

INSPIRING YOU TO REACH YOUR DREAMS

#24/MAY 2011

# Together

magazine

## WINING AND DINING

**ANDREAS LARSSON**  
Class with a glass

**FIVE OF THE BEST**  
*Together's favourite*  
Brussels restaurants

**KEN LIVINGSTONE**  
Twice Mayor of London?

**DINNER AND A SHOW**  
We team up with Viage  
to offer a tasty night out

[WWW.TOGETHERMAG.EU](http://WWW.TOGETHERMAG.EU)

The best  
way to  
discover  
Brussels  
is... to  
meet her in  
springtime.

The Hotel  
BRUSSELS

Boulevard de Waterloo 38, 1000 Brussels, Belgium  
[www.thehotel.be](http://www.thehotel.be)

EDITORIAL

# Good food, good drink, good talk

This edition of your favourite high-class Brussels leisure magazine is devoted to the joys of gastronomy – and what better city than the Capital of Europe, which is increasingly considered as being second only to Paris in terms of the quality of its cuisine, in which to enjoy such a discussion?

**A**s ever, our award-winning team of writers have looked far and wide to provide you with all you could need from a magazine – with the 100<sup>th</sup> anniversary of that uniquely Belgian delicacy, the praline, approaching in 2012, Paul Stump provides a fascinating history of this most civilized of *bon-bons*, and never mind the calories.

Elsewhere, our new food correspondent Hughes Belin, the author of *Brussels' Eurodistrict Restaurants 2010*, offers the whys and wherefores on his personal top five Brussels restaurants, as well as grabbing the chance for a chat with the world-renowned Andreas Larsson, who was awarded Best Sommelier of the World 2007.

And that's just the beginning of your grape expectations – wine expert Alex Hewetson offers an insight into Brussels' *Maison des Vins*, an Ali Baba's cave of vine times, and Rose Grider examines the 'French Paradox' of how our Gallic neighbours are well known for their longevity, despite certain excesses in their diet, and finds that a glass or three of the good red stuff may well be the answer.

Of course, drinking requires responsibility, so Patricia Kelly takes a look at exactly what should constitute the fabled 'one too many', given that there are still 10,000 road deaths each year in the EU attributed to drivers being over the limit, while Cillian Donnelly takes a wry look at the sometimes startling results of

politicians going a little too heavy on the sauce. *Belle de Bruxelles*, meanwhile, offers her intimate advice on how to make sure your romantic dinner date goes exactly as planned, and there's the usual feast of travel features in *Going Places*, ahead of summer starting in earnest.

Our new art correspondent Zsolt Kozma, who's a Hungarian himself, takes a look at a BOZAR exhibition devoted to the work of eight great Hungarian artists, and another new recruit, Bob Monard, offers a trip back in time to the beginnings of that uniquely British icon, the Mini.

In *Healthy Together*, international voice specialist and founder of 'Ask Your Voice' Marie Terese Letorney offers her tips on improving how you speak, while Richard Earney offers advice on how to 'eat yourself smart'. Elsewhere, in *Fresh Openings*, Melanie Loth speaks with Patrick de Vleeschouwer, manager of the *Aspria Royal La Rasante* fitness and leisure club, which is opening a new hotel boutique on 1<sup>st</sup> May in Woluwe.

For our giveaway in this edition, we have teamed up *Viage* in Brussels to offer 16 of our readers the chance to win a fantastic *Viage Viage Musical Dinnershow* and, as you would expect by now, there's fashion, health and events galore to be enjoyed.

*Bon appetit!* ☺



James Drew  
Editor





- |                         |    |   |    |  |
|-------------------------|----|---|----|--|
|                         | 3  | EDITORIAL<br>Good food, good drink,<br>good talk                            | 8  | COMPETITION<br>A night out in style  |
|                         | 6  | FORWARD TOGETHER<br><i>Together</i> online                                  | 10 | PEOPLE IN BRUSSELS<br>Movers and shakers   |
| PERSONAL<br>DEVELOPMENT | 14 | GO GET IT!<br>Communication is key!<br>Love the sound of your own<br>voice  | 20 | SENSUAL SECRETS<br>Wine me, dine me...   |
|                         | 18 | HEALTHY TOGETHER<br>Eating yourself smart                                   | 22 | POINT OF VIEW<br>Drinking classes  |
|                         |    |   | 26 | INTERVIEW<br>Ken Livingstone in Brussels   |
| WINING<br>AND DINING    | 30 | REPORT<br>'None for me, thanks'   | 40 | BY THE GLASS<br>Fine Springtime sipping  |
|                         | 32 | EAT TOGETHER<br>Brussels' top restaurants:<br><i>Together's</i> choice      | 42 | POINT OF VIEW<br>A century of the praline  |
|                         | 36 | BY THE GLASS<br>Bless this house  | 46 | DRESS TO IMPRESS<br>Good enough to eat<br>Americana: Wild West,<br>Bohemian rhapsody |
|                         | 38 | INTERVIEW<br>Down to the cellar with<br>Andreas Larsson                     | 60 | FOR ARTS SAKE<br>'Magyars' at BOZAR  |
| LIFE OF<br>LEISURE      | 66 | GOING PLACES<br>Village Cap Esterel<br>Erupting near you...                 | 88 | DIARY<br><i>Together's</i> 'To Do' list  |
|                         | 70 | DRIVE OF YOUR LIFE<br>The history of the Mini                               | 92 | FRESH OPENINGS<br>Enjoy the Royal treatment!<br>Get ready for revival                |
|                         | 76 | PLACES TO BE<br>Oscars, bravo!<br>Sandrine Barabinot:<br>Jewels in her eyes | 96 | BOOK REVIEWS<br>Unbelievable, unthinkable  |
|                         | 80 | TEMPTATIONS<br>Water with Giorgio Armani<br>Wonder woman, revealed!         | 98 | LE CHAT<br>Food for thought  |



**SCHAEERBEEK**  
exceptional house at 2 min  
walking distance from the  
Rogierplace, near all type  
of transportation, at 5 min  
from the Dansaertstreet, large  
livingroom, 2 bedrooms,  
1 bathroom, separate storage/  
laundry room, 1 toilet, fully  
furnished kitchen. Nice view  
and access to large garden.



**BRUSSELS**  
One of the nicest view over  
brussels, 15th floor, close to Brussels  
centre and european institutions  
by Métro, 2 minutes from Métro  
Yaer, 2 balconies (one with south  
view on a fambrussels centre, one  
with north view on the canal and the  
atomium.) quiet neighbors, sur-  
rounded by parks.



## BRUSSELS



Centre Brussels near Dansaert area  
Nice apartment DUPLEX 135m2, 2008  
+ parking place 1 car. Livingroom +/-  
30m2, separate diningroom +/- 10m2, fitted  
kitchen +/- 3 bedrooms (10m2, 12m2, 12m2)  
bathroom + showerroom + 2wc, individual  
gas heating. Apartment with a lot of light,  
in good condition. Excellent situation near  
shops, Dansaert area, metro (Yaer) and ring.

## ANDERLECHT

Two stops away from the House of Eras-  
mus, in a commercial district, this building  
located on 2 a 13ca proposee commercial  
ground floor with workshop 143 m2  
- 1 apt 1 bedroom of 66 m2 and 1 flat of  
30 m2  
- 1 apt 1 bedroom of 66 m2 and 1 flat of  
30 m2  
- 1 apt 1 bedroom of 66 m2

## SAINT-GILLES

Location 1  
bedroom  
apartments  
for sale with  
a view over  
Brussels.  
All the  
apartments  
have been  
completely  
renovated  
and are



## WOLUWE SAINT-LAMBERT



## Expat? Visit ING first.

As an expatriate, would you like to invest or save in Belgium?  
For the purchase of a property in Belgium, our experts will  
set out the purchasing and taxation process for you. They  
can also deal with your mortgage loan, your outstanding  
loan balance insurance and even your fire insurance. If

you are interested in simple savings plans or more complex  
schemes such as investments in mutual funds, the ING Expat  
experts will guide you in your new fiscal environment, on the  
basis of your investment profile. To find out what ING can  
do for you, don't hesitate to call us on +32 (0)2 464 66 64.

[www.ing.be/expat](http://www.ing.be/expat)

**ING**

**immo lux**



ments have been completely renovated and are equipped  
with a wooden floor, fully equipped kitchen (microwave oven  
/ dishwasher / fridge / ...), videophone, complete bathroom  
with shower, new window frames with double glazing, secu-  
rity door, airconditioning.



conditions. Quiet neighbors, surrounded by parks. A lot of  
light, in good condition. Excellent situation near shops, the-  
tre.



bathroom, toilet, Jacuzzi, 2 shower rooms, garage + space  
in front of the house, garden, terrace, alarm system, security  
door, airconditioning.



room, shower room, cellar, garden terrace, nice terrace, garage  
2 or 3 cars, alarm system.

house 3 facades of  
+/- 240m2, completely  
renovated in 2004, liv-  
ing room 42m2, fully  
equipped kitchen (micro-  
wave oven / dishwasher  
/ fridge / ...), breakfast  
corner, 4 bedrooms,  
closets, wooden floors,  
bathroom, toilet, Jacuzzi, 2 shower rooms, garage + space  
in front of the house, garden, terrace, alarm system, security  
door, airconditioning.



room, shower room, cellar, garden terrace, nice terrace, garage  
2 or 3 cars, alarm system.



# Together

Online

## In the Spotlight

### Top Photographers Exhibit Film Portraits



ART & CULTURE

## In the Spotlight

### Prosecco Proves to be all about Culture



LIFESTYLE

## In the Spotlight

### Twitter Ye Not?



TECHNOLOGY

## In the Spotlight

### Climbing the 'mountains of the moon'



TRAVEL

## In the Spotlight

### Google TV versus Boxee



LIFESTYLE

## In the Spotlight

### Van Noten's Use Of Colour Lights Up The Darkness



FASHION

togethmag.eu



## A unique well being experience

Much more than a hotel, Aspria Royal La Rasante is a private members' spa, sports and well being club with 19 stylish rooms and suites, at the heart of the club, in leafy green Woluwé.

Guests of the Club Rooms can enjoy unlimited access to everything the Club has to offer: spa, fitness, tennis, pool and so much more... making their stay an unforgettable well being experience.

Information and bookings: [www.aspriahotels.com](http://www.aspriahotels.com)

## Special offer for Together Readers

Together Readers can enjoy the 'Aspria Wellness Experience' simply by calling 02 609 19 90 and mentioning 'Together'.

2 people staying overnight can enjoy VIP treatment with complimentary room upgrade where available and a bottle of Cava and Chocolates upon arrival. Prices start from €81.

Guests can also enjoy a 10% reduction on Spa treatments as well as unlimited access to all the club's facilities.

This offer is valid only for reservations made in May 2011 for any weekend before 30th September 2011. Room upgrades are subject to availability at the time of check-in.



ROYAL LA RASANTE  
BRUSSELS

Aspria Royal La Rasante rue Sombre 56 1200 Brussels [www.aspriahotels.com](http://www.aspriahotels.com)



# A night out in style

Viage, located in the heart of Brussels, will provide you with the ideal night out no matter what your mood is. Whether you are craving an elegant meal or just a quick drink, both can be satisfied at Viage's restaurants or bars. If you're feeling lucky, try your hand at roulette, blackjack, poker or the slot machines in the casino, if you're searching for a dining experience that's far removed from the ordinary, might we suggest the Viage Viage Musical Dinnershow?

**T**he name Viage stems from the Italian word, *viaggio*, which translates as journey or voyage. The creators of the Viage Viage Musical Dinnershow have taken the meaning of their name seriously – it is truly an exquisite journey.

## VIAGE VIAGE MUSICAL DINNERSHOW

A visit to Viage will prove to be unlike anything you have done before. The four-hour show mixes musical performances from internationally renowned shows such as *Evita*, *Grease* and *Mamma Mia!* with an unparalleled dining experience during the show. This amazing, four-hour event includes a three-course menu accompanied by prosecco, wine, coffee and appetizers.

This unforgettable production comes from Chris Van Tongelen, who is the artistic director of the



show. Noteworthy performers Jan Schepens, Sasha Rosen and Fleur Brusselmans will join Chris Van Tongelen on stage every night, with more than 20 additional singers, dancers and musicians completing the cast to create a memorable evening filled with top-notch music and dancing. This tailor-made experience is sure to please any fan of fine food and good times.

**Viage Brussels**  
Boulevard Anspach, 30  
1000 Brussels  
T. +32 (0)2 300 01 00



## THE PRIZE

Together has teamed up with the **Viage Viage Musical Dinnershow** to offer 16 of our readers a chance to attend this wonderful event on 6<sup>th</sup> and 23<sup>rd</sup> June – each ticket is valued at 128€. To enter, all you have to do is send us your answers to the question below, along with your name, address and daytime telephone number, to [info@togethermedia.eu](mailto:info@togethermedia.eu), labeling your email **Viage Viage Musical Dinnershow Competition**. The deadline for all entries is 31<sup>st</sup> May, 2011, when the winners will be selected at random. Good luck!

**(i) How many famous musicals are presented during one dinner show? Clues can be found at [www.viage.be/en/Calendar](http://www.viage.be/en/Calendar)**

**(ii) What is the title of the lead story on [www.togethermag.eu](http://www.togethermag.eu) today? ☺**

Competition organized under the supervision of a bailiff. Full rules available on request.  
Organizer: Together Magazine, Boulevard Saint-Michel 47, 1040 Brussels.



# Movers and shakers

WRITER: FEDERICO GRANDESSO

## MOBY

American electronic musician **Moby** will be in Brussels for a concert on 3<sup>rd</sup> June at the Botanique. The concert has been sold out for some time, so you will need some luck to get your hands on a 'magic ticket'. Moby will almost certainly use the occasion to present his most recent album, *Destroyed*, which will be released on 30<sup>th</sup> April.

