jam-packed with inspiration about where to go and what to eat and drink, with suggestions from our travel writers for destinations both near and far. Find more news and entertainment in the regular updates on our website, and look out for the next issue of **Together** in November when we'll be going inside the world of jewellery and watches. 📖

ON THE COVER



Cover photograph of **Katie Holmes** by Featurefish; portrait above © Bobbi Brown

David
David McGowan
PUBLISHER



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Together

magazine

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Starring in Belgium

A choice of entertainment compiled by **Emma Portier Davis**

GOTYE

He was a summer hit across the world in 2011 with *Somebody That I Used To Know* and now Bruges-born Gotye is performing back on his home turf. Antwerp's Sportpaleis on November 1. Tickets from €36.

www.livenation.be



ALANIS MORISSETTE

Seven-times Grammy winner Alanis Morissette is coming to Brussels on her tour to promote her new album *Havoc and Bright Lights*. Forest National on November 23. Tickets from €54.

www.greenhousetalent.com



MIKA

British pop king Mika, who has just released his third album *The Origin of Love*, which includes his first tracks sung in French, is back in Brussels on November 3. Cirque Royal. Tickets from €45.

www.livenation.be

DIANA KRALL

Canada-born jazz sensation Diana Krall, who will release album *Glad Rag Doll* in October, will be once again performing in Brussels, treating the audience to her famed contralto vocals. Bozar on October 29. Tickets from €58.

www.greenhousetalent.com



KATIE MELUA

Georgian-born blues, jazz and folk star Katie Melua is in Belgium as part of her international tour to promote her fifth studio album *Secret Symphony*. Forest National on October 20. Tickets from €42.50.

www.livenation.be



Photograph: Mika © Mark Cant

CHRIS ISAAK

Californian crooner Chris Isaak is making his way to Brussels. The *Wicked Game* singer is on tour promoting his album *Beyond the Sun*. Ancienne Belgique on October 14. Tickets €49.

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PERSONAL DEVELOPMENT

LEFT: JEAN-POL PIRON
BELOW: BATHTUBS BY AQUAMASS



BELGIUM'S BATHTUB BARON

Together editor **Patricia Kelly** meets the man who tore up the rule book on bathroom design. *Photographs by Colette Kotula*

Jean-Pol Piron has a secret, but can't help dropping tantalizing clues: he has commissioned a well-known sculptress – he won't say who – to design a bathtub for his company's 35th anniversary next year.

"It's a genuine challenge," says the founder and Managing Director of Aquamass, a leading manufacturer of designer baths. Piron says the sculptured tub will be an *oeuvre d'art* available in a limited edition of eight numbered pieces. Needless to say, owning one of them will cost a small fortune, but Piron is confident that there is a market among the world's art collectors for such an object, and anyway it is something he says he has wanted to do for years.

Piron is the man reputed for taking the bath out of the bathroom, introducing the first free-standing bath in Europe as well as introducing the concept of 'wellness' to Belgium.

SELF-MADE

Justifiably proud of being a self-made man, a graduate of the 'University of Life', Piron left school and home at 15 and did "a bit of everything", by turn disc-jockey, photographic assistant, scrap iron dealer,

restaurant owner. A bad car accident in 1975 led to a spell of treatment at a thalassotherapy centre in Brittany; this, combined with a subsequent trip to California where Piron was introduced to the Jacuzzi, gave him the idea of combining water therapy with the joys of a having a relaxing bath, leading to the creation of Aquamass in 1978.

As do many businessmen, Piron complains that the past four years have been bad for business, but nevertheless has a turnover of €4 million with 20 people on the books and exports counting for 40 percent of the business. Just over half the business is based on design, the rest on wellness and hydro-massage. Aquamass enjoys a reputation both in Belgium and beyond its borders much bigger than the size of the company might suggest. Piron says he plans to export more and is toying with the idea of expanding to Brazil: "It's the big country of tomorrow."

BATH-BED COMBO

Off the top of his head Piron estimates five thousand Aquamass baths are sold every year, retailing from €450 to €11,000 per tub, and if customers have difficulty finding what they're looking for

among the myriad of shapes, sizes, materials and finishes available, they can opt for custom-built. This year's innovation is a bath or spa and bed combination.

When Aquamass was started, few people would have countenanced the idea of having a bath in the middle of the bedroom; these days people aspire to exactly that. Piron is a trend-setter, has the knack of anticipating a trend and says he acts on intuition, a kind of sixth sense that guides much of what he does – a by-product, he claims, of being self-taught which makes him greedy for information. "I travel a lot, I read a lot, I look, I listen, I keep in touch with people – it's a blend of all that. And I work hard."

CREATIVE

With a love of quality reflected in his products, Piron has a strong creative streak, and although he says he's not a designer himself, he did design the first free-standing tub, an idea he came up with ten years ago when he felt his life and business were becoming a bit bland.

"I try to make products that people will use on a daily basis, and independently of that I work with designers." But in his desire to make beautiful things, finding the right designers isn't always easy. "Design is often too pure and hard. I always try to find one who hasn't made a bath before; I give them the ideas in terms of the material to use and the dimensions." The likes of Olivier Lapidus and Xavier Lust are among those who have put their names to Aquamass baths.

PIRON IS THE MAN REPUTED FOR TAKING THE BATH OUT OF THE BATHROOM

QUALITY

Piron's passion for quality led to his involvement with Brussels Exclusive Labels, the rejuvenated Chamber of High Commerce founded in 1937, of which he has been president for the past four years, using his business acumen to give the organization structure and link its members. With such luminaries as Delvaux, Marcolini and Carine Gilson



entitled to display the coveted symbol that denotes quality, Piron says its members include the best craftsmen in Brussels, although he bemoans "not many artisans are left".

Energetic and young at heart, 60-year-old Piron says he has no plans to retire "I love working, I'm lucky enough to enjoy good health." A believer in being in the right place at the right time which

he says contributed in some measure to his own success, he says he has no regrets and wishes everyone could have had the rich life that he has enjoyed – a richness, he hastens to add, that has nothing to do with money. "Money helps you advance," he says. "But I never worked for money. My real wealth is my freedom, and the freedom to work."

BUILT IN BOOKSHELF FOR THE BATH

Photographs: © Colette Kotula

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Empty nest SYNDROME

Parents may take as long as two years to recover from their children leaving home for university, says relationship counsellor **Suzette Reed**

The new academic year begins and fresh faced young people are preparing to start out at university. For many this will be an exciting new venture, a chance to be independent and build a new network of friends. It may be daunting: managing money, shopping and cooking can be a challenge and that's before they take on the academic challenges.

Parents can also find this new stage tricky. Packing the car with clothes, music, books and precious objects can be a wrench even when parents have looked forward to this time, and watching fledglings leave the nest can bring a tear to the eye of the most stoic parent. This life stage has been called the "empty nest" period and parents need to adapt to the change.

SHOCK

Having put so much time and energy into supporting the children, with all the activity, noise and mess that accompanies a growing family, the space and quietness can be a shock. The house may be tidier and the fridge stay full for longer but many parents report feeling deep sadness and loss. The main family carer can feel redundant and uncertain of their role. The empty nest syndrome also often coincides with other major life events such as menopause or preparing for retirement.

Psychologists liken this process to grieving a loss and, like grieving a death, it takes time to adjust; around eighteen months to two years seems to be common. It is therefore useful to have a plan in place to support both the young person and the parents.

PREPARE

Recent research with young people by Relate, the UK-based relationship counselling agency, shows that many teenagers feel they do not have the basic skills

**“LIKE
GRIEVING
A DEATH,
IT TAKES
TIME TO
ADJUST”**

to see them into adult life. Make sure they know how to carry out the key tasks – cooking, washing laundry, balancing money and negotiating deals on accommodation and purchases. These skills will improve with practice, but teenagers need to have the basic knowledge

KEEP IN TOUCH

Negotiate before they go as to how and when you can communicate. Parents may want to hear from their child frequently,

but the new environment and opportunities can fill up the time. Sort out a time to talk on a regular basis and agree on how to manage texting, emails and Skype. Parents often hear from their child regularly in the first few weeks and then communication tails off: this is normal, don't panic.

THE PARENTS

Parents need to look after themselves. They will have more time and this is an opportunity to try something new, or rediscover interests that were put "on hold" while the children were growing up.

Parents also need to look after each other. The empty nest is a major shift in a partnership. Couples often find that the children have been the focus of their relationship and without them the relationship is fundamentally different. Accepting this and negotiating the new phase of a relationship can be tricky and will take time.

After three or four years of seeing their offspring at odd weekends and vacation times, most parents have moved into a new way of living. However, during the last few years increasing numbers of young graduates are returning to the parental home — having a good degree is no longer an automatic passport to a career. This can present more challenges — but that is another story. ☹

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Back to work(ing out)

Personal trainer **Patti Bruns** highlights three hot trends to spice up going back to the gym

A If gyms and running tracks around town feel more crowded this month, it is not just your imagination at play: gym membership sales, and attendance of existing members, spike in the early autumn. With a host of new tools and trends to try out, it is now easier than ever to keep training sessions fresh and challenging. Whether headed to the gym for the first time, or a veteran fitness fanatic, there are lots of new ways to keep training sessions exciting. Here's a guide to some of the latest trends to try out.

Photograph: © Colette Kotula

PERSONAL TRAINER PATTI BRUNS DEMONSTRATES THE VIPR TO DEVELOP STRENGTH AND POWER

MINIMALIST RUNNING

Advocates of minimalist running believe that we run most naturally in bare feet. They argue that barefoot running increases awareness of running, how the foot hits the ground and the feedback that it sends the body. Over time, foot and ankle muscles strengthen, encouraging fore-foot running, which is easier on knees and hips than landing with a heavy heel strike.

Minimalist running shoes come in a variety of styles. The original barefoot shoe has five toes and a thin sole to protect feet from heat, cold, and debris on the road. Major shoe companies have now tweaked the style, offering a more traditional looking trainer that is extremely light with a thin, flat sole and little support on the upper.

Minimalist running needs to be approached with some caution. Beginners and avid runners alike need to follow a training plan that transitions them slowly into shoes with little support. Mileage must increase slowly so that adaptations within the body can be absorbed to build strength, while avoiding injury. Runners with existing foot problems should speak with a podiatrist before slipping into a pair of minimalist shoes.

TRX

Who knew three little letters could pack so much punch: TRX is the latest, and arguably greatest, innovation in functional training since the stability ball. It was first created by a Navy SEAL, stranded on a tour of duty with nowhere to train. He took two lengths of nylon webbing, attached them to a fixed object, and performed modified versions of traditional exercises (lunges, push-ups, rows and the like) using the weight of his own body to create resistance. Suspension training was born.

Technogym has now packaged the idea into a tidy system of nylon straps and handles. Simply place hands or feet in the handles and perform the exercise. One of

the key benefits of using TRX is that core muscles must be stabilized before performing an exercise. So that lunge isn't just for legs and bottom, it is also working abs. Light and portable, this piece of equipment can be taken anywhere and simply anchored to a standard door for the duration of a session. In gyms, they are anchored to walls, ceilings and TRX frames. Anyone will benefit from using TRX, but if new to the gym, ask a personal trainer to demonstrate how to adjust the straps as well as a few simple exercises.

ViPR

Pronounced 'viper', this new tool looks like a weighted rubber tube, an extremely versatile tool that develops strength while working in all planes of motion.

Created by Michol Dalcourt during his time as a strength and conditioning coach for NHL hockey players, ViPR is an acronym that stands for vitality, performance and re-conditioning. Dalcourt observed that traditional exercise tools restrict natural

freedom of movement in the body. ViPR combines the benefits of traditional strength training while using free flowing movement, resulting in highly effective functional training. In our daily lives, we do not reach, twist, or prevent ourselves from falling in a set pattern of motion. Freedom to move, and to train the body to move freely, is what life-long fitness is about – this is functional training at its core.

Virtually indestructible, the ViPR can be lifted, thrown, pulled, pushed, bounced, rolled and balanced on. It comes in seven weights and can be used by anyone in the gym, but first ask a trainer to help with a few exercises. After that, observe what others are doing and then give it a try. It is amazing how great it feels to move freely while developing strength and power. 🏆

Patti Bruns is a qualified personal trainer at Aspria Arts-Loi and Royal La Rasante in Brussels and has completed many triathlons, half marathons, and both the New York City and Stockholm marathons. Email for an appointment patti.p2b@gmail.com

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1 Coaching Tip to Boost Self-Confidence for your work and/or your personal life.

By Florence Blaimont, creator of HERO Program, self Confidence Program on web

✓ Coaching tip: Know exactly what you want!

Lots of my clients know exactly what they don't want in their life and have a difficulty in knowing what they really want. They don't want to have a job like this or to experiment that feeling, to meet this kind of person or to have that kind of life... But, it's important for you to know exactly what you want and to put words on it. Your brain is like a gps. When you sit down in your car and you start your trip, you type the destination in your gps and it's extremely specific: country, province, town, street, and evenly, the house number. For your life and business goals, it works the same way: determine exactly what you want. Lots of people feared being too picky when expressing specific goals, they were scared that « if I'm too detailed, I'll closed some doors or I'll be too demanding ». It's better to begin by being very specific and perhaps changing your goal after, when you will have moved forward. Don't forget that: you can change your mind and adapt yours goals.

✓ **Flo's Practice:** Put your personal and business goals in writing! If you know what you don't want, start by writing that. By writing what you don't want, you already clarify what you want and are in the good direction to be specific. After that, find the contrary! If you don't want a boring job, what's the contrary for you? Is it a fascinating job? And what does a fascinating job mean to you? Determine your criteria by being as specific as a gps: what, how many, how, when... My advice: to keep a little booklet with your personal and business goals that follow you each year.

«When you are confident in your value and capacities, life is easier and things that you need to do seem more feasible. You advance and take your life in hands»

says Florence Blaimont, coach, specialized in increasing self-confidence.

Year after year, she noticed that 99% while her clients said their objective was a career change, relationship improvement or bettering of their charisma, they actually just wanted to be confident in what they are (identity), do (capacity, attitude) and they say (communication).

Based on that, Florence decided to set up a complete coaching program: HERO Program is a web program accessible to everyone.

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PERSONAL DEVELOPMENT

Dress to live

Transformation consultant and leadership coach **Chantal de Gaudio** on achieving confidence through what you wear

prepare how to introduce yourself to the world therefore pays huge dividends on all levels.

Feeling comfortable in your own skin is a graceful state of being, and an extremely attractive quality people cannot help but be drawn to. Yet achieving such a state of contentment can be a life's work, especially when you need to dress for a variety of different occasions. The ability to do so is a step towards knowing yourself better and how you fit in the world.

The first thing to do when seeking clarity about what you wear is to make a plan; secondly: work that plan.

But when was the last time you reviewed your wardrobe and assessed whether your look truly reflects who you are now – making time to look after your wardrobe and maintain your appearance >

Research by psychologists has shown that we unconsciously make a judgement about someone within three seconds of meeting them, based purely on their appearance. Taking time to

Illustration: © Gurza

is an important support for a general sense of wellbeing. Doing so saves time, creates energy and reduces stress.

Feeling confident and comfortable with what we wear can make all the difference to trying to find a new job, win a new client, or develop new relationships.

Knowing what suits us and how to shine even when dressed down is an invaluable part of feeling well every day. There is a balance between wearing the same thing every day and the flexibility of expressing personality through your clothes.

PLANNING

Knowing one's wardrobe is like knowing one's self. Think about the season you are in and whether your wardrobe matches it. Pack away summer clothes in autumn and vice versa in spring. Schedule a 'wardrobe service' into your diary at least twice a year with the changing of the seasons and cull old and worn-out items and assess where the gaps are. Refreshing your closet in this practical way means whole new outfits and looks can be created with just a few essential well-thought out items.

COLOUR

Colour can enhance sociability, it can change your mood, and can be used as an aid to send a message, be it political, sexual or that it's time to have some fun. For instance, my grandmother told me to always wear white when travelling – it looks the freshest.

Important is to find out what colours suit you the best. This can be done by

spending time in front of the mirror holding different coloured fabrics across your chest. What you are

looking for is the difference in the light and look of your face. Some will bring you to life and other colours will make you look as if you have moments left to live. Ask a friend to help or get your colour chart done by a professional colourist.

CASE STUDY

My client struggled with being in her forties, explaining that when she was younger, she received a lot more attention than nowadays. She put this down to increased age, and slight weight gain.

To my eyes, she looked like a powerful and voluptuous Greek goddess, hidden in clothes that screamed: "Don't look at me." It was as if what she had chosen to wear was suffocating her true nature. She had given up making an effort when choosing the clothes she wore. She had got into the habit of not paying attention to how she was feeling, and how she represented herself. Intimidated by fashion due to the difficulties in finding clothes and styles that suited, she had unconsciously stopped trying.

The next time we met up, I was pleased to see my client had completely shifted her energy. Her hidden inner self was shining through and she radiated confidence - she had freed herself. It had taken a conscious effort, but as soon as she had focused and followed her plan, she felt liberated, and her previous lack of self-esteem had evaporated.

STYLE

Be it artistic, sporty, or dramatic, think about the times you have looked your best and what kind of style it was. Get feedback from friends and family asking them what sort of clothes you were

wearing when you and they thought you looked your best. It is also useful to find out how to

dress for your body shape. This information is easily found online for both men and women.

Wherever your research leads you, it is important to take time out for yourself and be prepared to act on your findings. 📧

Chantal de Gaudio is an executive life coach and leadership assessor whose client base includes Suzie Turner, Vodafone, the Cabinet Office, Capgemini, Les Fontaines, Architects of Group Genius, 8works, NHS, and BT. Contact: chantal@thewellguide.com



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High Street fashion pays

Financial writer **Laura Cohn** investigates the business logic behind Europe's "cheap-but-chic" trend

Before Europe sank into its current economic funk, the Continent had developed a taste for the 'cheap-but-chic' designs offered by the likes of H&M and Zara, a trend that saw their shops opening on almost every High Street across the region.

The ongoing crisis may have hit other retailers in Europe, but fashionistas are continuing to snap up David Beckham boxer shorts and stretch-leather trousers from those same bargain clothiers, meaning the pre-crisis boom hasn't ended for them.

ONLINE SALES

Those looking for investment returns to go with their inexpensive dress may want to hunt in the same place. Throughout the global economic malaise, Sweden's Hennes & Mauritz (H&M) and Spain's Inditex, which owns Zara, have weathered the storm, growing their presence online; offering new clothes and accessories every few weeks; and expanding in faster-growing

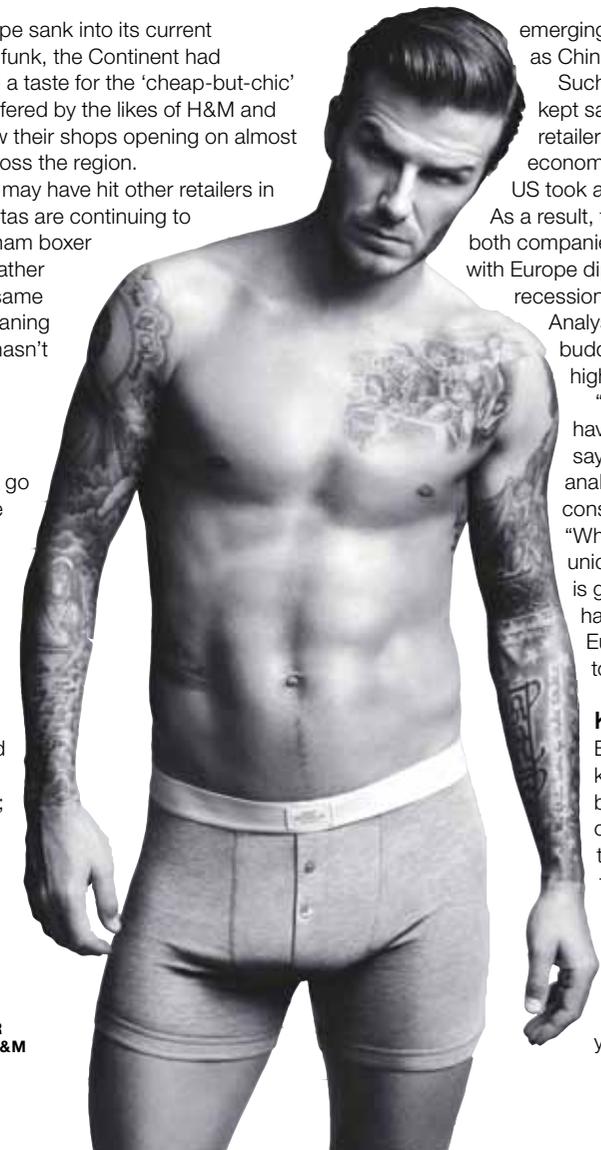
emerging markets such as China.