[www.moby.com](http://www.moby.com)



## JAMIROQUAI

The name of the group **Jamiroquai** comes from the Native American Iroquois tribe – and the guys are set to shake Brussels' Forest National on 10<sup>th</sup> April. At present, the English band comprises Jason 'Jay' Kay (vocals), Matt Johnson (keyboards), Rob Harris (guitar), Paul Turner (bass), Derrick McKenzie (drums), Sola Akingbola (percussion), and Lorraine McIntosh-Hazel Fernandez (backing vocals). On 1<sup>st</sup> November 2010, the group released their seventh album, *Rock Dust Light Star*.

[www.jamiroquai.com](http://www.jamiroquai.com)



## VLADIMIR PUTIN

Russian Prime Minister **Vladimir Putin** met EU officials and addressed the media in Brussels on 24<sup>th</sup> February. During the visit, Putin spoke about Russia's energy relations with the EU: "Russian energy is the basis of European prosperity," he said. "The new plans would raise energy prices in the EU, as pipeline management would have to be handled by several smaller companies that would push up transportation tariffs to be profitable."

[www.vladimirputin.com](http://www.vladimirputin.com)



## ROBERT GATES

US Defence Secretary **Robert Gates** was in Brussels at NATO on 10<sup>th</sup> and 11<sup>th</sup> March. The meeting was chaired by NATO Secretary-General **Anders Fogh Rasmussen** – during the summit, ministers faced questions on the consequences of the political crisis in Tunisia, Egypt and Libya.

[www.nato.int](http://www.nato.int)



**ULM**  
Baisy-Thy

Do you want to take your own first flight, or are you looking for an unusual, exciting outing with friends and family? Or perhaps you want to begin pilot training? ULM-Thy Baisy offers you the opportunity to experience an unforgettable moment.

**First flight and Incentives – Pilote School,  
Aerial Photography, Bar, Terrasse & Clubhouse  
All, 30 minutes south of Brussels**

ULM Baisy-Thy • Road Houtain, 1470 Genappe  
T.+32 (0)67 780 247 • [www.ULM.be](http://www.ULM.be)



---

There will always be those people who have a succinct way of explaining life with little or no effort – some wise words of wisdom expressed from the most unlikely person, such as American chef, author and travel enthusiast, Anthony Bourdain. He has received quite some acclaim in the States for his witty, uncensored comments on travel, food and life in general. His many quotable phrases are comparable to those of Mark Twain. *Together* recommends that you watch his show *No Reservations*, for a little humour and reflections on life.

*“Travel changes you. As you move through this life and this world, you change things slightly, you leave marks behind, however small. And in return, life – and travel – leaves marks on you. Most of the time, those marks – on your body and on your heart – are beautiful. Often, though, they hurt.”*  
– Anthony Bourdain *The Nasty Bits: Collected Varietal Cuts, Useable Trim*,

*“To me, life without veal stock, pork fat, sausage, organ meat, demi-glace, or even stinky cheese is a life not worth living.”*  
– Anthony Bourdain *Kitchen Confidential: Adventures in the Culinary Underbelly*

*“The journey is part of the experience – an expression of the seriousness of one’s intent. One doesn’t take the A train to Mecca.”*  
– Anthony Bourdain *A Cook’s Tour: Global Adventures in Extreme Cuisine*

---

PERSONAL  
DEVELOPMENT

---

# Communication is key!

WRITER: HELEN KERRISON

Life can be stressful and relationships difficult, no doubt, but you can learn discover simple communication techniques to help keep you and your family on track as our 'Empowerment Specialist' explains.



## WHAT IS COMMUNICATION?

The dictionary says that communication is "The exchange of information... the use of a common system of symbols, signs, behaviour... a verbal or written message..." Sounds easy, doesn't it? So, why is this simple "exchange of information" so difficult? Communication is a complex process. It can be verbal, non-verbal or written. It is by nature interactive and open to interpretation or

misinterpretation. It's influenced by relationships, context, personalities and mood. So given all this, it's hardly surprising we sometimes get it wrong.

And when we do get it wrong, the consequences can be huge. Misunderstanding, arguments, conflict, feelings of frustration, helplessness, low self-esteem and disrespect... However, there are three simple skills that make all the difference to how effectively you communicate and, as a result, how successfully you relate to others.

## LISTENING

We learn to talk, we learn to read and write but when do we learn how to listen? What happens is, we hear rather than listen. We acknowledge the sounds, we register the words, but we don't process them. Learning how to listen actively is an essential communication skill. It's about listening to understand, rather than to respond. Think back to conversations you've had with your partner, children or colleagues. As you listened, were you trying to understand the meaning and emotions behind their words, or were you thinking about what you were going to say in response? If it's the latter, don't worry, we all do it!

Listening, understanding and showing that you understand are absolutely essential for good communication. You've undoubtedly experienced uncomfortable situations where the person you're talking to is obviously not listening to you. Does this make you feel valued and respected? Absolutely not!



## QUESTIONING

The old saying "It's not what you say, it's how you say it" really is true! Imagine you're explaining something to your spouse or partner and he or she says, "Why did you do that?" How do you feel at that moment? Imagine the same situation, but this time your partner says, "What made you think of doing it that way?" See the difference? 'Why' questions make us feel defensive, that we need to justify our actions. They imply criticism, even if criticism is not intended.

To show that you value openness and interaction, use open questions that cannot be answered by 'Yes' or 'No'. So: "Did you have a good day at school?" becomes "What went well at school for you today?" Try it, and experience the difference.

## FEEDBACK

It's important to regard feedback as positive, even though our instinct often tells us otherwise. Feedback is a means of checking understanding, gaining clarity and offering learning to another. If you have to give negative feedback, give it positively and always receive feedback willingly. You don't have to accept it, however you may learn something!

Imagine you're checking your child's schoolwork and you find it's disorganised and unclear. Give your feedback by prefacing the things that need improving with a positive statement, such as: "You've got great ideas and I like the way you've put your introduction together..."

however, I think you can reorganize it to make it better. What if you rearranged the middle part, how could you make it clearer?"

Compare that with: "It's really not clear what you're trying to say. Your introduction's OK but the rest is disorganised, especially the part in the middle..."

Which do you think would produce the more positive outcome?

And, yes, one word to definitely avoid is 'but'! Saying something positive and following it with 'but' is like giving with one hand and taking away with the other.

## PUTTING IT INTO PRACTICE

If you practice a new skill for 21 consecutive days, it becomes a habit. So, for the next 21 days practice:

- Listening actively. Listen deeply to the words, hear the emotions behind the words and get yourself, and your preconceived ideas, out of the way.
- Eliminating 'why' questions. Use sentences that begin with 'what, how, when, where...' instead
- Sharing your feedback positively. And, when others share theirs, listen!

Effective communication is the key to successful, stress-free relationships. So, if you want to improve all your relationships, take responsibility for improving your own communication skills! 🗣️

[www.insightinbusiness.com](http://www.insightinbusiness.com)



# Love the sound of your own voice

WRITER: MARIE TERESE LETORNEY

*Together's international voice specialist and founder of 'Ask Your Voice' talks openly about your most valuable communication instrument.*

**W**ith its rich harmonic content of sounds, enabling one to express a variety of emotions, it's a wonderful kaleidoscope of colours and nuances that reflect every emotion we feel. It's called the human voice, your voice.

**WHEN SPEAKING, IT IS IMPORTANT TO BREATHE WITH YOUR MOUTH SLIGHTLY OPENED, TO LET THE AIR PASS THROUGH AND THEN TO EXHALE GENTLY, NOT LETTING THE SHOULDERS SLUMP OR YOUR CHEST DEFLATE**

Why, then, do so many of us speak too fast or mumble, speak high-pitched or monotone, run out of breath or become

nervous when speaking in front of a group? It's simple – somehow, along the way, we lost our connection of how to breathe with our voice.

## LEARN TO BREATHE

You could be one of many that may fall into the category of not knowing how to breathe properly when speaking. Often, when people take a breath and especially before having to speak before a group, many breathe through their nose. Unfortunately, that is the first mistake. Why? If you continue to breathe through your nose while you are speaking, you will tighten your larynx and put more tension in your throat. Breathing through the nose is for sleeping, yoga and any form of meditative relaxation. When speaking, it is important to breathe with your mouth slightly opened, to let the air pass through and then to exhale gently, not letting the shoulders slump or your chest deflate. Keep your posture straight and gently push in your abdominal muscles – again, breathe in through your mouth and now exhale with the sound 'Ahhh' or 'Ohhh'. Try this a few times, to feel the connection between taking a breath and exhaling. Great! Now, breathe again and, when you exhale, instead of sounding a vowel, say your name. It probably felt strange, because more than likely you said your name too fast, or did not pause between your first and last name. Also, how did you sound? Were you too soft, rushed, bored, distracted, shy, etc?



Remember, your *name* is your identity! You were born with a magnificent voice, the ability to speak and a wonderful name describing who you are. Now let's breathe in again and exhale and, while saying your name, actually taste the consonants and slowly try to e-l-o-n-g-a-t-e the vowels. Try this a few times and you will hear, each time, that the sound of your name has more 'presence'. If you want to verify the difference, record your voice in the old way and try it a few times following the exercise – you will hear your name and the sound of your name. Remember, not only your name, but how you say your name, is part of your identity.

## THE NAME GAME

Today, we live in a multicultural world that's bursting with diversity – we meet so many people from many different cultures. Therefore, when you say your name on your voice-mail, it is often the introduction that another person hears. Remember to take time in saying your name, pause after your first name before saying your family name and try at least

three different dynamics (meaning volumes) when saying your name. Most importantly, not too fast! How many times have you heard 'could you repeat that please'?

Because we live and work in such a diverse world, it is vital to communicate with *clarity, colour and sustainability*. It is important that your voice be used to enhance your position at work.

## HIS AND HERS

Let it be understood that there are differences between male and female voices as men have longer vocal chords, which produce a deeper sound, and a deeper resonance because of their larger physique. Therefore, if men don't support their voice, their sound comes across as *mumbling, monotone* or in some cases *too high*, whereas women have shorter vocal chords, which gives them a naturally higher sound. In general having smaller physiques than men, women's resonance is also higher and, because of these differences, women's voices tend to sound more expressive. If a woman does not properly support her breathing while raising her voice, her voice will *go up in pitch* and/or her sentences may *sound like questions* instead of statements and, consequently, she may be interpreted as being emotional, nervous or insecure, when she is not. When you take into consideration these important elements of the human voice, you can at the same time appreciate and discover your own voice's vast capabilities for communication.

If you can think about these simple steps and then gently apply them when you have to introduce yourself, speaking on the telephone or in front of a group, you will be that much further towards optimizing your unique communication tool. ☺

[www.askyourvoice.com](http://www.askyourvoice.com)  
[info@askyourvoice.com](mailto:info@askyourvoice.com)

# Eating yourself smart

WRITER: RICHARD EARNEY

Never has the saying 'you are what you eat' carried more value, especially when you take into consideration the ever-increasing number of additives, preservatives and chemicals in our diet. Our expert points you in the right direction.



## 'NON-FOODS'

Unfortunately, we're faced with this problem every day – clever marketing through flashy advertising and packaging lead us to believe we're consuming nutritious foods, which are in fact 'non-foods'. Beware of foods with ingredients that you can't pronounce, aspartame and

listed numbers or E-numbers, these are usually produced in a laboratory. Empty nutrition, so to speak – the result is poor immune function, lack of energy, clarity, poor recovery from exercise and, in extreme cases over time, toxicity. Try and consume foods as close to the source or as unprocessed as possible.

One misconception that we're lead to believe is that all fats are bad, but this is not true. We need fats, our body craves fats, but the right types of fat to feed the brain, lubricate joints, improve memory and concentration, rejuvenate the skin and maximize energy.

The wrong sorts of fats can reduce your intelligence, numb the brain and worsen your mood. Keep away from hydrogenated and saturated fats. Look for unprocessed polyunsaturated (essential) fats; Omega-3 and Omega-6 essential fatty acids (EFAs). However, never use polyunsaturated oils for frying, this turns the good fats rancid, changing the molecular make up and adding no nutritional benefit.



## INCLUDE:

**Omega 3:** Flaxseeds (linseed), oily fish  
**Omega 6:** Sesame, sunflower, pumpkin seeds and oils

**Phospholipids:** 'Intelligent' fat, proven without a doubt to enhance your mood, mind and mental performance. Also protecting against age related decline and Alzheimer's disease. Egg yolks are a rich source, however lecithin is an excellent source and practically a wonder drug as far as cognitive impairment is concerned. Include five grammes of lecithin per day (with your breakfast – one tablespoon).

Small adaptations make a big difference and you will soon feel the 'change' by fuelling your body with the right nutrients. Don't forget, your body is like a machine and the most important asset you will ever own. Look after it. 🧠

**Richard Earney**  
 Fitness & Wellness Manager  
 Aspria Group  
[www.royallarasante.be](http://www.royallarasante.be)





# Wine me, dine me...

WRITER: BELLE DE BRUXELLES



Belle de Bruxelles offers her tips for a romantic dinner date.

**D**inner dates are fraught with dilemmas: where to go, what to order, how to sustain a conversation with your intended and who should pay. Get it right and you will have a night to remember; get it wrong, and you won't be coming back for seconds.

When it comes to venue, you can pass the buck and ask your date where he or she would like to go, but I don't

**PICK  
SOMEWHERE  
THAT SUITS  
THEIR  
PERSONALITY**

advise it. This smacks of laziness or a lack of imagination and if you did the initial asking, then why should your date-to-be have to gauge how much you want to spend?

## FINE BALANCE

For a first date, there's always a fine balance to be struck. Go for somewhere too pricey and you'll look ostentatious and like you're trying to hard. Too cheap, and it will start to look less like a date and more like two mates grabbing some grub.

Pick somewhere that suits their personality. Don't take a down-to-earth soul to the swankiest joint in town and, conversely, don't take someone who likes champagne to the nearest beer bar. And, a golden rule – don't ever take anyone to one of those cheap snack joints for a 6€ Bolognese.

Speaking of Bolognese, if you know you are a messy eater, then go for a restaurant where there's a modicum of hope that you will guide your food from plate to mouth without incident. If you do screw up, then some humour could save the day and if it doesn't, this person is not for you.

If you did the asking then never, ever hint that you should both go straight for a main course. Always float the idea that your date might like to try one of the excellent starters (because of course you did your homework on this restaurant, right?)