Such shrewd steps have kept sales up at these global retailers, even as the economies of Europe and the US took a turn for the worse. As a result, the stock prices of both companies have soared. But with Europe dipping back into recession, can the party go on? Analysts think so, given the budding exposure to high-growth Asia.

"Both Zara and H&M have long-term legs," says Rahul Sharma, retail analyst at London retail consultancy Neev Capital. "What makes H&M unique, alongside Zara, is geography: it's rare to have a spread from Europe to America to Asia."

KEY TO ASIA

Experts see Asia as a key market because its burgeoning middle class has just started to get a taste for fashion. According to the Boston Consulting Group, sales of fashion items in China will more than triple in the coming years – to €164 billion



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in 2020, from €50 billion in 2010.

Inditex is doing everything it can to cash in. Going forward, the company expects to open 400 to 500 stores a year, with a focus on China and Eastern Europe. It now gets 18 percent of its sales from Asia, up from 9 per cent five years ago. The Asian drive is also goosing profits: the retailer has taken advantage of its European brand cachet by charging higher prices in the region than it does in its home market.

Inditex, with €13.8 billion in 2011 sales, keeps its costs down by centralizing its distribution in its home country, and by maintaining suppliers in Spain, Portugal and Morocco. That makes it more nimble than its competitors, who work with third-party suppliers in Asia, since its design-to-store shelf time is shorter. If an item doesn't sell well at Zara, the company can stop its production – fast.

Inditex also benefits from a wide brand portfolio – including Zara Home and Bershka – which enables it to target different consumers, spread its risk and keep profitability up. Net profit at the company rose 12 percent in 2011.

H&M, which tends to cut prices more than Inditex does, has seen its sales rise but has had a harder time maintaining its profits. Still, analysts are bullish, given its expansion plans in China and Latin America and the buzz-worthy ranges it creates with well-known designers.

VERSACE

In November 2011, it rolled out *Versace for H&M*. The clothes and accessories in bold prints and colors proved so popular, Donatella Versace designed a similar one for the following spring.

The retailer aims to increase its number of stores worldwide by 10 to 15 percent a year. In particular, as Chief Executive Karl-Johan Persson recently told investors, there's a "great potential" for H&M to expand in Asia.

Last year, the €13 billion retailer had a presence in 43 countries, and opened



LANA DEL REY IS THE GLOBAL FACE AND VOICE OF H&M THIS AUTUMN

266 new stores – 16 more than it initially expected – with China and the US among the biggest expansion sites. This year, it hopes to open 275 new ones, and launch H&M Shop Online in the US, the world's biggest retail market.

RIVAL RETAILER

If investors want a purer play on the Asia boom, a smaller rival to consider is Japan's Fast Retailing, which operates the brand Uniqlo and the popular work-wear *Theory* line. The €8.3 billion company differentiates itself by insisting it has higher-quality fabrics.

Uniqlo – with most of its stores in Japan and Asia, along with others in the US and Europe – has seen its sales jump for eight years running, and has maintained double-digit profit margins. In Asia, by the end of 2012, it plans to open 100 stores, double the number the previous year.

With 70 percent of its sales revenues coming from Asia, the retailer is set to take advantage of the boom. And, given its expansion plans, "Uniqlo will do well," says Magdalena Kondej, global head of apparel research at Euromonitor International in London.

Cheap may still be chic. But it also may be prudent for the portfolio. ☐

BOTH ZARA AND H&M HAVE LONG-TERM LEGS



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EUROPEAN COMMISSION PRESIDENT JOSÉ MANUEL BARROSO V. THE EUROSCEPTICS

VOICES OF DISSENT

European Union institutions are being buffeted by the sour wind of euroscepticism as never before in their 60 year history, says **David Haworth**

Right after the summer the European Parliament adopted measures giving EU political parties a legal boost through new transparency and financing rules allowing them to present rosier cheeks to voters in 2014. Like everything else these days, the move must be seen against the continent's economic crisis which, by European Commission President José Manuel Barroso's own admission, "is fuelling populism and extremism".

The political barometer dropped even further when the Commission chief in his State of the Union address called for a "federation of nation states" which would hand over more powers to Brussels at the expense of national governments.

RHETORIC

But electorates are getting tired of the clip-clop rhetoric of an 'ever closer union' and for now are less interested in where the crisis will end than how much it will cost. To this one can confidently add the increasing suspicion of bureaucrats and, especially, politicians right across the political spectrum and in all member nations.

These forbidding circumstances must be a good season for eurosceptics; the crisis underscores their case, as they do not fail to point out. That may be so, but on the other hand aggressive sceptics, as opposed to the more numerous lazy cynics among us, have not managed to put all their arguments on the same

charge sheet. A satisfactory, agreed definition of euroscepticism has yet to be found. Does it really mean all or nothing, in or out? Can it not include the need for a better Europe rather than “more Europe”?

Sceptics come at the EU from so many different directions and at so many levels of intellectual and emotional endeavour their fusillades begin to scatter. As the smoke drifts away, the EU's strategic structure is revealed to be more or less intact, its defenders busy plotting even more extensions and bigger budgets. The federalists are hard at work, in UK Independence Party MEP Roger Helmer's delightful phrase “the hectoring voices rehashing old certainties”.

CHEEKY

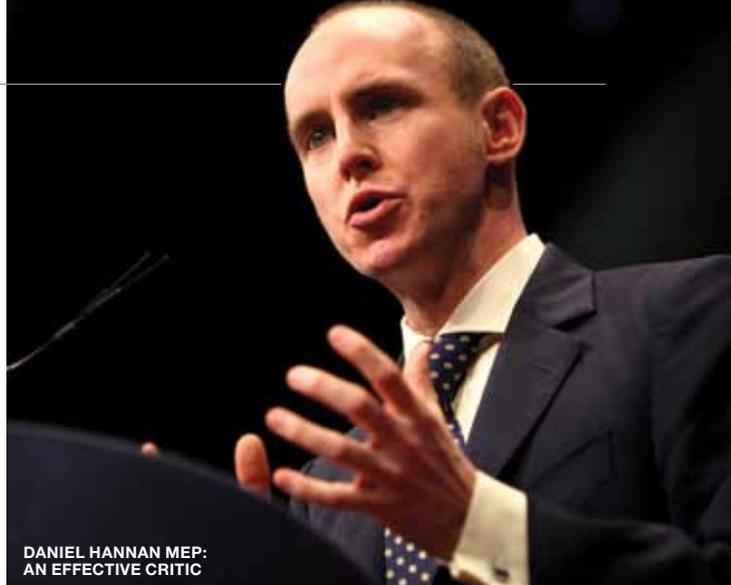
But EP eurosceptics lack manpower and, when you think about it, it's pretty cheeky of them to be there at all, being so handsomely rewarded by an employer they wish to maim or even destroy.

It was a distant British Labour administration which came up with the wheeze of putting sceptics in the EP. In those days MEPs were nominated, not elected – inconceivable though that now seems – and one of the favoured was an ex-Minister called Barbara Castle whose

“A SATISFACTORY, AGREED DEFINITION OF EUROSCEPTICISM HAS YET TO BE FOUND”

husband, Ted, was also nominated to the institution. The idea of a wolf in sheep's clothing, or the other way round if you prefer, was born then – 40 years ago – persisting for some while until direct elections put paid to equivocation.

But genuine eurosceptics are not for the politically fastidious. The pronouncements of UKIP's leader Nigel Farage are a familiar sound, and Jean-Marie Le Pen and his daughter Marine are also pretty vocal; there are a scattering of lesser knowns from Italy's Lega Nord. A few Poles, Czechs, a Finn, a Dane and some Irish also “trend” eurosceptically, believing the Commission



DANIEL HANNAN MEP: AN EFFECTIVE CRITIC

President is “out of touch with reality”.

Hungary, Poland and the Czech Republic harbour deep resistance to the sort of Europe Barroso wants, fearing it will leave too much power in the hands of unelected officials and leave small countries at the mercy of bigger EU powers. After decades of communist oppression, that's hardly surprising.

CRITIC

However, the most effective critic of the European Union is a British Conservative MEP, Daniel Hannan, who has just published a book *A Doomed Marriage: Britain and Europe* which, despite its title, punctures the whole EU project with gleaming acuity.

One doesn't have to agree with Hannan to admire the intellectual panache with which he develops a eurosceptic case. He can do it in French or Spanish in the Chamber and frequently does, a modern cosmopolitan without a chip on his shoulder or an obsession to nurture.

But in the political size of things he speaks really and only for himself, slightly feared and often cold-shouldered.

If there were robust debates in the EP rather than a succession of timed statements, spokesmen on all sides of the arguments about the future of Europe would be more widely known. But if we accept, as we probably must, that Brussels and the European Union are increasingly distant from electorates, isn't it a paradox that voting in direct elections to the EP declines every time they're held? ☹

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AUTUMN LOOK

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SALVADORE FERRAGAMO

Image and montage by
photographer **Aylen Torres**

BRAND- NEW JUST FOR YOU

This season's fashionistas are able to pull together a look to match any mood and to suit every occasion

PHOTOGRAPHER
Aylen Torres

STYLIST
Nicholas Sirot

HAIR AND MAKE-UP
David Bettiga
for Yves Saint Laurent and
l'Oreal Professional Paris

MODEL
Karina Z
IMM International Model
Management, Brussels



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SHOES **BEORIGINAL**
BRACELET **H&M**
HANDBAG **NATHAN BAUME**



TOMBOY
SUIT **JEANPAUL KNOTT**
SHOES **SONIA RYKIEL**
SCARF **BELLEROSE**



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DRESS CHRISTIAN WIJNANTS
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GLOVES **RUE BLANCHE**
HANDBAG & SHOES **MELLOW YELLOW**
JACKET **JEANPAUL KNOTT**



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LACE DRESS **GERARD DAREL**
SHOES **HERMES**
HANDBAG **LOUIS VUITTON**
BELT **PAULE KA**



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BELT **SONIA RYKIEL**



WRAPPED UP
COAT AND JUMPSUIT
DIANE VON FURSTENBERG
HANDBAG **SONIA RYKIEL**

Beauty & THE BRAND

Being appointed the first celebrity face of the beauty brand Bobbi Brown gives the post-divorce career of actress Katie Holmes a huge boost, writes **Ann Cordell**

Photograph of Katie Holmes © Helga Esteb / Shutterstock.com



BOBBI BROWN AT WORK

Who knows, maybe it was Katie Holmes signing away the right to a cut of ex-husband Tom Cruise's fortune that helped prompt the legendary make-up artist Bobbi Brown to adopt Holmes as her muse. Reputed to be committed to empowering women of all ages, beauty guru Brown says she loves how Katie Holmes is "a real woman" juggling career, motherhood and charity work. "It's not about Katie the celebrity, it's about Katie the woman," she states.

"I never set out to find a celebrity face, I hired a woman who just so happens to be a celebrity," says Brown, the founder of global brand Bobbi Brown Cosmetics. "We're both girls from the Midwest, entrepreneurs, and mothers who live

multidimensional lives. It was nice to find out that we had so much in common."

ACCESSIBLE

Holmes, who announced she is "thrilled to be part of this" is reported to have signed a contract with Bobbi Brown Cosmetics in excess of two million euro; if so, she can afford to be generous about the brand.

"It is make-up that is very accessible and it's something you can throw on at 9 am and it will get you through the whole day and you'll look appropriate for all different occasions," enthuses Holmes.

As for wearing make-up herself, she reveals: "When I'm rushed, and let's say I only have time to put one thing on, I go for the blush."



LIMITED EDITION
ATOMIC PINK LIP
AND EYE PALETTE

LIMITED EDITION
SHIMMER NAIL POLISH
IN BLACK PEARL

LIMITED EDITION
DUAL-ENDED
MASCARA IN BLACK



BB CREAM
WITH SPF 35 IN
FOUR SHADES



CREAMY MATTE LIP
COLOUR IN TWELVE
NEW SHADES

‘THE SECRET TO BEAUTY IS SIMPLE – BE WHO YOU ARE’



AUTUMN LOOK

BOBBI BROWN WITH PUP PUP



BEACH IS ONE OF THE
FOUR NEW BOBBI
BROWN FRAGRANCES

Brown agrees wholeheartedly – but only because Holmes is a brunette. If she were blonde, Brown says she would advise reaching for the mascara.

Holmes has this to say about Brown: “She is so kind and so sweet and yet she has created this huge company and she’s such a nice person... Bobbi is very much what her make-up stands for which is no fuss, really down-to-earth and real.”

ADMIRATION

The Holmes-Brown collaboration comes across as a mutual admiration society, both women not only complimentary about each other but also about other people in the public eye, with Holmes naming R&B artist Beyoncé as one of her style icons: up there in her estimation, she says, with Lauren Hutton and Sophia Lauren - and her mother.

“She [Beyoncé] works so hard,” says

Holmes, with Brown agreeing: “She is as nice as she is beautiful.”

Of Holmes, Brown says: “There is this great woman who is not only an actress, I think she is a great role model for so many women. We instantly got on. She looks amazing without make-up, she looks incredible with make-up. She is naturally pretty, she can be stunning, she can be very simply very beautiful.” Brown says Holmes reminds her of a modern-day Ali McGraw, “one of my favourite beauty icons of all time”, adding: “There is not a more beautiful Bobbi face than Katie.”

POWERFUL

Brown first arrived on the beauty scene in 1991, changing the face of make-up with a handful of brown-based lipstick shades for women who wanted a more natural look, filling a void in the market. Her philosophy: “Women want to look and

‘THERE IS NOT A MORE BEAUTIFUL BOBBI FACE THAN KATIE’

feel like themselves, only prettier and more confident.” Cosmetics empire Estée Lauder acquired Bobbi Brown Cosmetics in 1995, although it is still Brown herself who runs the company which has expanded to a full range of cosmetics, fragrance and skincare with a presence in 57 countries.

In 2010 Brown launched the *Pretty Powerful* campaign, inspired by her belief that “all women are pretty without makeup - but with the right make-up can be pretty powerful” yet her basic message remains the same: “The secret to beauty is simple - be who you are.”

Brown says she believes “good” women are “naturally beautiful”, adding: “That’s why some of the most gorgeous women in the world who are not nice all of a sudden appear not attractive to me.”

IMPACT

Brown’s impact extends well beyond the beauty industry: she was recently appointed by US President Barack Obama to the Advisory Committee for Trade Policy and Negotiations, and invited by the First Lady to participate in the

White House Leadership & Mentoring Program for young women.

Having worked with some of the fashion industry’s leading designers, Brown is also backing the *Holmes & Yang* fashion label, a three year old partnership between Katie Holmes and stylist Jeanne Yang which recently made a debut at New York fashion week.

“I’ve been a fan of the brand for its simple, clean lines that enhance a woman’s shape,” says Brown. She and Holmes are currently working on creating the beauty looks for the brand’s Spring 2013 fashion show, as well as deciding on the Katie Holmes ‘look’ for her first Bobbi Brown ad campaign which will also be launched in time for spring.

Brown says the pair will collaborate closely on photographer, clothes, hair and make-up. “Katie is going to have as much say [as me] into what pictures that we’ve chosen,” Brown states. ☺

The Bobbi Brown Cosmetics store in Brussels is located at 11A Rue A. Orts (Dansaert), B-1000, next-door to the Cosmetics beauty store.

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*After 12 weeks, 84% of 64 test panelists who had previously experienced laser treatment prefer this serum to the laser
Self-evaluation test on 120 women -% agreement *Self-evaluation test on 100 women -% agreement
This image is an analogy. It is not a before & after shot of the skin.



AUTUMN LOOK

BRUNETTE EYEBROW PENCIL €16, TROPICAL MIST LIPSTICK €19 AND DESERT CAMOUFLAGE SAND STORM EYE PALETTE €43 BY CARINE ROITTFELD FOR MAC*

MODEL WEARS EYES TO KILL NR. 2 TERRA SIENNA PALETTE €55 BY GIORGIO ARMANI

Bold is beautiful

Summer tans are slowly fading and it's time to welcome illuminating foundations, rich textures and deep colours. This autumn the look is minimal but with bold details and the either/or rule for lips and eyes no longer applies – play up lips which can be colourful or nude while simultaneously going for a little drama with big eyebrows and smoky eyes.

Products selected by **Delphine Stefens**

*MAC is at 9 Chaussée de Charleroi, B-1060 (Place Stéphanie) and now also available online at www.maccosmetics.be



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AUTUMN LOOK



LOUIS VUITTON



LONGCHAMP



Touchy-feely

This autumn sees clothes and accessories in a variety of rich textures that are as interesting to touch as they are to look at



DIESEL



RUE BLANCHE



NATHALIE VERLINDEN

CHRISTA RENIERS



MELLOW YELLOW



Artistic SPIRITS

Writer **Paul Ames** explores the relationship between art and alcohol, not to mention artists and their sponsors

From Caravaggio's drunken brawls to Toulouse-Lautrec's affair with the green fairy of absinthe and Francis Bacon's booze-fuelled forays through 'fifties Soho, the relationship between art and alcohol has always been close.

"Psychotropic elements, things that activate the psyche in creative ways are part of being human and it's part of a healthy society. Not only is it a good thing for your brain, but it's also a good thing for your heart and soul and your body," claims Italian-American art historian and curator Carolyn Christov-Bakargiev as she seeks to explain the art-alcohol link.

Christov-Bakargiev was artistic director of this year's edition of Documenta, the huge contemporary art exhibition held every five years in the central Germany city of Kassel, with Absolut vodka one of the sponsors. "Alcohol of course can be a social problem if it's brought to extremes, as everything can, like cigarettes, or chocolate, or French fries," she added.

CREATIVE

Among several artists who turned their artistic spirits into a selection of creative cocktails were Mexican conceptual artist Mario Garcia Torres, whose work is

featured at the Galerie Jan Mot in Brussels' Rue Antoine Dansaert; and Ryan Gander, the British artist who has works on show in the *Without (Jonathan Monk)* exhibition showing until October 27 at the Meessen De Clercq gallery, off Avenue Louise.

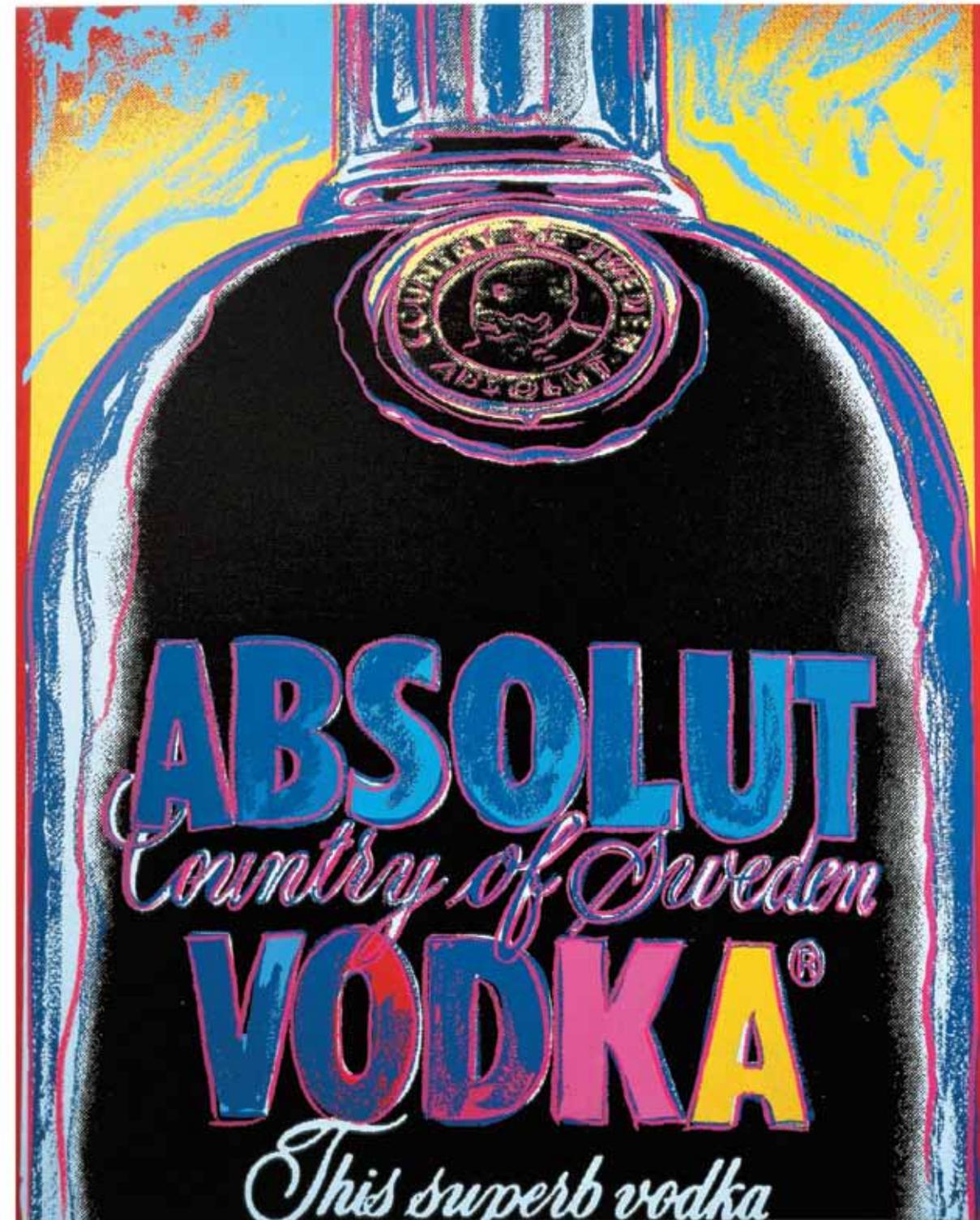
Garcia Torres' creation, the *October 1980* is a variation of a classic Italian aperitif, blending Antica Formula vermouth with Nardini bitters and tonic water, with the original addition of cardamon bitters. The drink, much like his work at Documenta, takes its inspiration from the One Hotel, run by Italian artist Alighiero Boetti in Kabul during the 1970s.