Dessert can be shared if you're both feeling full by then. Nestling over a crème brûlée will bring you closer together, literally, allowing you to see if there is a tell-tale twinkle in your date's eye. Just don't hog the dish or accept the last mouthful too readily.

## TALK THE TALK

Many dinner dates, with their obvious need for conversation, lead us to commit the sin of talking too much, or worse still embellishing ourselves. You will sound at best pretentious and at worst like a desperado. Ask questions. Listen. Agree if you agree but don't pretend.

My most memorable dates (for the right reasons) have been where conversation was as bubbly and went down as easily as the aperitif. When you feel no need to be anyone but yourself, that's when you really have a connection across the tableware.

**HE MIGHT HAVE  
GOTTEN LUCKY,  
BUT I CAN TELL  
YOU NOW THAT  
WAS MORE TO DO  
WITH HIS SKILL  
IN TOPPING  
UP MY WINE  
GLASS THAN HIS  
PRETENSIONS TO  
CREATIVITY**

I remember in early dates with the most promising of lovers that the light dancing in our eyes was not just from the candles but from the sheer joy of each other's company – that's a night you don't want to end. Bingo.

Maybe you have short-term horizons, and here is where the wine comes in. Despite the obvious exaggeration by an older man trying to appear hip by talking about his movie interests (he bunged a few euro at a mate's amateur production), the alcohol got the better of me – Bad Belle.

He might have gotten lucky, but I can tell you now that was more to do with his skill in topping up my wine glass than his pretensions to creativity. There's no romance in that. Only a walk

of shame the next day. Aren't we all looking for something more magical?

## WHOSE BILL?

The moment of truth arrives at the end of the meal in the form of the bill – there are many good ways to handle this, and many truly appalling ones. My husband scored massive points on our first date by agreeing to my suggestion to split the bill as long as he could take me out the next time.

That's the kind of answer for which you should win a tropical holiday at a five star resort or, at the very least, the second date you asked for. It might have sounded presumptuous of him but after an evening that just flew by easily, it was fairly obvious that I was a sure thing.

I use this example to illustrate to you guys out there who think that you have to pay for dinner on the first date, that this is not necessarily the case. But if you did the asking, you really should consider that there is an expectation that you do pay.

If the lady protests, and she doth not protest too much, then take that as a given that you should pay. I didn't make a second date with the guy who, having made a big deal about asking me out, without consultation proffered exactly half (to the last euro cent) of the restaurant bill.

After that comes the second moment of truth. Where do you go after dinner? That, I'll leave to your imagination.

And remember your table manners. ☺

# Drinking Classes

WRITER: CILLIAN DONNELLY

Politics and boozing have always been uneasy bedfellows, as our correspondent reports.



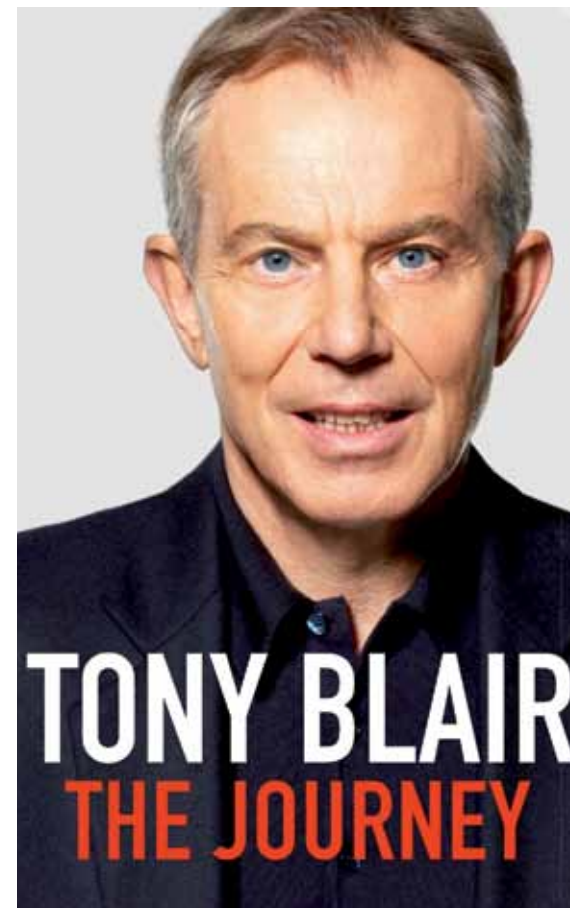
When UK former prime minister Tony Blair admitted in his memoir, *A Journey*, to drinking too much. It caused a mild ripple of surprise; after all, this was a man perceived as somewhat

abstemious, evangelical even. But Blair tells us he did indeed succumb to the pressures of office, and took to reaching for the occasional after-hours glass of wine as an analgesic.

## ‘A SIPPER, NOT A GUZZLER’

As boozy political stories go, it hardly ranks with Winston Churchill or Boris Yeltsin, indeed, it seems almost respectable, a resolutely middle-class response to stress reduction rather than a lurid nocturnal vice that threatens high office. Blair may not be a drunken politician, but his admission of drinking is certainly not the first time the worlds of politics and booze have collided. Take the aforementioned Churchill, perhaps the greatest imbibor in all British political life. Churchill, loquacious and prone to self-aggrandising, was also blessed with an astonishing constitution.

While his biographer Roy Jenkins claimed his drinking has been over-exaggerated, it still remained consistently heavy and long lasting by any standard. “He did not drink as much as he was commonly thought to do, although this is not incompatible with his being a fairly heavy and consistent imbibor,” wrote Jenkins in his 2001 biography. His secret? “He was a sipper not a guzzler...Churchill had a metabolism which enabled him to survive many years of an approach to the intake, which finished off Birkenhead (heavy-drinking Earl and family friend) at the age of fifty-eight.”



## WOBBLY FINGERS

Blair's partner in so much, George W. Bush, remained teetotal during his eight

**FORMER PRIME MINISTER BERTIE AHERN USED HIS OWN FRIDAY-NIGHT SESSIONS IN HIS LOCAL PUB TO ESTABLISH HIS ‘MAN OF THE PEOPLE’ CREDENTIALS**

years in the White House, but the Oval Office has not always been so dry. From William Henry Harrison (perhaps the first President to use spin control routinely) to the surreptitious, world-class boozier Richard Nixon, the US has had its fair share of wobbly fingers on the button. The old adversary, Russia, has also been



the scene of much-inebriated behaviour. Most recently, a classic encounter between Vladimir Putin and Nicholas Sarkozy, after which the French President gave something of a muddled speech while clinging to a lectern for much-needed support.

Of course, the standout Russian drinker remains the legendary Boris Yeltsin. Incidents are rife (just ask his molested staff), but perhaps the most famous concerns a flight stopover in Ireland, during which the Russian Premier left an official delegation of Irish dignitaries, including the Prime Minister, standing on the tarmac at Shannon Airport while he was in a crumpled, drunken slumber, unable to disembark from his plane. As the official explanation went at the time, he was suffering from a slight touch of the ‘flu’ – a story that somewhat stretched plausibility.

Like Russia, Ireland has its fair share of drunken stereotypes. Former Prime Minister Bertie Ahern used his own Friday-night sessions in his local pub to establish his ‘Man of the People’ credentials. More recently, a disastrous, hungover appearance on national radio brought ridicule to PM Brian Cowen. It even came to the attention of *The Tonight Show* in the US.



## CAUTION ADVISED

In today's YouTube era it's possible to locate and replay with continued amusement incidents of drunken behaviour, Sarkozy, for instance; something you might think makes politicians a little bit more cautious when speaking in public after a long lunch. At least one current British MEP has become a minor star in this regard, but then the European Parliament and its environs are a positive goldmine of cheap and free booze with any excuse for the champagne bottles to be uncorked; it's one of the perks of the job.

But old vices do not die so easily. As long as there are public servants and public events, politics and alcohol will always collide. Not just inside the walls of Parliament, but also a little further afield. Try walking around Place Luxembourg, to be found in front of the European Parliament's building in Brussels. The fun is not so much in seeing MEPs, assistants, lobbyist and various hangers-on engaging in lubricated chats, but how partisan the bars have become; each one has evolved to have its own political stripe – just another small example of the effect of the alliance between politics and drinking. ☹



# DISCOVER GOLF!



Did you always dream of hitting a ball  
but never dared to take the step?  
This is the right moment to take action!

**Golf de Pierpont, located south of Brussels,  
invites you to subscribe to an Open Day  
- including 1h30 of golf initiation -**

Every Sunday until November | More info on our website | Reservation obliged (EUR 5)



# Ken Livingstone in Brussels

WRITER: FEDERICO GRANDESSO



On 9<sup>th</sup> February, former Mayor of London Ken Livingstone received the European Railway Award 2011 in Brussels for his decision to implement the Congestion Charge in inner London on 17<sup>th</sup> February 2003, a scheme that was instrumental in improving transport sustainability. While he was here, he met with *Together*, *naturellement*.

Later extended to parts of West London in 2007, the Congestion Charge scheme ensures that the transport network as a whole will benefit from the charge, as by law all net revenue raised must be invested in

improving London transport. The city's transport authority, Transport for London, issued a report in June 2007 stating that the level of traffic of all vehicle types entering the central Congestion Charge Zone was 16 per cent lower in 2006 than the pre-charge levels in 2002. Upon accepting the prestigious award, Livingstone outlined his philosophy behind the decision to implement such a revolutionary policy. "The London congestion charge has been clearly effective in encouraging people to switch to public transport and less-polluting alternative modes of transport. Applying the 'polluter pays' principle clearly demonstrates the benefits that can be achieved through the proper charging for external effects of road transport, and I encourage other cities to follow."

*Together* met with Ken after the ceremony for an exclusive interview.

## INTERVIEW EXPRESS

*Together*: What do you think is not going so well in London under the new mayoral administration?

KL: Basically, my successor cancelled all my plans for projects such as the extension of the tram and the light rail system there weren't contractually committed. So, in four or five years, there is the real danger that we won't have any projects under way, whereas the projects I began have been finished. A great world city needs always to be innovating, making changes and developing and, if Boris Johnson is elected for a second term, the Mayor elected in 2016 will inherit a system in which there are no projects under way.

What do you think about the environmental situation after the crucial meeting in Cancún?

*My feeling is that things can get catastrophically worse, politicians are too weak to make the decisions to change the way we live. The most pessimistic scenario is that by the end of this century there will*

*be around ten billion people on the planet – we have passed the point where we could stabilize at a two-degree Celsius increase, now the question is whether we can stabilize at three, four, five or six. This is a desperate struggle of which very few politicians seem to be aware – most of the scientists in the field are desperately trying not to scare people, but I think it's time to alarm the population.*

Which politicians are on your side in this battle? *National politicians all over the world are just not doing what they should be doing, but we have set*

*up an organization involving the 40 largest cities in the world, where Mayors are desperately trying to achieve progress, because they see the debate as being their own problem, whereas politicians in their national parliaments are busy with passing laws. Mayors all around the world have been quite innovative but national politicians are often spineless.*

So, the key is being close to the people? *La Guardia, New York Mayor in the 1940s said: 'There isn't a Republican or Democrat way to speak to the street.' It's a fact that, if you are a Mayor of a city, you are so focused on daily administration and problems while presidents and prime ministers are busy discussing treaties and passing laws, so they are not involved in the 'day-to-day business'.*

From an environmental point of view in London, what decisions do you see as being negative?

*The current Mayor has reduced the Congestion Zones by half and he is not carrying on a policy of cleaning up the atmosphere by attacking polluting vehicles, so we run the risk of being fined millions by the European Commission because our air quality is the worst of any city in western Europe, and we know that somewhere between three thousand and six thousand people die prematurely every year because of this. And Johnson will not tackle the problem, because this means saying to drivers: 'You must improve the quality of your engine.'*

So, the British government is not doing enough? Do you see any good progress elsewhere in Europe?

*They are making it worse – their social spending cuts will create more casualties in communities that are just left behind, so we are becoming more and more detached from the mainland European example and following the US. In Europe, the mayors of Stockholm, Berlin, Paris, in fact right across Europe, mayors are doing a good job.*

What's next on your agenda?

*To be re-elected London Mayor next year.* 🇬🇧





---

*“The wine urges me on, the bewitching wine, which sets even a wise man to singing and to laughing gently and rouses him up to dance and brings forth words which were better unspoken.”*

– **Homer (800-700BC)**

**The Odyssey**

*“The art of dining well is no slight art, the pleasure not a slight pleasure.”*

– **Michel de Montaigne (1533-1592)**

**One of the most influential writers of the French Renaissance, known for popularising the essay as a literary genre**

*“Wine makes a man more pleased with himself; I do not say that it makes him more pleasing to others.”*

– **Samuel Johnson (1709-1784)**

**Poet, essayist, moralist, literary critic, biographer, editor and lexicographer**

*“No animal should ever jump up on the dining-room furniture unless absolutely certain that he can hold his own in the conversation.”*

– **Fran Lebowitz (1950-)**

**US author**

*“Tomatoes and oregano make it Italian; wine and tarragon make it French. Sour cream makes it Russian; lemon and cinnamon make it Greek. Soy sauce makes it Chinese; garlic makes it good.”*

– **Alice M. Brock, who owned ‘Alice’s Restaurant’ in Great Barrington, Massachusetts**

---

WINING  
AND DINING

---

# ‘None for me, thanks’

WRITER: PATRICIA KELLY



**Of the 35,000 deaths on the roads in Europe every year, at least ten thousand are caused by drivers who have had the euphemistic ‘one too many’.**

Exactly what constitutes “one too many” is oft debated over a few beers or a bottle of wine.

## INDIVIDUAL INEBRIATION

The true answer is, no one knows. The effect of just a single alcoholic drink on an individual depends on a variety of factors including age, sex, weight, whether they have eaten beforehand, how tired they are – even their general mood. So an underweight, tired and depressed person who hasn’t eaten is more likely to succumb to the ill effects of alcohol than someone who is heavier, healthier and happier.

Traffic accidents are the second cause of death in Europe in the 16-25 year age group after suicide, up to half are caused by drink-drivers. Statistically, even sober young drivers are nine times more likely to crash their cars than older, more experienced drivers.