A *thinking hand's* bequest, a cocktail created by Gander, was the result of encounters in three Tokyo bars. It combines Japanese *shiso* plum liqueur with *liqueur de violette* and champagne, with the addition of a black cherry and a lemon peel star.

"These flavours remind me of sleepless late nights in strange places, with an appetite for more," Gander explains.

EARTHQUAKE

Artist-inspired cocktails are nothing new. Toulouse-Lautrec famously concocted the *tremblement de terre* comprising equal parts of cognac and absinthe. Yves Klein turned mixologist to serve visitors to >



ABSOLUT POSTERS BY ARTISTS LOUISE BOURGEOIS (LEFT) AND ANDY WARHOL (ABOVE)



CLOCKWISE FROM LEFT:
ABSOLUT POSTERS BY
FRANCESCO CLEMENTE; DAN
WOLGERS; MIROSLAW
BALKKA; ROSEMARIE TROCKEL

a 1958 exhibition in Paris with a drink made from gin, Cointreau and methylene blue which had the side-effect of turning their urine blue the following morning.

Absolut's involvement with the art world dates back to 1985, when the Swedish vodka maker persuaded Andy Warhol to design advertisements based on the brand's distinctive bottle. Since then, the company has commissioned works from more than 800 artists, adding the likes of Keith Haring and Louise Bourgeois to

ARTIST-INSPIRED COCKTAILS ARE NOTHING NEW

the list of ad designers.

"Art is in our molecules and our veins," says Vadim Grigorian, global project leader of the Absolut Art Bureau, claiming a special link between vodka and creativity.

With the significance of Brussels in the art world developing rapidly, a number of initiatives around the Art Brussels contemporary art fair next April are under consideration, says Grigorian, including a performance of Loris Gréaud's epic combination of experimental hip-hop and deep ocean photography *The Snorks*. 🎧

Photographs: © Absolut Art Bureau

HIGH STREET

Le plaisir du mécanique

Mouvement à remontage manuel Suisse. Sans Réserve de marche Boitier à lunette inoxydable de 43 Grande couronne remontage aisé

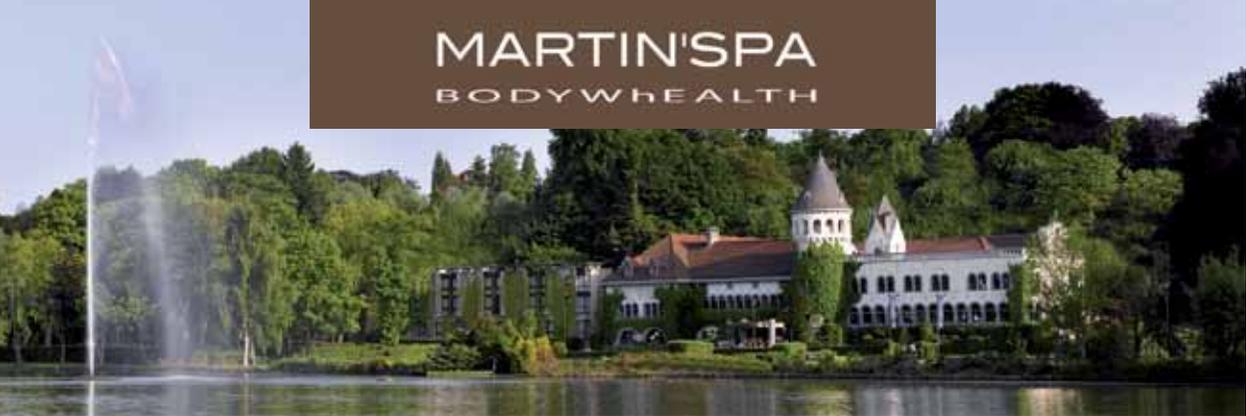


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Flexible diamonds

Pushing the frontiers of diamond jewellery design, Valerie Messika talks to **Ann Cordell**



Creator of the luxury French jewellery brand that carries her family name, Valerie Messika designs delicate, innovative pieces fashioned uniquely from gold and diamonds. The daughter of a prominent diamond dealer, having grown up surrounded by diamonds, Messika followed her father into the business 12 years ago and was supposed to become a dealer herself but didn't enjoy the work.

With no design training or experience, she experimented by making a few pieces of jewellery for herself. Encouraged by the compliments she received from friends and family and with the backing of her father, Messika launched her own brand in 2005.

"When I asked people what came to mind when they thought about diamonds, it was an engagement ring," says Messika. "I wanted to create accessible jewellery that people could wear every day."

PRECIOUS TATTOO

One of the company's innovations, using a secret technique developed in the Messika workshops, is diamond jewellery that is totally flexible, designed to sit on the skin much like a precious tattoo. The bangles, chokers and necklaces made using the Messika *Skinny* technique can be twisted or bent into shape, or crushed in the hand like a piece of material, without being damaged.

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LIFE OF LEISURE

Mount Nevis
on the island
of Nevis in the
West Indies
© Nisbet Plantation
Beach Club



CHRISTOPHE HARBOUR

Secret garden

Why not try Nevis in the Caribbean, the lesser known island twin of St Kitts, for a holiday in the sun this winter, urges travel writer **Julia Brandon**

An island of volcanic origin with large central peaks covered in tropical rainforest, Nevis lies at the top of the Lesser Antilles archipelago, roughly 60 miles/96 km south of St Barts and St Martin, and 45 miles/72 km west of Antigua. It's a land of plenty where wild donkeys, monkeys and goats roam free, and electric-coloured hummingbirds sup at the flowers of Red Hot Poker plants.

Twinned with the better known St Kitts, Nevis is just 25 minutes by boat across The Narrows between the two islands, or five minutes by helicopter. And minimal traffic on Nevis is a luxury matched only by the ease with which all the surrounding islands can be reached. Be it by jet or yacht, the whole of the Caribbean is at your fingertips.

BREATHTAKING VIEWS

Once the wealthiest island among its peers thanks to thriving sugar plantations, very little of this secret garden has been subject to development over the years. So whether looking back at the white misty clouds that wreath the top of Mount Nevis's 3,232 ft/985m peak, or down from high up in the rainforest to the palm-lined shore, the view of the island is never less than breathtaking. The main coast road was fully paved six years ago, and it takes just 40 minutes to traverse the whole of the island by car. A handful of charming blue signs lining the streets offer spiritual guidance.

Nevis's growing tourism and agricultural trade, as well as offshore banking, provide the bulk of work, and the island boasts one of the highest literacy rates in the Western hemisphere. The reopening of the Four Seasons Resort in late 2010 following a devastating hurricane two years earlier breathed fresh life into the island's economy. Providing a significant source of employment for Nevisians over the past 20 years, the luxurious 450-acre estate is one of the largest in the Caribbean, and is a proven haven for golf lovers and sun worshippers alike.

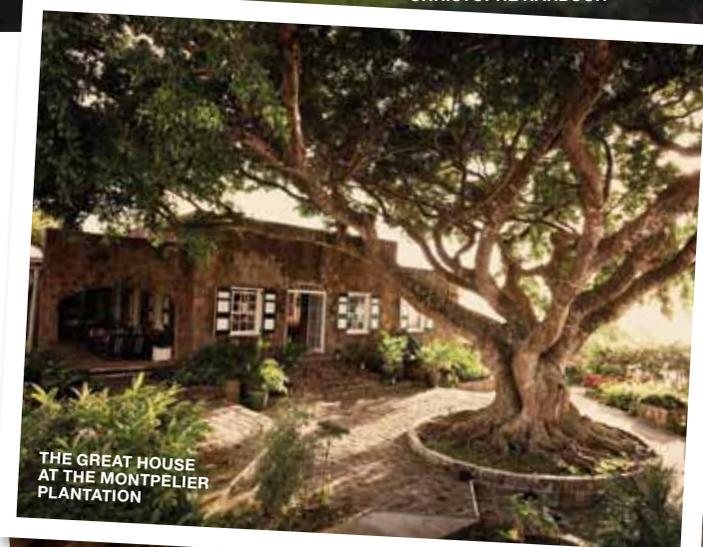
The Performing Arts and Conference Center, a multi-million-dollar development donated by the Taiwanese government opened its doors in 2012, while April 2009 saw work start on the island's own geothermal plant. Although progress has

been painfully slow thanks to the global economic crisis, this pioneering development when finally complete will enable Nevis to become 100 percent energy self-sufficient as well as opening export opportunities to other islands.

RICH HISTORY

Originally colonised in 1628 by British settlers from St Kitts, Nevis was subsequently fought over by the French and English, both wishing to lay claim to the island's important spice route. Sugar was its primary export until 1900, when many of the mills were closed due to dwindling prices, and in 1983 Nevis achieved independence.

The island's capital, Charlestown (named after England's King Charles II) carries a seamless aesthetic blend of Caribbean colour and colonial influence. Market days are Tuesdays and Saturdays, when bountiful rows of fresh fruit and vegetables are haphazardly displayed on rickety stalls. Meandering round the quaint town on foot is certainly the best way to fully appreciate its mix of old and new architecture, and will only take the best part of 20 minutes. But it's the typical plantation houses that offer the most honest insight into times gone by. Nisbet Plantation, a former sugar and coconut plantation, is today an exquisite hotel with 36 intimate cottages scattered in its grounds and an impressive palm-lined lawn avenue leading up to the Great House. It is also where a young



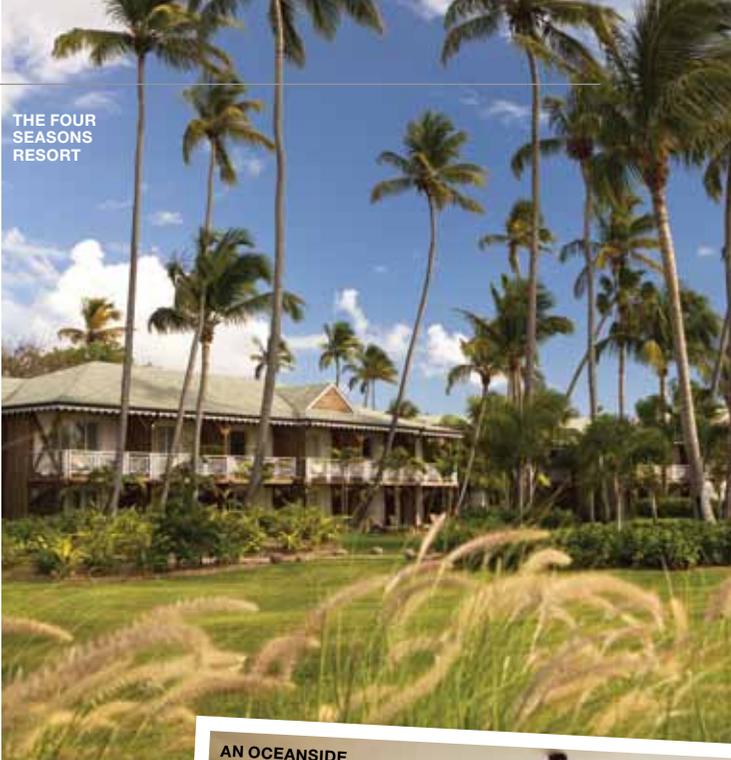
THE GREAT HOUSE AT THE MONTPELIER PLANTATION



VIEW FROM THE VILLA SUITE AT THE MONTPELIER PLANTATION

Photographs: The Four Seasons Resort © Don Riddle; The Nisbet Plantation © The Nisbet Plantation; The Montpelier Plantation © The Montpelier Plantation

THE FOUR SEASONS RESORT



Horatio Nelson met his future wife Fanny Nisbet, and the couple were later married close by at the Montpelier Plantation Inn.

Across the water St Kitts, as the larger island of the two, has historically been the more frequented holiday location. With a population of 35,000 compared with Nevis's 12,000 inhabitants, St Kitts offers a tropical paradise accompanied by bustling activity. Its capital city, Basseterre, is the centre of a thriving nightlife, while the more rural parts stand testament to a bygone era with windmill ruins and plantation houses dotting the landscape.

SUPERYACHT HARBOUR

In 2012, a stunning new 2,500-acre development led by Kiawah Development Partners was launched, set to make the Federation of St Kitts

and Nevis a top yachting destination. Christophe Harbour contains an impressive superyacht harbour surrounded by a village of five-star hotels, restaurants and boutiques. Carefully designed to have minimal impact on the island's

environment, shoreline and coral reefs, the natural harbour is sited on an old salt pond and is the largest in the Western hemisphere. Six spectacular beaches accompany private villas, a Spice Mill restaurant and a Tom Fazio golf course landscaped on Priddies Plateau. The stunning Beach House is adorned with cream linen curtains that sway in the sea breeze. The view down the wooden jetty straight across to the neighbouring island of Nevis is particularly impressive in that special half hour at sunset, when pelicans artistically dive for fresh fish and the shift in light beckons the dawn of cocktail hour. ☺

NEVIS IS PARTICULARLY IMPRESSIVE IN THAT SPECIAL HALF HOUR AT SUNSET

AN OCEANSIDE ROOM AT THE FOUR SEASONS RESORT



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Winter playground

Organic bakeries, yoga studios, tourist-centric gym membership and quirky apartment rentals are turning the Portuguese capital Lisbon into a winter haven for the healthy and physically fit, says travel writer **Sandy Braz**

The perfect mix of moisture and salt in the air yields balmy days and breezy nights all year round. Although evenings can be cooler in the winter months, mild daytime temperatures attract fitness types in droves. On the coldest day, Lisbon temperatures rarely dip below 13 degrees. Dinners are enjoyed *al fresco* even in February, when most of Europe is huddling inside, shielding from the biting cold.

As for food, the Quinoa bakery in Rua do Alecrim has everything from artisanal breads to the national custard tart *pasteis de nata* in organic form. Right now it's the only bakery of its kind in the city, but the demand for organic food, including pastries, is spreading. A visit to the organic market in the *Principe Real* on Saturdays shows Lisbon is experiencing a renaissance, led by a passion for organic food and healthier living.

FITNESS

Marco Dias Nunes, a personal trainer with ENVY fitness club, located in the popular Chiado neighbourhood, says he's witnessed local sentiment go from health oblivious to health conscious these last few years.

"We welcome tourists at the gym all year," says Dias Nunes, adding that his schedule is increasingly filled with foreign clients on vacation in Lisbon, unwilling to skip their daily workout routines. According to Dias Nunes, this signals a significant shift in the Lisbon tourism market.

As the city becomes more popular with fitness seekers, so do the ways in which >



LISBON'S
CASCAIS BAY

people cater for the steadily growing demand.

Business owner André Ataíde, shares what he refers to as a “secret map of Alfama” with his apartment rental guests. On it he outlines the best routes to take in this medieval part of town to get the best heart-pumping climb to the summit, where Lisbon’s famous Castle of St George is located – a worthwhile climb for the vista alone.

Just south of Alfama, an unassuming 24-minute train ride leads to Cascais – a fishing village boasting an impressive stretch of restaurants with a wide selection of fresh seafood and beaches ideal for running, walking and yoga. In an effort to support the growing demand for fitness, the city installed brightly colored exercise stations, red and yellow monkey-bar type apparatus, along the ocean front. People do pushups or have a stretch on them and can even do abdominal crunches.

There is an undercurrent of fitness and health that even the most sceptical person can’t but help be a part of. Hills are the very essence of the city, obliging people to exercise wherever they turn. But for those needing a break from the varied elevations, Lisbon boasts a clean and speedy metro system, as well as inexpensive taxis.

WINTER SURFING

Perfectly located on the Tagus River and the Atlantic, Lisbon has organically grown a reputation as a surfing destination; as surfing grows in popularity around Europe, so do the numbers of surfers flocking to Lisbon each year, especially in the winter – the waters are less packed by day, yet the restaurant and bar scene is no less vibrant at night.

After a morning of surfing, spend an afternoon resting in the sun, following a leisurely lunch of traditional vegetable soup, served piping hot with cornbread – a favoured dish at this time of year.

According to the city’s tourism website, Go Lisbon, Portugal continues to be the least expensive destination in Western Europe; safe to say that the average person can live a 5-star lifestyle on a 3-star budget in Lisbon, without sacrificing quality in the least.



THE NATIONAL CUSTARD TART PASTÉIS DE NATA



VIEW FROM CASTLE OF ST GEORGE

“ LISBON IS EXPERIENCING A RENAISSANCE ”

If there is one bone to pick, it is the leisurely attitude between the hours of 13h and 15h, when businesses close for lunch. During this period, expect reduced service in every industry. Even sought-after bike and scooter rental shops can be relentlessly closed for up to two hours at lunch, frustrating for those hoping to make the most of the daylight. But it is exactly this kind of relaxed culture that lends Lisbon its tangible charm. ☺

www.golisbon.com; www.cascais.net/guide

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COASTLINE AT
CALAIS, FRANCE

Calais caché

With the grands vacances over and the Belgian coast emptied of its annual influx of people, **Colin Moors** recommends a day out somewhere nearby for a pleasant surprise

Keepest heading west from the beach at Nieuwpoort and in around an hour, there are welcoming signs to the Côte d'Opale, France's 'Opal Coast'. It was the 19th century French painter Édouard Lévêque who named the coastline on account of its exceptional quality of light, and on a good day it is hard to disagree. Towards the southern end is the fashionable resort of Le Touquet but visitors wanting a great day at the seaside without its high price tag could do a lot worse than Calais.

Yes, *that* Calais. The one the ferries and trains come into. Woefully ignored as a seaside resort, a thousand surprises await. Diverse, funky and very much a working town, the population is well versed in the tourist trade and will make the day live up to, if not exceed, expectations.

A LOT TO OFFER

Being as northerly as it is, Calais is a town best visited in the summer to get the very best out of it but also has a lot to offer all year round. A lot of Calais is not very old, as it was the site of the famous WWII Siege of Calais, a strategic battle undertaken prior to the famous Battle of Dunkirk. Systematically flattened by bombing, there's scant visual evidence of battle scarring today.

For a bird's-eye view of the town, take a pleasant stroll along the well-kept seafront and head out along the jetty to the lighthouse. This lends itself to the best view anywhere in Calais and, on a really clear day, across the Channel to England's White Cliffs of Dover. Within walking distance, if not tired from climbing the 271 steps of the lighthouse, is the famous statue *Les Bourgeois de Calais* by Auguste Rodin in the *Place du Soldat Inconnu*. Depicting the incredible bravery of six town burghers facing imminent death at the hands of the English under King Edward III, just 12 of these were ever cast, and only four reside in Europe.