The legal drink-driving limit in Belgium is five milligrams of alcohol per 100 millilitres of blood – the equivalent of a small glass of beer, measured first of all by a breathalyzer test before the police invite the driver to surrender their car keys and accompany them to the station. In many countries the limit is lower and in some countries there is zero tolerance. The penalties differ – a possible six-month jail sentence in the UK and Ireland, and from one day to three years in Luxembourg. A drink-driving conviction in France could bring between two months and two years behind bars and up to three years in Finland.

## STOPS AND CHECKS

In this country, as in many others, the police do not need a reason to pull a vehicle over; they are permitted to make random stops and checks – bad luck if the driver has been drinking. The least that can be expected is a fine of up to 11,000€ and a disqualification from driving ranging from a fortnight to five years or permanently, depending on the severity of the offence and whether the driver is a first-time offender or recidivist. In Belgium, the government’s ‘Bob’ campaign against drink-driving, which was introduced in 1995, does not attempt to dissuade people from going out or drinking

but encourages those traveling by car to always designate a driver who doesn’t drink to make sure the others get home safely. Organised in partnership with the Belgian Brewers Association and Assuralia, the Belgian insurers’ association, the campaign has high public recognition and since 2001 the concept of the designated sober driver has been introduced in other countries under different names – among them,

Designated Dessie in Ireland, Capitaine Sam in France, Holdspiler in Denmark and Joker in Portugal.

**THE BOB CAMPAIGN IS CREDITED WITH A DROP IN THE PERCENTAGE OF DRIVERS UNDER THE INFLUENCE DURING THE CHRISTMAS/NEW YEAR PARTY SEASON FROM 6.4% IN 1995 TO 3.6% THIS YEAR**

The Bob campaign is credited with a drop in the percentage of drivers under the influence during the Christmas/New Year party season from 6.4% in 1995 to 3.6% this year. But although the results show overall that 96% of drivers aren’t drinking before driving, only the Flemish Region increased the

number of checks this year. Controls in Wallonia and the Brussels Capital Region were significantly fewer than in previous years and the resulting DUI rates in the Brussels Capital Region were more than double this Christmas compared to the previous one.

## ‘ALCOLOCKS’

A new law in Belgium now gives drink-driving offenders the opportunity, at the discretion of a judge, to take part in an ‘alcolock’ rehabilitation programme. The alcolock is an ignition lock that prevents someone who has been drinking from even starting their cars. The driver blows into an on-board breathalyser before starting the ignition. The device can be set at different levels and the car won’t start if the driver is over the limit.

The Dutch have introduced a similar law and Finland, France and Spain have decided on mandatory alcolocks on school buses. They’ve been used in rehabilitation schemes for repeat offenders in the US, Canada, Australia and Sweden, where research shows they are more effective in preventing recidivism than license withdrawal or fines. They are also used in government and company cars in Sweden and more than one in every four heavy trucks sold by Volvo in Sweden is now factory-fitted with an alcolock. Volvo was the first to offer an alcolock as an option on new cars – there are calls in the Swedish parliament for them to become mandatory – and installation can reduce insurance premiums.

The Belgian authorities estimate the alcolock programme costs 2,000€ per year per offender; for the private sector, manufacturers put the cost of installation at between 1,400-1,500€ plus 100€ per year maintenance.

Although drink-driving accident data in Belgium is incomplete and patchy, especially when it comes to the number of those killed, the 35% decrease in road deaths between 2001 and 2009, down to 955 deaths, is credited to the success of the Bob campaign combined with increased enforcement of drink-driving legislation. But the authorities estimate that drink driving is still the main contributory cause in roughly 250 deaths per year in this country – and the single most cost-effective way of reducing that figure, says the European Transport Safety Council, is for drivers to simply refrain from drinking. As the play on words in the publicity for alcolocks puts it: it’s the mourning after that really hurts... ☹

[www.alcolock.org.uk](http://www.alcolock.org.uk)  
[www.bob.be](http://www.bob.be)



# Brussels' top restaurants: *Together's* choice

WRITER: HUGHES BELIN

Our new food correspondent, who's the author of *Brussels' Eurodistrict Restaurants 2010*, gives us his five best spots in the capital of Europe for an unforgettable meal.

When asked to give the name of a good restaurant, I usually respond with a string of questions of my own: What kind of food? For what purpose? In which price range? In which area? On top of that I have my limits: I can only advise one of the 250 restaurants I have visited in Brussels. Therefore naming the five best restaurants in a city like Brussels is a very tricky, highly subjective task. Nevertheless, I've given it a go. Here are my five favourites, the best of the best in five different categories: starred, French, typically Brussels, healthy and natural, and bistro.

They all have in common an unbeatable quality of ingredients, a fantastic creativity, and the great talent of the chef clearly reflected in the cuisine and its generosity. This is cooking to make customers genuinely happy and beautiful.

## AT THE TOP: SEA GRILL

Start saving 20€ a month right now and after a year you'll be able to treat yourself at Yves Matagne's flagship restaurant at the

city centre's Radisson SAS. One of the top chefs of the country will create for you a fabulous journey into the world of taste. Everything is perfect, from the finely retrofitted decor to the service and presentation. No bluff, no fuss, nothing is superfluous here: each dish is designed to bring maximum pleasure to all the senses. At the same time, the cuisine is human and accessible, not excessively sophisticated as in many top restaurants. A bonus: a rare 25kg all-silver lobster press is used right in front of you to extract its juices and make a béarnaise sauce accompanying lobster tail and sweetbread. The wine list has 600 references but you can trust the sommelier, Fabrice d'Hulster, to make discoveries. This is classy, luxurious dining: spoil yourself for 200-250€ per head, including wines.



**Sea Grill**  
Rue Fossé-aux-Loups, 47  
1000 Brussels  
T. +32 (0)2 212 08 00  
[www.seagrill.be](http://www.seagrill.be)



## THE BEST FROM FRANCE: L'IDIOT DU VILLAGE

After more than 15 years, this restaurant is still alive and well in the heart of the Marolles quarter. The atmosphere is so cosy, so warm that you feel almost at home. Despite its trendy name, like lots of restaurants in Brussels, L'Idiot has never lent an ear to the sirens of fashion. A good *cuisine du terroir* from the humble but talented French chef Alain Gascoin, whom you may sometimes see making his own black pudding. Lots of nice little attentions to detail from the other co-owner Olivier le Bret help to create a great time there, ideally for a romantic dinner or a high-class business lunch. It has a small but great French wine list. Count on 60-70€ per head. Closed at the weekends.

**L'Idiot du Village**  
Rue Notre-Seigneur, 9  
1000 Brussels  
T. +32 (0)2 502 55 82



## ZEN AND HEALTHY: TAN

You don't come here just to eat but to eat *differently*. The menu is twofold: with meat ("radjastic") or vegetarian ("sattvic"), according to ayurveda guidelines. But the food is not Indian here. The recipes have all been conceived by Pol Grégoire, the pope of *living food* in Belgium, and his business partner Jo Vanderstichelen. Pol has since pursued his career elsewhere but Jo remains to brilliantly supervise Pol's culinary heritage. You go from surprise to surprise in this beautiful, zen restaurant: yes, vegetables do have taste, thanks to great spices and condiment pairings. As a bonus you get a lesson on better eating, where you learn that the rawer the better, amongst other things. And all of that for 50-60€ per head.

**TAN**  
Rue de l'aqueduc, 95  
1050 Ixelles  
T. +32 (0)2 537 87 87  
[www.tanclub.org](http://www.tanclub.org)



## BRUSSELS AT ITS BEST: LE ZINNEKE

Small and beautiful, this is simply the best traditional restaurant in Brussels. You could come here just to taste its 69 ways of preparing mussels for less than 20€, the cheapest in Brussels. But this *slow food* restaurant has much more to offer. The chef Michel Immerzeel perfectly masters the local cuisine and prepares tasty specialities, from *carbonade* (beef stew) to home-made shrimp croquettes. The menu is written in Bruxellois, the local patois, with full indications on the origins of products, many of which are organic. As a bonus, you can eat in the garden during the rare days of beautiful weather in this country. Get a genuine taste of Brussels for 40-50€ per head.

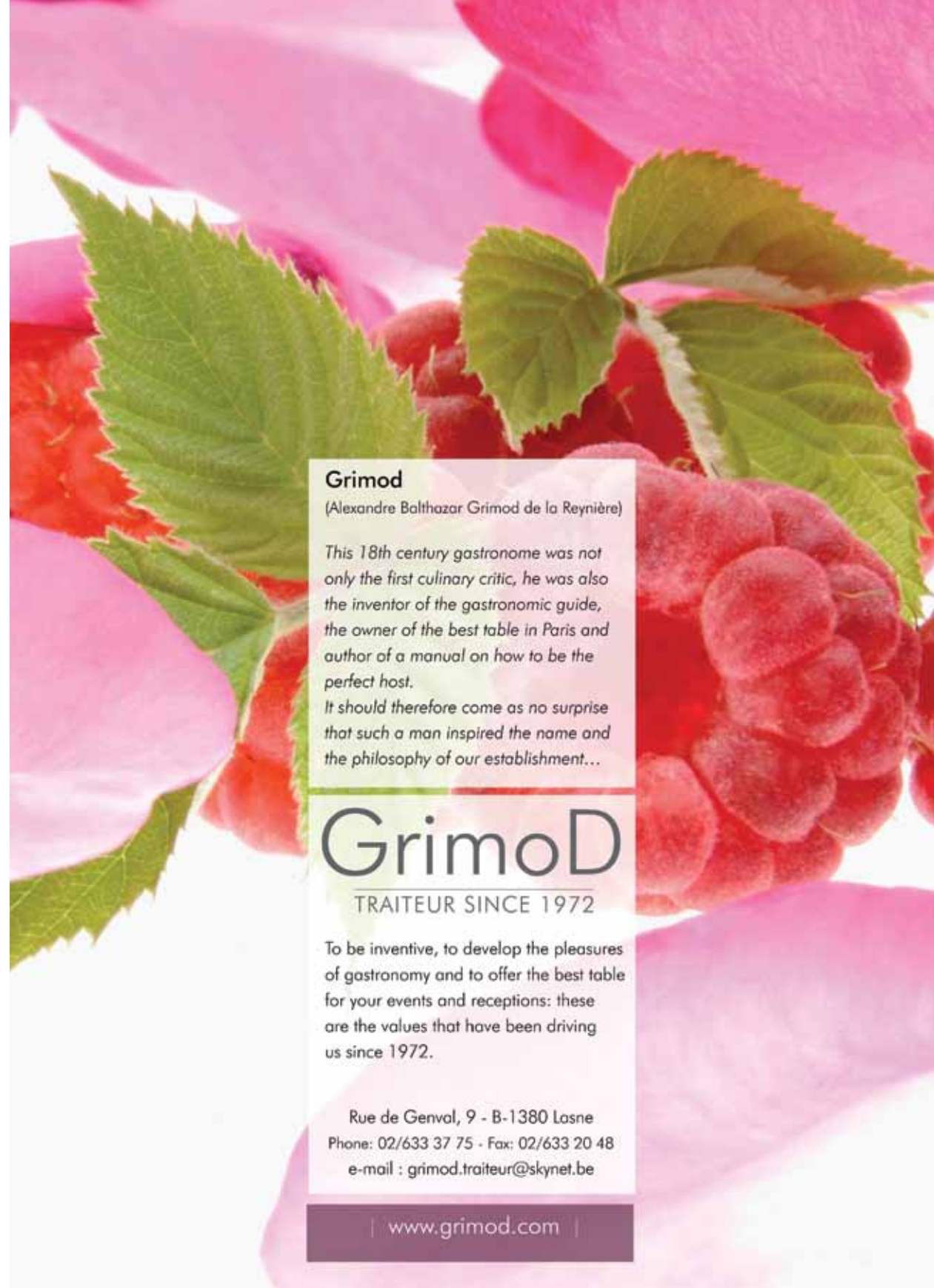
**Le Zinneke**  
Place de la Patrie, 26  
1030 Schaerbeek  
T. +32 (0)2 245 03 22  
[www.lezinneke.be](http://www.lezinneke.be)



## BISTRO FOR WINE LOVERS: A BOUT DE SOUFRE

There are many wine bars in Brussels. But this one is very particular. First of all, you come here to drink or buy *natural* wines, i.e. wines without additives. Their taste is different from what you are used to drinking, but so interesting that you may trust wine expert Jérôme Bellin to take you by the hand to explore this new world of aromas and fragrances. And we also have here a true and great restaurant: one of the rare places in Brussels where you can taste bistro cuisine. Chef Arnold Dossou-Yovo is gifted, and yet so humble. All fresh, it has its price: 50-70€ per head. 🍷

**A bout de soufre**  
Rue Tasson Snel, 11  
1060 St Gilles  
T. +32 (0)2 537 27 00  
[www.aboutdesoufre.com](http://www.aboutdesoufre.com)



## Grimod

(Alexandre Balthazar Grimod de la Reynière)

This 18th century gastronome was not only the first culinary critic, he was also the inventor of the gastronomic guide, the owner of the best table in Paris and author of a manual on how to be the perfect host.

It should therefore come as no surprise that such a man inspired the name and the philosophy of our establishment...

# GrimoD

TRAITEUR SINCE 1972

To be inventive, to develop the pleasures of gastronomy and to offer the best table for your events and receptions: these are the values that have been driving us since 1972.

Rue de Genval, 9 - B-1380 Lasne  
Phone: 02/633 37 75 - Fax: 02/633 20 48  
e-mail : [grimod.traiteur@skynet.be](mailto:grimod.traiteur@skynet.be)

| [www.grimod.com](http://www.grimod.com) |



# Bless this house

WRITER: ALEX HEWETSON

Just off Place Keym in Watermaal, sits a lovely trove that holds all sorts of treasures. Unlike Ali Baba's cave, however, La Maison des Vins needs no magic word to open it. At 9h30 Tuesday to Saturday, the owner, Jean Claude Joncour, does that himself, and welcomes all who are interested in wine.

**J**ean Claude and his wife opened the shop in 1994, a year after he left his native France – his background was in industry, but he launched himself into his passion, which has become his business. The thing that grabs your eye straight away is the number of different wines, neatly

displayed and stored on the shelves that reach up to the heavens.

## GOOD RELATIONSHIPS

The shop focuses mainly on France; of course, they stock a number of the great regions, but also focus on the lesser-known areas of the south – you can find all manner of wines from the Rhone and Languedoc. They tend to hone in on small

proprietary growers and take great pains to build strong relationships with their suppliers. They don't have enormous stocks because they'll take what they can

get and, when they run out, they always have other 'coups du coeur' that they have discovered in tastings.

Not that they sell exclusively French wines, I have tasted some wonderful 'bottlers' from lesser-known regions of Spain, Costers del Segre and Priorat. For example, I noticed recently that they had the 2007 Ginéginé Priorat for around 13€. Which brings me to their prices – Jean Claude focuses on wines between 7-15€, and is always willing to bring in new discoveries for their clientele to try.

## DELUXE

There is a deluxe section which again is wonderfully eclectic, great wines from France but also things like Pintia from the Toro region in Spain. For those of you who really want to splash out, they do have a 2000 Chateau Cheval Blanc, I didn't even dare ask how much! And for people who love liquid puddings like me, you can have a 2001 Chateau La Tour Blanche Sauternes, 2001 being one of the greatest vintages for Sauternes in decades.



In a recent *Together* issue, I mentioned La Maison as having a good selection of Armagnacs, and they most certainly do. When I was talking to Jean Claude the other day, my eyes kept straying to the Laressingle 1986, for 37.30€ a bottle it is tremendous value.

Towards the end of our conversation Jean Claude asked me if I would like to try a wine a friend had brought back from the Savoie in France. No one had ever tasted it and he was keen to see what it was like. Not pretending to know everything about it, they had gone straight onto the internet to read up – it was exciting being with professionals on the verge of a discovery and what a discovery it was! Made with Rousanne grapes, it was intense with a slight sweetness but had citrus notes that extended the range of flavours. At around 10€ a bottle, it was a steal. And true to their philosophy, they're going to try and get

some on the shelves as soon as possible.

You get a very charming welcome here and straight away feel that whether you are spending 5€ or 500€, they will focus on what you like and give friendly, thoughtful advice.

We often talk of passion for the wine business, but here in la Maison des Vins it is something more; a constant delight in what they sell and who they sell to.

**La Maison des Vins**  
Rue du Loutrier, 3  
(opposite Place Eugène Keym)  
1170 Watermael-Boitsfort  
Brussels  
T. +32 (0)2 660 18 94  
[www.maisondesvins.be](http://www.maisondesvins.be)

Open Tuesday to Saturday,  
9h30-12h45, 14-18h30

# Down to the cellar with Andreas Larsson

WRITER: HUGHES BELIN

*Together* met with Andreas Larsson, Swedish star of the cellars, Best Sommelier of the World 2007, after a water-tasting event (yes, you read that right) organized at the European Parliament by the European Container Glass Federation (FEVE).

## INTERVIEW EXPRESS

*Together:* How can a sommelier be interested in water?

AL: I'm not specialized in water; I'm a normal sommelier. It's just that last year I developed my skills in water tasting to participate in events such as this one. I love food and wine but also water. We need to

hydrate ourselves, and we do it with water. Water is a new marketing niche. It's like coffee twenty years ago, when coffee was just coffee. Today at restaurants, we look to pair up wine and food.

Why not do the same with water? It's just a question of educating consumers.

So water can be tasted, just like wine?

Mineral water is an expression of terroir, the

French term for terrain or piece of land, just like wine is. It takes time to feel it but there is a difference between waters, that's the

most important message. Mineral waters have a long history and constant quality. They can have more or less mineral content, but they contain absolutely no additives, they are pure. To describe water, you can talk about its appearance, aroma, taste, effervescence, structure, sapidity, softness, after-taste and balance. But I acknowledge that water doesn't give as much pleasure as wine!

Please give us some exclusive advice on water for our readers...

*Ice and lemon completely destroy the taste of water, and waters shouldn't be mixed together. Water in plastic bottles takes on the taste of the plastic, so I prefer glass. To pair water and wine, you have to select the best water according to the wine you drink. In general, waters with the highest mineral content should be paired with red wines and low mineral content waters should be paired with white wines. Sparkling waters go well with rich foods and red wines, whereas still waters go better with light food and white wines.*

Let's come back to you and your impressive achievements. How did you get here?

In 1988 I was a chef at a restaurant in Stockholm and I got more and more interested in wine. I was impatient. I became so interested that I went to a sommelier school. I got crazy about it: I bought books, met people and worked in different restaurants. Then some friends told me I should try to compete and I did...



Then you started to win...

I won my first competition in 2001 (Best Sommelier of Sweden) and it gave me the confidence to continue. Now I love to compete. I went on doing that, refining my knowledge. I won the European championship in 2004 and realized for the first time: "Wow, it's possible to reach the world!" So I prepared for the Best Sommelier of the World competition.

How do you prepare for such a tough competition?

It consists of learning theory, blind tastings of wine, water and spirits, working on food/wine pairing, decanting and service, including getting the quantities right: you have to serve a whole table with a magnum for example, and each guest should have the same quantity in his or her glass. Acting on stage makes the difference at the competition. They give you scenarios, based on what you would do at work.

What is 'theory' in wine?

Theory is all about history, grape varieties, regions, wine law, producers, and wine cellar management.

What is it like to become famous?

Now, I travel the world, but a lot of my life is still work. I give lectures at restaurant schools for example. But it's a dream come true: we deal with pleasure, you know. What is better than sharing a bottle of wine with people around a table? And wine opens you up to domains such as culture, languages, history and even philosophy.

What is your favourite wine? And is there a water that you like the most?

My favourite bottle was a magnum of Romanée Conti 1971. As for water, I love San Pellegrino.

What is the secret of your success?

Nothing is impossible. ☺

[www.andreaslarsson.org](http://www.andreaslarsson.org)



# Fine Springtime sipping

Together teams up with Winery Schuman to offer a selection of excellent seasonal wines.



**1.**  
**Producer:** Château de Nages  
**Style:** White  
**Appellation:** Costières de Nîmes  
**Vintage:** 2010  
**Drink:** Between 2010-2013  
**Serve:** Perfectly refreshing as an aperitif  
**Grapes:** 60 per cent Grenache Blanc, 40 per cent Roussanne  
**Description:** With a very expressive aroma of white flowers, citrus and mineral notes; this is lively on the palate with a very pronounced back taste.  
**Price:** 8.20€

**2.**  
**Producer:** Anselmo Mendes, Muros Antigos  
**Style:** Dry white  
**Appellation:** Vinho Verde  
**Vintage:** 2009  
**Drink:** Between 2011-2014  
**Serve:** With seafood  
**Grape:** Alvarinho  
**Description:** A dry white wine with a beautiful delicacy and wonderful liveliness and flavours of pear, lychee and almond. Very pleasant as an aperitif or with food.  
**Price:** 14.90€

**3.**  
**Producer:** Descendientes Jose Palacios - Petalos 2008  
**Style:** Very attractive red  
**Appellation:** Bierzo  
**Vintage:** 2008  
**Drink:** Between 2011-2020  
**Serve:** With grilled fish and meats  
**Grape:** Mencía  
**Description:** Petalos 2008 is a great 'hedonistic' wine with elegance, concentration, flexibility, freshness, complexity and power.  
**Price:** 16.80€

**4.**  
**Producer:** Domaine Guiberteau  
**Style:** Red, light and crisp  
**Appellation:** Saumur  
**Vintage:** 2009  
**Drink:** Between 201-2016  
**Serve:** With poultry  
**Grape:** Cabernet Franc  
**Description:** This 2009 number is packed with raspberry, blueberry and cassis aromas – a truly flexible indulgence.  
**Price:** 15.40€

Winery Schuman  
 T. +32 (0)2 231 69 89  
[www.wineryonline.be](http://www.wineryonline.be)



Winery Schuman: The new wine bar where you can also enjoy excellent food with your friends.

**Winery (Schuman)**  
 Rue Juste Lipse, 17  
 (Ancienne Rue la Verveine)  
 1040 Brussels  
 Tel: +32 (0)2 231 69 89  
 Open Monday to Friday, 11-20h



**Winery (Brugmann)**  
 Place G. Brugmann, 18  
 1050 Brussels  
 Tel. +32 (0)2 345 47 17  
 Open Monday to Saturday, 11-20h  
[www.winery.be](http://www.winery.be)

# A century of the praline

WRITER: PAUL STUMP

Our writer unwraps one of Belgium's most enduring public images – and never mind the calories.

A spoonful of sugar helps the medicine go down – those were the words the Sherman Brothers put in the mouth of Mary Poppins, and they are as fitting a way as any to begin examining the forthcoming centenary of the invention of one of Belgium's gifts to the civilized world; the chocolate praline, which first went on sale in Brussels in 1912.

## SWEET BEGINNINGS

It originated in a shop at 25-27 Galerie de la Reine. It was a cover-all-bases emporium, a sweetshop and a druggist,

set up in 1857 by Jean Neuhaus, a chocolatier from Neuchâtel in the French-speaking Swiss canton of Vaud, and his chemist brother in law. Cough linctus, pastilles and licorice sticks to combat gastric disorders were their big sellers at the start, not raspberry creams and hazelnut

clusters, yet they helped establish a cornerstone of Belgium's cultural identity in the 20<sup>th</sup> century. Is this to overstate the case? This writer believes not.

National calling cards, associative trademarks, popular synonyms, are funny,

sometimes quirky and trivial things – both Belgium and Switzerland are synonymous with chocolate in the popular consumer's imagination throughout the world, which makes it apt that the man credited with the invention of the classic Belgian praline should be a native of Switzerland.

One would have thought that, by now, at least one of the three daily international express trains running between Brussels and Switzerland would have been named in his honour, but the Belgian State Railways (SNCB/NMBS) and Swiss Federal system (SBB/CFF/FFS) have yet to see fit to mark the great cultural tradition shared by the two nations in the figure of one man. Why could they not, for example, decorate the locomotive with a giant lovers' bow motif, like a costly chocolate box?

## CHOCOLATE JEWELS

The concept of the praline, essentially a sweetmeat made from nuts and sugar syrup, originated in France at the château of Vaux-le-Vicomte and was the brainchild of the cook of a wealthy sugar magnate, Marshall du Plessis-Praslin (1598-1675). The originals were essentially whole almonds coated in caramelised sugar, a little like nougat – the Neuhaus dynasty soon hit on the idea of taking the basis of ground nuts, hazels or pecans, adding chocolate and then using their expertise in chocolate coating. For this, the world can thank Jean Neuhaus II, the founder's son. However, Jean's wife, Louise Agostini, despaired at the thought of her carefully wrought little candies breaking up in the flimsy paper cones in which they were presented and pioneered the use of the ballotin, or chocolate box.



This is no culinary breakthrough, no addendum to the sensual power of chocolate; merely one of the great masterstrokes in the history of marketing, raising the humble *bonbon* to the status of

concession at that year's World's Fair in Belgium's capital, where the famous 'Caprice' and 'Tentation' brand pralines proved a sensation.

**BELGIUM IS NOT CONVENTIONALLY A RICH COUNTRY...YET IT HAS BECOME SYNONYMOUS WITH OUTRAGEOUS SENSORY INDULGENCE. FOR THIS, IT HAS THE NEUHAUS FAMILY AND ITS INVENTIONS TO THANK**

a gift presented in its own individual case, like a jewel. Adelson de Gavre, Jean and Louise's son-in-law with comparable acumen, went out of his way to insist on (and ensure that the company was known for) the procurement of the finest ingredients available, a standard by which Neuhaus preserves its position as luxury chocolate

market leader even today. By 1958, Belgium recognized the tireless dedication that had gone into the enterprise by offering Neuhaus a

Belgium is not conventionally a rich country; in the poetic imagination, it has never been compared to the mysterious East of silks, diamonds, pearls and spices; it has no export trade in precious stones, no champagne, caviar, no soft furnishings, yet it has become synonymous – in the ascetic Anglo-Saxon world at any rate – with outrageous sensory indulgence. For this, it has the Neuhaus family and its inventions to thank. With their enterprise, what was regarded as a decadent luxury of exceptional rarity became a consumer commonplace, and with a differential between price and actual quality that placed fine chocolates as a democratic luxury quite apart from oysters or cognac, for example.

It is only to be hoped that 2012 will see the brown gold that made the country's name appropriately celebrated – let's get that choc-box train a-rollin'! ☺



# Nescafé® Dolce Gusto®

For Mother's Day (8<sup>th</sup> May in Belgium), Nescafé® Dolce Gusto® has found a present to please all coffee-aficionado mums – the Nescafé® Dolce Gusto® Piccolo!



Piccolo



Fontana



Circolo



Melody

**T**he magnificent Melody and Circolo machines, created in a pure and original design, have already captivated many Belgians, not to mention the delicious capsule flavours, with their delicate and subtle aromas, that are available. Ultra-easy to use, these are now joined by the Piccolo, which is a more compact machine, but one that doesn't miss when it comes to quality coffee.

## SMART, COMPACT, AFFORDABLE

With its latest design, ease of use and advanced technology, the new coffee machine, available in white or red, has the same appeal as its predecessors, but with a more compact look and affordable price. Originating from Krups expertise and Nestlé know-how, the Piccolo is perfectly proportioned for use in smaller spaces and on all occasions! Its small size and low cost make it even more accessible, so

what are you waiting for? This is *the* gift for Mother's Day!

## NEW DOLCE GUSTO FLAVOURS

Widening its already mouth-watering range of delicious coffee capsules, Nescafé® Dolce Gusto® has launched two new flavors: Nesquik and Caffè Crema Grande. Now, young and old can enjoy the delights of Nesquik at home – there's nothing better on a cold and rainy afternoon!