CULTURE

Another place well worth a visit, even though it is housed in a frankly awful-looking 1960s building is the *Musée des* >

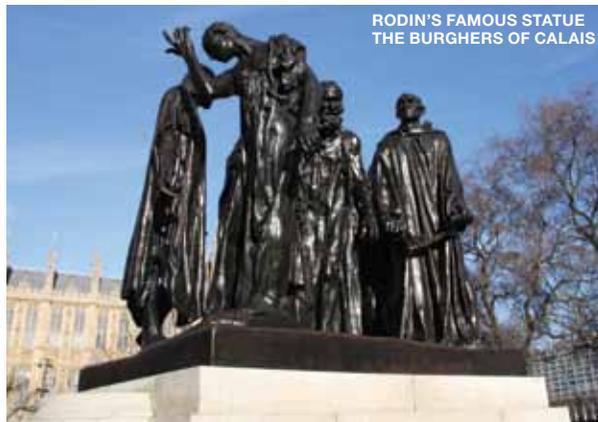
Beaux-Arts et de la Dentelle (Museum of Fine Arts and Lace). The horror of the facade quickly melts into something much more calming. As might be suspected in a town famed for its lace, there is an exhibition of all things related to the craft, including some designer pieces not to be seen elsewhere. There are a couple of permanent exhibitions, one based loosely around the adventures of Lewis Carroll's famous Alice, featuring works by many modern artists and an exhibition of Rodin's works, 'From Paris to Calais'. It costs a mere €3 to soak up all this culture, until it's time for dinner and bed. The town doesn't go to bed particularly early but the nightlife is sadly not really up to much apart from the casino (called *Le Touquet*, funnily enough). Visitors are better off indulging in a long dinner, something the people of Calais know how to do well.

EATING OUT

One place worthy of consideration (not for vegetarians) is a port-side eatery called *Oh! Mouettes* (Oh! Seagulls). Ask for a first floor table and dine with a panoramic view of the port. It's seafood all the way and, while not pretentious, the key words seem to be 'service' and 'food' and there can surely be no better aspiration. Try the set menu (not served Saturday evening or Sunday) or just order a huge seafood platter. The top-priced set menu is around €35 per person, so not horribly expensive as French eateries go. The wine list is nothing extraordinary but will yield something drinkable.

Sadly, Calais isn't stayed in all that often. The trade seems to be of the passing variety and this is reflected in the poor choice of hotels. With the top star rating being three, there's not much to shout about here. Unusually, anyone staying overnight is probably better off going for a chain hotel to guarantee a level of quality, even if it's not too special. But a day out to remember, including dinner and a half bottle of wine can be had for under €50. Try doing that in *Le Touquet*.

Oh ! Mouettes
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THE BURGHERS OF CALAIS

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LUXURY

Visitors may choose from a wide range of accommodation from luxury apartments to typical Savoyard chalets, offering the perfect solution whether holidaying as a family, with a group of friends or as a couple.

HIGHLIGHT

The highlight this season is the newly opened aqua park **Aquariaz** at the car-free Avoriaz 1800 ski resort in the heart of Portes du Soleil. Developed in cooperation with Pierres & Vacances sister company Center Parcs, Aquariaz – the largest and highest sub-tropical water park in Europe – is the ideal place to warm up and wind down after a day in the snow.

BABY POOL

Also in Avoriaz, where you can ski and sledge in the streets, is the Pierres & Vacances premium residence **Amara**, with apartments of up to five bedrooms, inspired by traditional architecture but with a modern touch. The complex includes the Deep Nature Spa, which offers a discount for children from the age of six, with swimming pool, baby pool, four saunas, three Hammam, a fitness centre, terrace, Jacuzzi and a creche for children.



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Going live

Culture vultures flock to the cinema for live events

London's National Theatre production of Mike Haddon's award-winning novel *The Curious Incident of the Dog in the Night-Time* runs until the end of October, but has long been sold out. Yet theatre lovers in various Belgian cities were able to watch a live broadcast of the play at Kinopolis cinemas in September, marking the start of a cultural season of high definition live transmissions of opera, ballet, dance and classical music as well as theatre from around the world.

Between now and June next year Kinopolis audiences will be treated to 12 different operas by the New York Metropolitan, eight ballets by the Bolshoi broadcast from Moscow, four modern dance performances by the Netherlands Dance Theatre and four classical music concerts by the Berlin Philharmonic. Two more performances are coming out of the National Theatre – on October 11 a play about generational conflict, *The Last of the Haussmans*, starring Julie Walters and Rory Kinnear, followed by Shakespeare's *Timon of Athens* on November 1.

ABOVE: *THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME* BROADCAST FROM LONDON'S NATIONAL THEATRE

Inspired by the Metropolitan Opera which pioneered the concept in 2006, the National Theatre's approach to filming its productions is to give priority to cinema audiences for that night. The theatre audience pays a reduced ticket price and is aware that cameras will be present. Two full camera rehearsals take place before the live broadcast goes out 500 venues in 22 different countries.

Performances are broadcast simultaneously, without delay, across the UK and Europe and are not edited. Venues in the US and Canada have showings on the same day as the live filming, but delayed for time zones.

The broadcasts retain something of the feel of live performance in a theatre and Kinopolis attempts to add to

the experience by offering everyone a complimentary glass of Cava or orange juice beforehand. Bonus features include live interviews with actors and production staff and sometimes a pre-show film which offers a look behind the scenes or greater insight into the choices of a production. 📺

BROADCASTS RETAIN SOMETHING OF THE FEEL OF LIVE PERFORMANCE

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The best pizza in town

Cheap, certainly not chic, but definitely delicious – Together editor **Patricia Kelly** recommends *Chez Momo* in St Gilles

You couldn't make it up: an Algerian goes to Naples, learns how to make pizza, moves to Brussels, opens his own restaurant and earns a reputation among Italians for serving up the best pizza in town.

Mid-week lunchtime at *Posto Al Sole* (Place in the Sun), aka *Chez Momo*, and the place is packed with an eclectic mix of diners with tons of Italians among them – surely a good sign if the restaurant purports to serve Italian food.

The Algerian-born owner Mohamed Adjroud – Momo himself – spent 15 years in Naples learning his trade before setting up in Brussels ten years ago. Set on the Place Bethlehem in St Gilles, not far from the Brussels Midi railway station, the decor is unpretentious – think plastic table cloths and rickety chairs.

PAPER THIN

From a selection of 30 different pizzas I chose *Tom Aubergine*, one of the 12 most popular on the menu, as recommended by my lunch companion. Prepared in front of my eyes and cooked in a wood burning oven, the base is as proper pizza should be – paper thin with a puffed up rim. A tasty tomato sauce was topped with melt-in-the-mouth slices of aubergine, generously garnished with parmesan and genuine buffalo mozzarella, sprinkled with chunks of fresh basil torn from a plant and drizzled with oil. Washed down with a glass of the house red, an earthy *Montepulciano d'Abruzzo*, it would have been easy to pretend we were in Naples.

QUALITY

A smiling Momo – everyone calls him that – says the secret ingredient is passion for what he does. "You have to love what you do for a living to achieve success," he says, adding that he makes sure all components are fresh and of the best quality. "Quality is something that you have to pay attention to – customers recognise quality."

Immensely proud of his Neapolitan 'roots', Momo's explanation for his popularity is that he learned to cook in Naples; many of his competitors will have been born and brought up in Belgium as the first and second generation offspring of Italian immigrants. "You have to learn how to cook Italian food in Italy," he says simply.



‘THE SECRET INGREDIENT IS PASSION FOR WHAT HE DOES’

There is more than pizza on the menu, although 90 percent of customers do want the pizza, with prices ranging from €6 for a mini portion, €6.50-€12 for an average size depending on the topping, and €15-€22 for what's known as a half-metre – a wooden board with two pizzas to share between two people. *Chez Momo* also does take-away and home delivery.

Open every weekday from 12h-15h and 18h-23h, the restaurant is closed for lunch at weekends but open in the evening until midnight – it does get busy, so best to book.

A word of caution from the person who recommended this place: when busy, an order may occasionally take up to an hour or more before it arrives. But this is a pizza that is definitely worth waiting for. ☺

*Posto Al Sole (Chez Momo), T. 0484 708 958
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NEW WINE, NEW RULES

Organic wines are identified by a new label, says wine critic **Klara Slovo**, who also recommends a few of her favourites

A It's official – from now on, organic wines will be sold with an official EU label to prove they meet new standards set throughout the European Union's wine-growing countries. The new rules were born on August 1, just in time for the new vintage.

Until now, only grapes could be certified as 'organic', so 'wine made from organic grapes' was the only official description allowed. That left a question mark over how the wine was made – after all, there are many tricks that winemakers can play with the raw material. Many consumers wanted more, and were particularly concerned about sulphite levels. Sulphites occur naturally, but are added as a preservative to stop wine oxidizing – think about what happens when you cut an apple, and it goes brown. Add too much, and people get headaches.

Photograph: © Kathleen Blake

CLEAR DIFFERENCE

So, the new rules are intended to make a clear difference between conventional and organic wine. They specify a maximum set at 100 mg per litre for red wine, against 150 mg for conventional wine, and 150 mg per litre for white and rose wine (200 mg for conventional wine).

The new scheme was a long time coming. European Commission farm chief Dacian Ciolos withdrew his first proposal in 2010 in the face of opposition from countries including Germany and Austria, which were unhappy about such low sulphite levels. But consumer pressure has finally paid off, and a new package was finally agreed in February.

Many wineries in France think the new rules are far too lax on what can be added or subtracted from wine. Those who work under private certification schemes such as Demeter or Biodyvin are not impressed, as they go well beyond the requirements set in the new rules. All of this will be reopened in negotiations set to start in 2015.

DIFFERENT LABELS

Meanwhile, for those interested in purchasing wines that are organic, or 'bio', as they put it in Francophone countries, here are some tips to navigate the maze of labels, including those in supermarkets.

- The **green AB** label is the best known. This means the wine is made from grapes that are grown organically – but doesn't say anything about how it was made.
- The **Demeter** label comes in two versions, one for grapes grown organically, as before, the other for wines produced under the very strict rules of biodynamic wine production.
- The **Biodyvin** label certifies both the grapes and the wine-making process are organic.
- The **Nature et Progress** label guarantees the wine is made of organic grapes.
- Finally, the **EcoCert** label guarantees wine made of organic or biodynamic grapes.