Elegant and surprising, Caffè Crema Grande reveals a slight fruity taste behind its luxuriant crema. Roasted with 100% Arabica beans, it is ideal for breakfast. And, saving the best for last, we are pleased to announce you the arrival of the Dolce Gusto® Fontana machine, which will also be launched in time for Mother's Day. ☺

[www.dolce-gusto.be](http://www.dolce-gusto.be)



Imagine having the quality of coffee-shop all in the comfort of your own home. So now you can enjoy Italian classics from the frothiest Cappuccino to the finest Espresso. Find out more on [dolce-gusto.com](http://dolce-gusto.com)



**COFFEE IS NOT  
JUST BLACK**



DRESS TO IMPRESS

Long dress:  
LUC.DUCHENE

# GOOD ENOUGH TO EAT

PHOTOGRAPHER: CAMILLE DE LAURENS (DELAURENS.CAMILLE@GMAIL.COM)  
STYLIST: NICHOLASSIROT.COM  
HAIR AND MAKE UP: RICHARD WILKINSON USING MAC  
MODEL: GILLIAN FROM MAX MODELS CAPE TOWN







Jacket:  
FILIPPA K  
[www.filippa-k.com](http://www.filippa-k.com)

Shoes:  
FILIPPA K

Trousers:  
MARC O' POLO  
[www.marc-o-polo.com](http://www.marc-o-polo.com)





Total look:  
RUE BLANCHE  
[www.rueblanche.com](http://www.rueblanche.com)



Pullover:  
GÉRARD DAREL  
[www.gerarddarel.com](http://www.gerarddarel.com)

Shorts:  
BOSS BLACK  
[www.hugoboss.com](http://www.hugoboss.com)

Shoes:  
BEORIGINAL  
[www.beoriginal.com](http://www.beoriginal.com)



Pullover:  
RUE BLANCHE

Shorts:  
LUC.DUCHENE



Pullover:  
RUE BLANCHE  
[www.rueblanche.com](http://www.rueblanche.com)

Panties:  
BELLEROSE  
[www.bellerose.com](http://www.bellerose.com)



Dress and belt:  
RUE BLANCHE  
[www.rueblanche.com](http://www.rueblanche.com)

Shoes:  
FILIPPA K  
[www.filippa-k.com](http://www.filippa-k.com)

# Americana: Wild West, Bohemian rhapsody

WRITER: DELPHINE STEFENS

Diane von Furstenberg and Tommy Hilfiger dazzle.

**T**he weather was gorgeous. Yes, it was cold, biting cold if you like, but the sun was shining brightly and the sky a vibrant blue. Never mind a sun-deprived spectator's obsession with weather, but the conditions were actually ideal to contemplate

what we will be wearing next winter, while we are all getting ready for spring again.

**CREATIVE  
DIRECTOR YVAN  
MISPELAERE  
KEPT DIANE VON  
FURSTENBERG'S  
FEMININE YET  
PRACTICAL  
GLAMOUR IN  
MIND, TO OFFER  
THE WORKING  
GIRL ELEGANT  
AND EASY  
CLOTHES**

## WEST IS BEST

Diane von Furstenberg's Fall 2011 Collection was entitled *American Legends* and, if you are not sure whether these refer to the Wild West or wild nights

at Studio 54 in the 1970s, both answers are in fact correct. Indeed, there were plenty of gaucho jumpsuits and pants along with gaucho hats; some leather sash belts and fringed suede boots as well as sequin chiffon gowns. However, somewhere amidst the mirrored poles of the catwalk, a red-lipped urban pioneer could be made out. Indeed,

Creative Director Yvan Mispelaere kept Diane von Furstenberg's feminine yet practical glamour in mind, to offer the working girl elegant and easy clothes. Besides the vivacious sky blue or aloe green head-to-toe silhouettes, those combining spicy reds with black and a touch of gold were also dazzling.

For the ladies who are somewhat nostalgic for the more quintessential DVF styles and prints, there is now the retro-inspired yet up-to-date DIANE collection available, which debuted in stores in New York during fashion week. It includes ready-to-wear, accessories and swimwear and is likewise available at the DVF boutique in Brussels!



*Diane collection*

*Diane von Furstenberg Runway*







Tommy Hilfiger Runway

## GO GROUPIE!

Also inspired by the 70s party scene was **Tommy Hilfiger's** Fall 2011 Women's Collection, **Bohemian Prep**. More specifically, as the press notes stated, by a 1970s rock-star girlfriend, and yes, the show's excellent soundtrack did make you want to rock 'n' roll! Bohemian prep, then, translates into a very feminine floppy-hatted silhouette suggesting an itinerant or at times wandering woman borrowing from a very masculine wardrobe and making it her own. The brand's menswear heritage is thus utterly reinterpreted, keeping it preppy yet invigorated, as the foulard print silk pyjama pants worn with needlepoint pumps illustrate perfectly.

Burgundy definitely dominated the palette,

together with grey and blue and touches of green and ochre. Besides the manly single or double-breasted jackets and coats, there were also embellished cable-knit sweaters elegantly combined with leather pants or a pony skirt. Finally, the outerwear, both casual and formal, eyed particularly smart and one hopes that Peter Som will continue to consult for all-American Tommy Hilfiger for many more seasons to come.

So whether a gaucho hat or a floppy one, a rolling stone or a disco queen, when you spring-clean your wardrobe, bear in mind that all things 'Americana' are keepers for both seasons ahead. ☺

[www.dvf.com](http://www.dvf.com)

<http://global.tommy.com>



Tommy Hilfiger Runway



Tommy Hilfiger Runway



# 'Magyars' at BOZAR

WRITER: ZSOLT KOZMA

With the Hungarian EU Presidency now half-way through, it is probably time to call attention to things other than politics related to the country that's chairing the UNION, which is exactly the aim of the current exhibition at the BOZAR.

international status of the BOZAR building, and the vision of the show's curator Péter Forgács, have come together in an exquisite expo that's worth more than a few hours for anyone with any affinity for the expression of high-quality art. It is unique and characteristically local in many of its references and at the same time, very specific in its message and which works perfectly in an international context.

It's a showcase of work from eight artists that can be considered representative of the current state of affairs in art and culture from the country that gave the world Franz Liszt, Béla Bartók, György Kurtág, László

Moholy-Nagy, Rober Capa, John von Neumann, the carburetor, the biro, the automatic gear-box, safety matches, the krypton electric bulb, Tony Curtis, just to mention a few top achievers and achievements. It goes by the title 'The New Arrivals – 8

Contemporary Artists From Hungary'.

## EXQUISITE EXPO

Obviously, large exhibitions with connected content were not on the mind of Belgium's architectural giant Victor Horta when he was completing the drafts of his Art Deco masterpiece. Nevertheless, the well-deserved



## PICTURE YOURSELF HERE



Boston University Metropolitan College  
Brussels

BOSTON  
UNIVERSITY

Now imagine where your BU degree will take you. Discover American-style education with a global perspective.

- Summer classes start April 26 in Brussels
- Lugano Leadership Academy, July 5-8 in Lugano, Switzerland  
Project Management, Crisis Management, and Human Capital

Learn more.

[bu.edu/brussels](http://bu.edu/brussels)

Boulevard du Triomphe ,174, Triomflaan, B-1160 Brussels  
+32 (0)2 640 74 74



The visitor is led through diverse artistic universes that are scattered in small groups or individually located in various rooms and boxes on the ground floor and semi-basement of the building. The floating conceptual textile installations of Emese Benczúr reflect on the relationship of creation and labour as an everyday female activity, tedious work as well as a mind-liberating consciousness of one's productive powers and awareness of these activities' inherent value. The works of Imre Bukta – including the armchairs with eyes that watch you instead of you watching television from them (*Observer Armchairs*), his scenes of peasants' everyday life in the context of 20th-century art and technology, as well as Gábor Gerhes's paradoxical photos of futile activity and reality turned into absurdity (*Deer Lovers*) – offer ironical, humorous, paradoxical and also philosophical commentaries on the current human condition in visual and conceptual languages that are universally understandable.



### PASSAGE OF LIGHT

Gyula Várnai, meanwhile, is probably the most poetic of the eight artists in the show. He invites the visitor to climb the stairs composed of light to the world beyond the wall (in the installation called *Passage*). You make your way up to light if you can leave behind your bodily constraints. He uses the

**THE IDEAS PERTAINING TO SOCIOLOGICAL OBSERVATIONS OF VARIOUS MINORITIES IN HUNGARY ARE CONCRETE, BUT THE PHOTOS OF LENKE SZILÁGYI ARE ALSO MESMERIZING**

simplest means of technology to meditate on time, eternity, paths of passage and border-crossings between various dimensions and levels of existence in a series of mesmerizingly beautiful, light and playful images.

The ideas pertaining to sociological

observations of various minorities in Hungary are concrete, but the photos of Lenke Szilágyi are also mesmerizing, poetic interpretations of their lifestyles and living conditions (*Zazi* and *Soma*), while Balázs Kicsiny's sculpture installation of astronaut-motorbiker-aqualung divers at

the dinner table (*Temporary Resurrection*) are today's impressions of the unredeemable, waiting for Godot, the Messiah or the messenger. Orshi Drozdik looks at the woman, an erotic reclining nude before a (live?) dissection, surrounded by images and texts that dissect and meticulously analyze her mental and emotional anatomy.

And finally, in the last room, Forgács presents his *Danube Exodus*, an interactive video installation projected on several screens, in which the viewer is invited to navigate through the parallel stories of a handful of Jewish people escaping from Nazi terror to Palestine and ethnic Germans re-located from Bessarabia to Germany in 1940. Depending on which part of the show you keep for last, you will come out lighthearted, laughing, in revery, immersed in thought or in relaxed mode after catharsis – be it one or the other, there is every chance that you will have a very memorable day at the BOZAR. ☺

### BOZAR

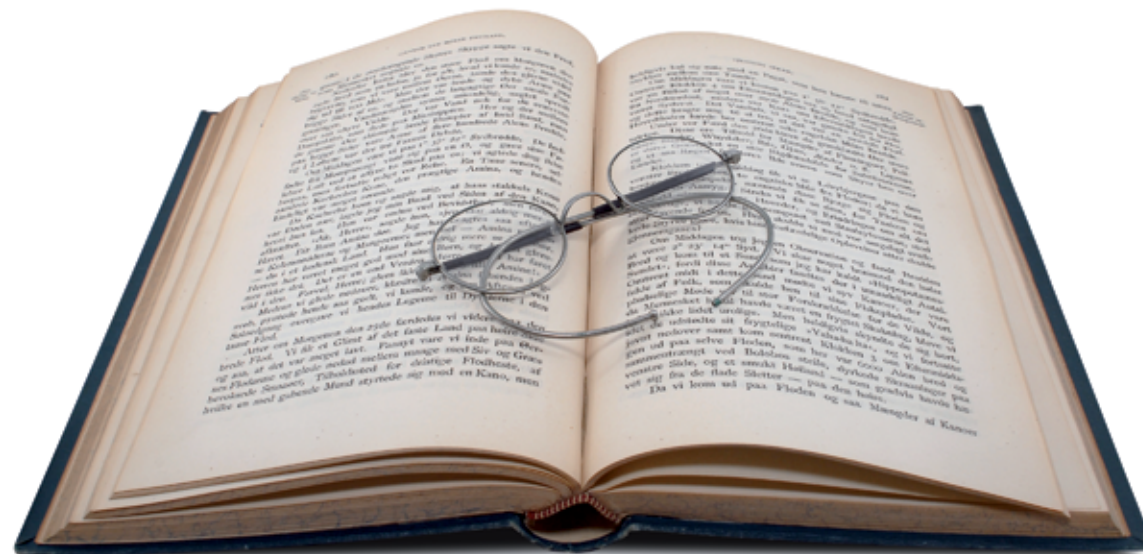
Ravensteinstraat, 23

1000 Brussels

T. +32 (0)2 507 82 00

[www.bozar.be/activity.php?id=10338](http://www.bozar.be/activity.php?id=10338)

## 'Eurlish' or English? You decide.



Talk to us. We offer English-language proofreading, sub-editing, grammar and syntax correction services, and professional French to English translation. We provide a service tailored to those who do not speak English as their first language, designed for companies and individuals who want to make sure that they are making the right impression on their target audience.

If you are publishing websites, conference handouts, product documentation, menus, client communications or if you have other specific requirements, then contact us for a competitive quote.

James: +32 (0)473 951 137 email: [james@readright.be](mailto:james@readright.be)

Colin: +32 (0)475 351 505 email: [colin@readright.be](mailto:colin@readright.be)

[www.readright.be](http://www.readright.be)

**ReadRight.be - because it's as easy to get it right.**



---

**Worse things happen at sea...**

**Eighty-five-year-old Anthony Smith recently completed a voyage across the Atlantic with a three-man crew sailing on a raft made out of pipes. Smith was a former BBC *Tomorrow's World* presenter until the programme ended in 2003.**

**The crew spent 66 days at sea to raise awareness, and hopefully donations, for WaterAid, an organization that strives to bring safe water to people all over the world. They were also hoping to prove that the elderly could accomplish seemingly dangerous activities, which would definitely include rafting across the Atlantic Ocean.**

**The voyage was intended to end in the Bahamas, but after setting sail from the Canary Islands, the wind and strong current took them to St. Maarten, an island in the Dutch Caribbean.**

**Smith told the Associated Press when he arrived in St. Maarten on 6 April, "Some people say it was mad, but it wasn't mad. What else do you do when you get on in the years?"**

---

LIFE OF  
LEISURE

---

# Village Cap Esterel

WRITER: ARMAND RICHELET-KLEINBERG

*Together* invites you to discover a superb holiday retreat.



**L**ocated near Saint Raphael, the Cap Esterel village offers an exceptional 210 hectares that overlook Agay Bay. The village, run by Pierre & Vacances, offers comfort, family activities, gastronomic flavours and water sports under the gentle caress of the sun.

Whether traveling alone, as a couple, with friends or even with young children, Cap Esterel offers accommodations and services to satisfy your every need.

There is also a huge range of sporting activities for all ages. From golf to water sports and extreme sports for the brave, all are organized and supervised by specialized instructors.

## ALL IN ORDER

The village also has a variety of local shops, a supermarket and trendy night spots including an Irish pub and cocktail bar. For the epicureans, no fewer than 11 restaurants are at your disposal, offering delights that range from the specialties of Provence, seafood and even the flavours of Mexico.