Expect to find the new EU label on bottles (possibly as well as the above) from the 2012 vintage onwards. But it's worth knowing that not all producers who



BIOBELVIN IN SPA STOCKS AN EXTENSIVE RANGE OF ORGANIC WINE



DOMAINE MARC KREYDENWEISS IN ALSACE

make their wine organically and vinify organically take the trouble to go through the certification procedure – they are busy enough as it is trying to make their wine as good as possible.

RELIABLE

That's why it's good to get advice from a reliable wine merchant. In Belgium, there's one that has made a specialty of sourcing the best in bio wines. BioBelVin have a great range and often hold tastings at their Spa-based shop. Well worth a visit, but also available online.

Since I'm currently in Alsace, here are a couple of wines from that region that are worth a try, both stocked by BioBelVin. Try anything from the Kreydenweiss range, with beautiful paintings as their labels. Wines by Sylvie Spielmann too are a delight. Elsewhere, look for stockists of wines by Andre Ostertag or from Zind Humbrecht. Both of the latter are firm in their adherence to biodynamic principles. ☺



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Fighting INJUSTICE

Human Rights Watch operates in some of the world's most dangerous and oppressed countries, reports **Dianna Rienstra**

Exposing torture centres run by Syrian intelligence agencies, defending Ethiopian pastoralists from a brutal government crackdown, speaking out against xenophobic violence against migrants in Greece, or supporting disabled rights in Russia – for more than 30 years Human Rights Watch (HRW) has been dedicated to protecting the human rights of people around the world.

Known for its rigorous, objective investigations HRW uses 'strategic advocacy' to push people in power to end repressive practices, working for as long as it takes to hold oppressors accountable for their crimes.

For example, a recent 78-page report from HRW deals with torture in Syrian prisons. Based on more than 200 interviews with former detainees and defectors, it identifies locations, agencies responsible, torture methods used and in several cases, the commanders in charge of 27 detention facilities, and includes, maps, video accounts and sketches of torture techniques.

HRW emergencies researcher Ole Solvang explains: "By publishing their locations, describing the torture methods and identifying those in charge, we are putting those responsible on notice that they will have to answer for these horrific crimes."

NEW CHALLENGES

The 9/11 attacks and aftermath underscored the need for new forms of pressure on terrorist groups and their supporters and close monitoring of counter-terrorism laws, policies and practices that

infringe upon basic human rights. The HIV/AIDS pandemic led to the creation of a Human Rights Watch programme devoted to human rights and health.

HRW is increasingly applying its research methodology to economic, social, and cultural rights, particularly in the areas of education and housing. It has also started using statistical research, satellite photography, and bomb-data analysis. Combining traditional on-the-ground fact finding with new technologies and innovative advocacy keeps the organisation on the cutting edge of promoting respect for human rights worldwide.



BELGIAN SUPPORT

To provide long-lasting support to Human Rights Watch's activities from Belgium, a Fund has been created within the King Baudouin Foundation - the Friends of Human Rights Watch Fund. The Fund will support projects and organise campaigns and events throughout the year, including Belgium's first annual Voices for Justice Dinner, scheduled for early

2013. The Voices for Justice Dinner, held in 16 cities around the world in 2012, honours courageous individuals from around the world with the Alison Des Forges Award for Extraordinary Activism in recognition of their unwavering, fearless commitment to human rights. 🗳

For more information:
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T. 02 737 1484
or 0477 77 46 75

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What's on BELGIUM

Where to go and what to do – events chosen by **Emma Porter Davis**

I LOVE TECHNO

10.11.12

This year's line-up for one of Europe's biggest techno festivals features live performances by Boys Noize, DJ Fresh, and Zeds Dead (pictured). Flanders Expo in Ghent
Tickets €56.

www.ilovetechno.be



CHOCOLATE WEEK

1.11-11.11.12

As part of this year's Brusselicious festival celebrating Belgian food, chocolate lovers can enjoy a whole week of tastings and guided tours of workshops.

www.brusselicious.be



IL TROVATORE

21.10.12

Verdi's ever popular tale of love, hate and blood-ties in medieval times is given a makeover as a conflict in the Italian mafia in the style of Film Noir. The performance comes in the year marking 200 years since the birth of Verdi. Tickets €39-€79. www.capitolegent.be



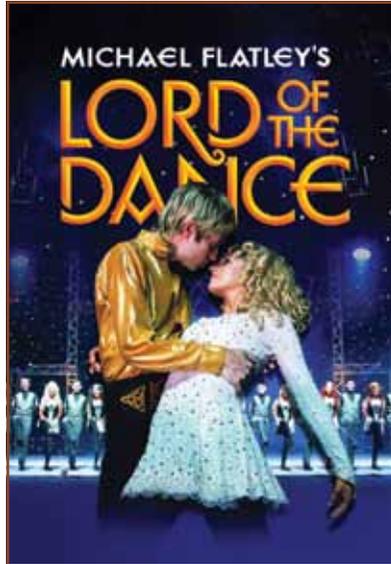
THE YEAR OF TOOTS

Until 06.01.13

Trace the life of legendary jazz musician Toots Thielemans from his roots in the Marolles district of Brussels to international stardom in an exhibition to celebrate his 90th birthday. Toots Theatre, The Vanderborght building, Brussels.

www.expotoots90.be

Photographs: The year of Toots © Jos L. Kraepen/
JazzPhotography bvba; Il Trovatore © Vatali Brusinski



LORD OF THE DANCE
30.11-2.12.12

World famous Irish dancing extravaganza from Michael Flatley makes its way to Ghent. This box office smash is a tale based on Irish folklore of good versus evil. Tickets €55-€110.

www.capitolegent.be

WORLD MUSIC DAYS 25.10-04.11.12

Belgium hosts this year's expo for contemporary world music at venues across Flanders, Wallonia and Brussels with a line-up of 33 concerts. www.worldmusicdays2012.be

AN ELEGY FOR CAPA
29.11.12

Hungarian photo-journalist Robert Capa's work from conflicts including the Spanish Civil War, WWII and the Sino-Japanese war along with portraits of Pablo Picasso (pictured) and Ernest Hemingway will be on display at this evening exhibition. Sint-Pietersabdij, Ghent. Tickets €5.

www.gent.be/sintpietersabdij



BRUSSELS INNOVA 15.11-17.11.12

Gadget fans can discover the latest inventions at this exhibition at the Brussels Expo in Laeken.

www.brussels-innova.be

WINTER WONDERS
30.11.12-06.01.13

This year's Winter Wonders in Brussels features light shows in the Grand Place, Christmas markets, ice skating in Place Saint-Catherine and a ferris wheel.

www.lesplaisirsdivers.be



Photograph: An Elegy for Capa - Robert Capa; © International Center of Photography/Magnum Photos/Reporters



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What's on INTERNATIONAL

A selection of events beyond Belgium's borders chosen by **Emma Portier Davis**

PARIS ULTRAVOX

10.10.12
British group
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fame in the 1970s
as part of the
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are making their
way to Paris to
perform their
glam rock and
punk inspired
tunes. Le
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www.letrabendo.net



BERLIN JAZZFEST BERLIN 01.11-4.11.12

This year's edition of one of the world's largest jazz festivals features *Remembering Jutta Hipp*, a German jazz pianist from the 1950s, Das Kapital and Maria Babbist with BuJazzO. www.berlinerfestspiele.de

AMSTERDAM INTERNATIONAL DOCUMENTARY FILM FESTIVAL 14.11-25.11.12

Billed as one of the world's leading festivals of its kind, Amsterdam's International Documentary Film Festival exhibits and promotes ground-breaking creative documentaries.

www.idfa.nl

VENICE TRISTAN UND ISOLDE

18.11-01.12.12

For a romantic treat, head to *Teatro La Fenice* in Venice for its performance of Wagner's *Tristan und Isolde*. Ticket price on request. www.lafenice.it



PRAGUE STRINGS OF AUTUMN Until 24.10.12

Dubbed one of Prague's most innovative musical undertakings by *The New York Times*, Strings of Autumn is held at venues across Prague and is where jazz, classical, crossover, early music and world music meet. This year's line-up features Joyce Moreno, Gavin Bryars Ensemble and The Brodsky Quartet & Tunde Jegede. www.strunypodzimu.cz

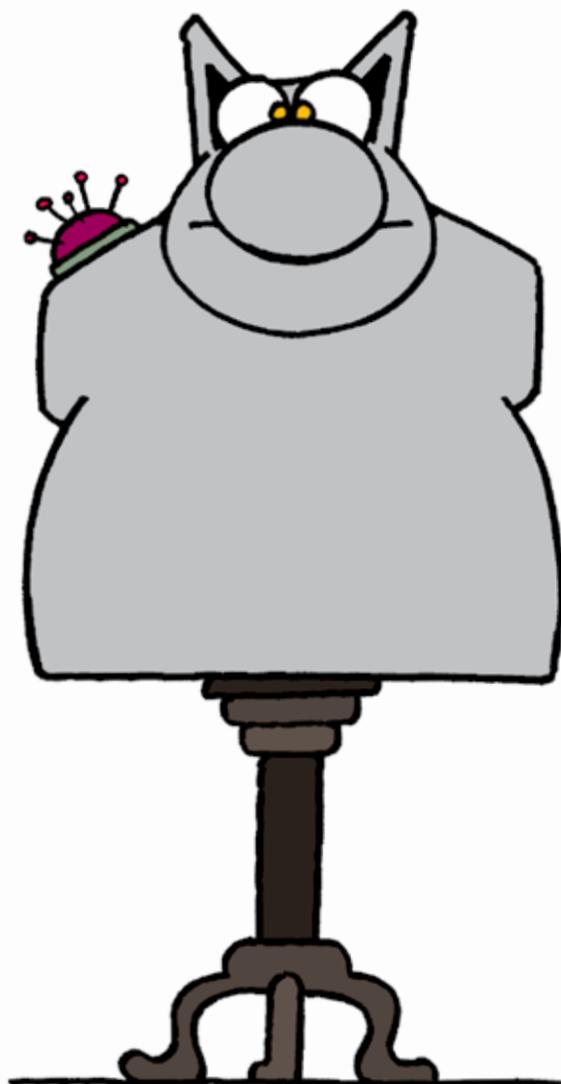


STRASBOURG

JAZZDOR 8.11-23.11.12
Strasbourg hosts the 27th edition of its European jazz festival, featuring French music in particular. The line-up includes Billy Hart Quartet and Ravi Coltrane Quartet. Tickets from €8-€23.

www.jazzdor.com

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