For young parents, Pierre & Vacances have thought of everything to make your holiday simple – nothing has been left to chance.

At the end of your stay, why not consider the possibility of acquiring your own apartment or bungalow at Cap Esterel? In order to ensure your investment's profitability, Pierre & Vacances guarantee to rent your property during the times when

you are not on site. For more information on the village and to make a reservation, check out the Pierre & Vacances website. 📄

**Village Cap Esterel**  
Saint Raphael  
83530 Agay  
France

[www.pierreetvacances.com](http://www.pierreetvacances.com)





# Erupting near you...

WRITER: ARMAND RICHELET-KLEINBERG

What could be better than a voyage to the centre of everyone's home: The Earth? That's just what's on offer at the Vulcania theme park, which is to be found in the heart of the Auvergne volcanos in Saint-Ours-les-Roches dans le Puy-de-Dôme.

**W**ith the wonder of volcanoes as its central theme, the park offers an incredible interactive experience, among spectacular volcanic eruptions...

Check out the VolcanBul and Dragon Ride, or take a trip underground to a world populated by monstrous inhabitants, with commentary provided by Patrick Poivre d'Arvor – or why not try 'The Angry Earth', a startling natural disasters simulator, in

which you can 'enjoy' an earthquake, volcanic eruption, meteor fall, avalanche, tsunami or tornado.

**CHECK OUT THE VOLCANBUL AND DRAGON RIDE, OR TAKE A TRIP UNDERGROUND TO A WORLD POPULATED BY MONSTROUS INHABITANTS**

square metres – the film is a contemplative voyage into beauty, to dazzle you and touch your heart.

To explain volcanos' origins, the park is fully equipped with state-of-the-art technology (tactile screens, holograms, revolving platforms) to make learning fun. Vulcania – what are you waiting for? 🌋

[www.vulcania.com](http://www.vulcania.com)





# The Mini, to the max

WRITER: BOB MONARD

The legendary Mini came into being on 26<sup>th</sup> August 1959, a hybrid of the Austin Se7en and Morris Mini Minor and a happy by-product of the merger of manufacturers Austin and Morris into the British Motor Corporation (BMC) – our writer takes you back in time.

**T**he history of the Mini begins back in 1956, in the context of the Suez Crisis. BMC President Lord Leonard Lambury, wanted to create a new small car capable of seating four adults. Sir Alec Issigonis, an engineer at Morris Motors at Cowley had previously

independent suspension was thus required – and the brilliant Issigonis opted for a transverse engine that controls the front axle with the gearbox and its transmission drive housed in the crankcase.

The 848cc engine and the suspension were mounted on a subframe at front and rear, with the carburetor and manifold in the front while the back housed the electrical equipment. The first test drives took place in July 1958, and the first models for sale rolled out of Longbridge and Cowley in May 1959.

The standard version included trim fabric with rubber mats on the floor while the luxury model had leather trim, two-tone fabric and carpets with chrome finish, side mirrors and ashtrays in the backseats. The original cost of a Mini was the equivalent of around 1750€ for the standard version, rising to 1875€ for the luxury finish.

In its first year, 20,000 Minis left the factories, rising to 100,000 in 1960. Between 1962-1977, annual production reached 200,000 units. Its diminutive and maverick characteristics proved popular, but the early Minis were not too impressive at scaling hills and were unsuitable for winter driving. But the approval of the fashionable Chelsea set, the royal family and avid celebrity fans such as Peter Sellers and Peter Ustinov quickly ensured that the Mini became an integral part of the 'swinging' sixties.

**THE APPROVAL OF THE FASHIONABLE CHELSEA SET, THE ROYAL FAMILY AND AVID CELEBRITY FANS SUCH AS PETER SELLERS AND PETER USTINOV QUICKLY ENSURED THAT THE MINI BECAME AN INTEGRAL PART OF THE 'SWINGING' SIXTIES**





# IVING MOTORSPORT LEGEND.



DRIVE OF YOUR LIFE

## RISING STOCK

From 1961, the Mini Cooper's stock rose ever higher – the engine capacity rises to 998cc and 61hp, then drops back to 970cc to compete better in the one litre vehicle category. A double carburetor is installed, as are disc brakes, and the Mini Cooper becomes 'all the rage' in King's Road and Carnaby Street, from whence it was propelled into the world of 1960s motor sport.

The Cooper S, with its 1,091cc capacity, was launched in 1963, and more success was to follow under the tutelage of Marcus Chambers, Stuart Turner and Peter Browning, the BMC's motor sport department chiefs – Pat Moss won the Tulip Rally in 1962, Paddy and Henry Liddon

Hofkirk took Monte Carlo in 1964.

**WHAT A MYTHICAL CAR... IT CELEBRATES ITS 52ND ANNIVERSARY THIS SPRING, AND IT STILL FEELS LIKE NEW!**

The 1,275cc Cooper S did Monte Carlo again in 1965 with Timo Makinen and Paul Easter and in 1967 with Rauno Aaltonen and Henry Liddon. Mini could have taken the

hat-trick with a win at Monaco in 1966, but drivers Makinen-Easst were disqualified over non-compliant halogen bulbs! No matter; the Mini Cooper won many other prestigious awards, such as the RAC and Acropolis in 1965. The year 1968 marked the end of the Mini's motorsport reign, but the rise in the car's popularity continued apace with the introduction of the van version, known as the Austin Se7en Countryman and the Morris Mini Traveller. In 1965, BMC introduced a four-speed automatic transmission and in 1967, the Austin and Morris grilles and emblems were refitted on the cars.

## IN TOWN, ON THE BEACH

In the tenth anniversary year, 1969, the Mini enjoyed a major facelift and in 1970, the Austin and Morris labels disappeared to be replaced by 'Mini' – pure and simple. And 1971 was a fabulously successful year – 318,000 units were produced. Stepping back in time a little, an additional variant was introduced in 1964, the Mini Moke, which was used initially by the British and US armies, but later proved enormously successful for beach resorts and urban driving.

In addition, a large number of Minis were exported in kit form, ready for assembly in Australia, Spain, Belgium and Senegal in Milan at Innocenti.

The Mini's success was emulated; the transverse engine and traction model inspires the Ford Fiesta and many other vehicles. The Fiesta is larger than the Mini and opts for a tailgate.



## MINI PRODUCTION

1965: 1,000,000

1965: 2,000,000

1969: 3,000,000

1976: 4,000,000

2000: 5,400,000

## WHAT NOW?

The Mini looked set to disappear forever from our lives...but it was BMW to the rescue, bringing the Mini bang up to date. In 2001, BMW relaunched the brand as the MINI, in capital letters, perhaps to justify its larger size (3.723m x 1.683m x 1.407m) compared with its legendary ancestor (3.054m x 1.440m x 1.353 m), but its

unique look and temperament remain intact. However, its safety features are enormously improved and it is available in two door, Cabrio two-door, Cabrio four-door and Clubman Countryman five door models. The new MINI also has several engine sizes available in petrol (from 75-211hp) and diesel (90-112hp). The MINI abides...

## MINI: THE ART OF LIVING

And BMW Group Belux Corporate Communications Manager Christophe Weerts offers his take on BMW's rejuvenated version of this magical, mythical car...

The Mini is as much a part of automotive history as the Ford T or the Citroën DS. It quickly became an icon, celebrated by the celebrities and artists as diverse as The Beatles, Paul Smith, Mary Quant and Mr. Bean. Covering all the bases, including as a sports car, the Mini belonged to various British manufacturers before it became a fully fledged BMW Group brand, relaunched as a larger, more comfortable efficient and safe model, but without losing its quintessential charm. The MINI is once again conquering the British market (it is still manufactured in Oxford), but also further afield, such as in the US, and increasing its numbers in Europe, Japan and Australia.

MINI returns to compete in the 2011 World Rally Championship, and continues to appeal to senior drivers, who find everything they loved about the Mini Classic in the MINI brand, as well as the younger generation, who in turn are discovering what the MINI lifestyle means. 📍

## MINI Brussels Store East by Jean-Michel

*MartinLeuvensesteenweg, 313*

*1932 Sint-Stevens-Woluwe (Zaventem)*

*T. +32 (0)2 721 64 64*

[www.mini.com](http://www.mini.com)





# Oscars, bravo!

WRITER: FEDERICO GRANDESSO



1. HOLLYWOOD, CA  
Director Tom Hooper onstage after winning the award for Best Achievement in Directing for The King's Speech during the 83<sup>rd</sup> Annual Academy Awards held at the Kodak Theatre on 27<sup>th</sup> February, 2011 in Hollywood, California. (Photo by Kevin Winter/Getty Images)

2. WEST HOLLYWOOD, CA  
Actress/singer Jennifer Lopez and singer Marc Anthony arrive at the Montblanc Cocktail Party on 26<sup>th</sup> February in West Hollywood, California. Jennifer Lopez is wearing Montblanc Haute Joaillerie. (Photo by John Shearer/WireImage)

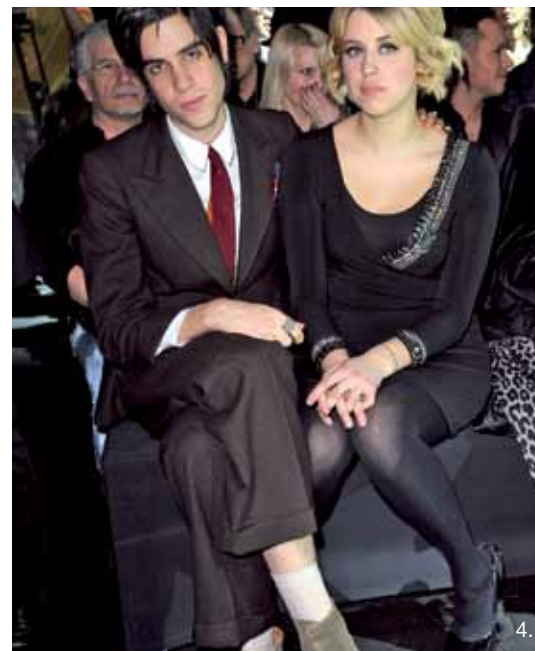
3. WEST HOLLYWOOD, CA  
Actress Renee Zellweger attends the Montblanc Cocktail Party

## MONTBLANC TOWERS AT OSCARS 2011

As every year, the pre-Oscars parties are the moments to see and be seen. Various important luxury brands dominated the scene, including Montblanc who co-hosted a star-studded event with The Weinstein Company on 26<sup>th</sup> February. The cocktail at Soho House in West Hollywood not only celebrated the Weinstein Company's Academy Award® nominees, but also featured the announcement of an exciting Montblanc charity partnership in benefit of the Princess Grace Foundation-USA. Each year, Montblanc announces a year-long charity initiative on the night before the Academy Awards and this year, the brand introduced its collaboration with the Princess Grace Foundation-USA. It is a non-profit organization dedicated to identifying and assisting emerging talent in theatre, dance, and film with grants in the form of scholarships, apprenticeships, and fellowships through the Princess Grace Awards programme. Montblanc will make a donation of \$1 million to support the programme, in the year that marks the 60<sup>th</sup> anniversary of Grace Kelly's silver-screen debut.

## HAVING A BALL IN VENICE

'Because Life is Magic' was the title of the 18<sup>th</sup> edition of Il Ballo del Doge, which took place on 5<sup>th</sup> March at Palazzo Pisani Moretta, a three-floor fairytale palace illuminated by one thousand candles on the Grand Canal in Venice. As *Vanity Fair* put it: "Il Ballo del Doge is one of the most exclusive parties in the world. Turn off your phone, breathe in the perfume and close your eyes...abandon yourself to the most beautiful night of your life..." But it might have been out of the budget of most people – at 600€ for 'After Dinner', 1,200€ for 'Full Ticket' and 1,500€ for the VIP ticket, the number of participants was limited to around 400 select guests. Entertainment included, according to Venetian tradition, performances by opera singers, musicians, burlesque artists and characters from the Commedia dell'Arte.



4. FASHION SHOW  
MILAN, ITALY  
Peaches Geldof and Thomas Cohen at the Philipp Plein fashion show as part of Milan Fashion Week Womenswear Autumn/Winter 2011 on 26<sup>th</sup> February in Milan, Italy. (Photo by Tullio M. Puglia/Getty Images)

5. CANNES  
Robert De Niro (Photo by Chris Jackson/Getty Images)

## PHILIPP PLEIN

Golden boy of glamour, Philipp Plein, is adored by international stars such as Marcus Schenkenburg, the Beckhams and Heidi Klum, presented his new Autumn/Winter 2011/2012 collection in a show that opened with a performance by the Ensemble Symphony Orchestra conducted by Giacomo Lo Prienzo, which was followed by hard techno from the DJ. A harmonious balance of opposites, just like Plein's collection. Highlights included bon ton dresses with dark Gothic details and accessories, haute couture coats well integrated with leather biker jacket interiors, top-level 'Made in Italy' quality, mixed with classic French materials such as damask and jacquard. At the after-party, with its backdrop of 17<sup>th</sup> century frescoes and a reflecting light show, was special guest DJ Peaches Geldof, the icon of the new generation of international fashionistas. Among the guests: Filippa Lagerback, Aida Yepica, Fabio Galante, Natalie Kriz, Alessandra Sorcinelli, Guendalina Canessa, Daniele Interrante and Sylvie Lubamba.

## WOODY ALLEN AND ROBERT DE NIRO

American actor, director and producer Robert De Niro will be Jury President at the 64<sup>th</sup> Festival de Cannes, which is due to take place from 11<sup>th</sup> -22<sup>nd</sup> May 2011. De Niro commented: "As co-founder of the Tribeca Film Festival and the Doha Tribeca Film Festival, I have an increased appreciation for the jury who are undertaking an important role in choosing films that represent the world of film at its highest level, and these types of festivals help connect the international film community and have a lasting cultural impact. Having served as Jury President in the eighties twice, I know this isn't an easy task for me or my fellow jury members, but I'm very honored and happy to head the jury for this year's Cannes Film Festival." The other good news for Cannes fanatics is that the opening movie by Woody Allen, *Midnight in Paris*, which was shot last year in the French capital, brings together a broad international cast, including Owen Wilson, Rachel McAdams and Marion Cotillard, as well as Kathy Bates, Adrien Brody, Carla Bruni-Sarkozy, Gad Elmaleh and Léa Seydoux. ☺



# Sandrine Barabinot: Jewels in her eyes

WRITER: FEDERICO GRANDESSO

Sandrine Barabinot, the founder of prestigious Swiss jewellery marque Rita & Zia, was in Brussels recently.



Sandrine Barabinot  
& Tatiana Silva

**S**wiss brand Rita & Zia was the sponsor of a glamorous event that took place in Tour & Taxis in late February – it was a beauty invasion, which saw gorgeous models from the SAI Concept agency representing the brand at its very best. The 'beautiful' Belgians loved the show, which was divided into four parts, representing the four seasons. Among the guests was Bea Ercolini, editor in chief of Elle Belgique, representing the heights of the fashion media and, before Brussels, the brand had already conquered all the 'places to be', including Cannes, St-Tropez, Megève, Monaco, Paris and Geneva. 📍



## THE ULTIMATE OFFICE SOLUTION



BRUSSELS  
MONTGOMERY  
CINQUANTENAIRE  
SCHUMAN

[www.vipoffices.com](http://www.vipoffices.com)

T. +32-2-400.00.00

F. +32-2-400.00.32

[montgomery@vipoffices.com](mailto:montgomery@vipoffices.com)

### VIRTUAL OFFICES

- Prestigious business address
- Multilingual telephone answering service
- Personal telephone number
- Fax
- Meeting room use
- Office use

From 79 €/month

### EQUIPPED OFFICES

- Full time offices
- Shared offices
- Start-up offices
- Mobile desking
- Home business
- 600 locations in the world

From 259 €/month

### EXECUTIVE MEETING ROOMS

### FURNISHED APARTMENTS

### ADMINISTRATIVE SUPPORT

### CONCIERGE SERVICES

## OUR COMPETITIVE ADVANTAGES

- |                                 |                     |
|---------------------------------|---------------------|
| ✓ High class "Hôtel de maître"  | ✓ All-in fees       |
| ✓ State-of-the-art technologies | ✓ Client minded     |
| ✓ No overhead costs             | ✓ Multilingual team |
| ✓ Flexible contract terms       | ✓ No branding       |
| ✓ Adapted pricing               | ✓ Central locations |



VIPOFFICES is a member of ABCN - Label of Quality



# Water, water everywhere

WRITER: DELPHINE STEFENS

Meet the challenge and help Giorgio Armani and the Green Cross International provide a minimum of 40 million litres of safe drinking water to children and their communities in Ghana.



Most of you will know Giorgio Armani's successful fragrance Acqua di Giò (for him) and the more recent Acqua di Giòia (for her). But all of you must know that until the 31<sup>st</sup> May 2011, part of the sale proceeds of these perfumes will fund the construction of water supply systems in Ghana. Indeed, for every Acqua di Giò or Acqua di Giòia purchased, 100 litres per year of safe drinking water will be donated. And, customers will be given the opportunity to double their donation and get involved by subscribing to the campaign on the

Acqua For Life challenge website and by creating a community on Facebook.

## ACQUA FOR LIFE

Giorgio Armani tells us he has always been "very aware of problems connected to the environment and in particular to water". Therefore Armani, who already committed himself to the UNICEF Tap Project campaign in the United States last year, has decided "to contribute more, by becoming involved in a more extensive campaign" by also partnering up "with Green Cross International, which operates throughout the rest of the world".

Water, Armani says, is an element he loves very much "since it is regenerative, precious and essential to life"; but he is also aware that "providing universal access to water definitely constitutes one of the greatest challenges of the 21<sup>st</sup> century. Such access is essential for sustainable development, and it is only when such access is guaranteed that countries can implement practical solutions in the field of development and education."

## SUFFER THE CHILDREN

Armani is particularly concerned about children, who are much more vulnerable to water shortage and pollution. Besides the health issues, Giorgio Armani realizes that the time spent looking for water

could be better spent on school benches. Therefore, Green Cross International's Smart Water for Green Schools project focuses on children, their schooling environment and their communities. Because, as Armani says: "The future rests on their shoulders."

So remember, the final donation will depend on both the sales of the Acqua di Giò and Acqua di Giòia fragrances and the clicks generated on Facebook during the campaign. So go ahead, get the spritz and create a buzz! ☺

[www.acquaforlifechallenge.org](http://www.acquaforlifechallenge.org)  
[www.facebook.com/acquaforlife](http://www.facebook.com/acquaforlife)  
[www.gci.ch](http://www.gci.ch)  
[Twitter@GreenCrossInt](https://twitter.com/GreenCrossInt)



# Wonder woman, revealed!

WRITER: DELPHINE STEFENS



The popular and iconic female super hero inspired this fun and dashing M-A-C make-up and accessories collection. Leave the gloomy weather behind and let Wonder Woman's confidence and charisma inspire you to try out these bold and feminine looks – go for the Heroine lipstick or the Emancipation lipgloss, the Lady Justice or Bold Babe eye quad, the Mighty Aphrodite powder blush or the Golden Lariat mineralize skinfinish. And don't forget to check out the Obey Me nail lacquer and Wonder Woman's Bulletproof blue make-up bag!

Available at all M-A-C locations and  
[www.maccosmetics.com](http://www.maccosmetics.com)



The world's favorite Amazonian left Paradise Island and became a city-dweller. If you're one too, but one who lacks Wonder Woman's super-stamina, try out the new DKNY Women Energizing eau de toilette. Bottled in a flask that's reminiscent of a skyscraper, this fragrance is light and completely suited for the warmer seasons ahead. The top notes are a brisk mix of citrus, chilled vodka and tomato leaves. The heart is a blend of water lilies, green coral orchids and yellow daffodils while the finish is a sensual blend of white birch and tulip tree wool. In other words, a vibrant and invigorating urban scent.  
<http://dkny.donnakaran.com>

Since even a super heroine can use a little help from time to time to feel and look even better, why not consider a Clarins face or body treatment at Planet Parfum in Uccle. To give you a foretaste, treatments for the face include the Youth Activator, Radiance Reviver and Moisture Replenisher while body treatments feature the Body Firmer and Super Hydrator as well as exfoliating treatments and signature manual massages. If you can't make up your mind, Mireille, an attentive Clarins-trained beauty specialist, will gladly help you determine the treatment that would benefit you most. In a cozy room, she will help you get comfortable by adjusting light, temperature and music to your wishes and nestling you in a thick and soft terry cloth. While you start to relax, she will gently and quietly pamper you without missing additional pampering opportunities, so unless you're ticklish, the drying time for a hydrating mask may lead on to a foot massage! Clarins prides itself in its high-performance formulas and treatments that are bound to help you recover your balance between body and mind. And should you also know of a 'Superman' who's in need of the same, Clarins also caters to the needs of men's skin!

**Clarins, Planet Parfum Fort Jaco**  
*Chaussée de Waterloo, 1361*  
*(1<sup>st</sup> floor)*  
*1180 Brussels*  
*T. +32 (0)2 375 00 11*  
[www.planetparfum.be](http://www.planetparfum.be)



If you feel that time management often needs super-human powers, you'll welcome the 2-in-1 pure:nu gentle cleansing oil-in-gel from shu uemura for wet or dry hand usage. It is packed with natural origin oils that thoroughly yet gently remove make-up and dirt. Remarkably rich in hydrating agents and depsea™ water, it promises to make your skin feel comfortable both during and after cleansing. A time-saving routine that also enhances skin renewal for a more radiant complexion. An eco-conception formula, pure:nu is as gentle to the environment as it is to your skin and it is suitable for all skin types, including sensitive. ♻️

**shu uemura**  
*Huidevettersstraat, 38*  
*2000 Antwerp*  
*T. +32 (0)3 226 53 73*  
[www.shuueumura.com](http://www.shuueumura.com)







**1. POMEGRANATE PASSION**

Grenade passion. Moisturizing body lotion  
150 ml

**2. L'ORÉAL PROFESSIONNEL PARIS**

Texture expert - or graphic. Golden modelling gel  
125 ml

**3. VICHY LABORATOIRES HOMME**

After-shave balm. Fortifying for sensitive skin  
75 ml

**4. FILOGRA LABORATOIRES PARIS**

MESO +  
Absolute anti-ageing serum  
30 ml

**5. T. LECLERC PARIS 1881**

Tinted gel  
Gel for all skin types, suitable for the eye area  
30 ml

**6. FILOGRA LABORATOIRES PARIS**

ISO - STRUCTURE  
Absolute firming day cream  
50 ml

**7. L'ORÉAL PROFESSIONNEL PARIS**

Tecni.art - cotton up - force 2  
Dry volume mousse for an express blow-dry  
250 ml

**8. YVES ROCHER - BRILLANCE SHINE**

1- minute radiance mask. Normal hair  
150 ml

**9. L'ORÉAL PROFESSIONNEL PARIS**

Tecni.art - metallic gloss. Shine and definition wax  
50 ml

**10. T. LECLERC PARIS1881**

Lip balm  
9 ml

**11. VICHY LABORATOIRES**

Aera teint pure. Cream fondation natural finish up to 12HR'  
30 ml

**12. KÉRASTASE - REFLECTION**

Aqua-ionic system. Luminous softening shampoo  
80 ml

**13. POMEGRANATE PASSION**

Grenade passion. Moisturizing shower cream  
75 ml

**14. L'ORÉAL PROFESSIONNEL PARIS**

Lumino contrast - expert serie  
Tthermo protective xylose  
125 ml

**15. LA ROCHE-POSAY REDERMIC [+]**

Intensive daily anti-wrinkle firming fill-in care  
40 ml

**16. MARTIX - DESIGN PULSE**

Rock solid - hair. Gel  
20 ml

**17. KÉRASTASE - REFLECTION**

Chroma thermique - thermo shine  
Thermo-polishing repairing care - colour-traited hair  
50 ml

**18. VICHY LABORATOIRES**

Liftactiv retinol ha - night. Total wrinkle plumping care  
30 ml

**19. YVES ROCHER - ELIXIR 7.9**

Active botanicals - anti-aging patents. Youth intensifier  
15 ml



© Photo and arrangement by Yvan Barbera

# Men

WRITER: ROSE GRIDER



1. MERCER CHINO PANT BY TOMMY HILFGER  
[www.tommyhilfger.com](http://www.tommyhilfger.com)

2. PASTIS DE MARSEILLE BY RICARD  
[www.pernod-ricard.com](http://www.pernod-ricard.com)

3. AVIATOR SUNGLASSES BY GUCCI  
[www.gucci.com](http://www.gucci.com)

4. FUTURE CAT REMIC SCUDERIA FERRARI BY PUMA  
[www.puma.com](http://www.puma.com)

5. RADLER JACKET BY TIMBERLAND  
[www.timberland.com](http://www.timberland.com)

6. BAG BY CORNELIANI MENSWEAR  
[www.corneliana.com](http://www.corneliana.com)

7. IPHONE 4 COMMUTER SERIES CASE BY OTTERBOX  
[www.otterbox.com](http://www.otterbox.com)

8. CARDIGAN BY NEW LOOK  
[www.newlook.com](http://www.newlook.com)

# Women



1. TRINIDAD WEDGE BY STEVE MADDEN  
[www.stevemadden.com](http://www.stevemadden.com)

2. RINGS BY POIRAY  
[www.poiray.com](http://www.poiray.com)

3. WATCH BY GUCCI  
[www.gucci.com](http://www.gucci.com)

4. LUGGAGE BY LONGCHAMP  
[www.longchamp.com](http://www.longchamp.com)

5. BRIGIT LINJE CUSHION BY IKEA  
[www.ikea.com](http://www.ikea.com)

6. BLENNY BAG BY KIPLING  
[www.kipling.com](http://www.kipling.com)

7. WOMEN'S SCARF BY BARBOUR  
[www.barbour.com](http://www.barbour.com)

8. WINE MASRER MERLOT WINE GLASS BY DARTINGTON CRYSTAL  
[www.dartington.co.uk](http://www.dartington.co.uk)



# Together's 'To Do' list Belgium

WRITER: ROSE GRIDER

## KVS (ROYAL FLEMISH THEATRE)

Theatre, dance, music, film, and stand-up comedy are all included in the KVS programme – it's sure to be an exciting visit.

### KVS

Arduinkaai, 7  
1000 Brussels  
T. +32 (0)2 210 1112  
[www.kvs.be](http://www.kvs.be)



## L'AXESS

This is definitely a genuine late-night hot spot – come for after-work cocktails, and why not stay for dinner? There are live concerts on Thursdays and dancing on the weekends.

### Tour & Taxis

Avenue du Port, 86C  
Havenlaan  
1000 Brussels  
T. +32 (0)2 420 44 21  
[www.laxess.be](http://www.laxess.be)



## AUTOWORLD

9>24.04.11

This combines four car collections and an exhibition – Auto Design Story – for a great family event.

### Autoworld

Parc du Cinquantenaire, 11  
1000 Brussels  
T. +32 (0) 2 736 41 65  
[www.autoworld.be](http://www.autoworld.be)



## ART BRUSSELS

28.04>01.05

This highly respected international art fair is renowned for its excellence and cutting-edge reputation. Buy or just take a look at the works by some 150 exhibitors from more than 20 countries.

T. +32 (0)2 740 10 54  
[www.artbrussels.be](http://www.artbrussels.be)



## BRUSSELS SHORT FILM FESTIVAL

28.04>08.05

Held at many venues across Brussels, the festival's unique line-up features films under 30 minutes.

### Cinema Vendôme

Chaussée de Wavre,  
1050 Brussels  
+32 (0)2 248 08 72  
[www.courtmetrage.be](http://www.courtmetrage.be)



## IRIS DAY

07>08.05.11

The iris is the symbol of Brussels – the day itself celebrates the city in all its spring finery. There will be live music, street entertainment and an open day at the Brussels Parliament with live jazz.

[www.fetedeliris.be](http://www.fetedeliris.be)



## SUFJAN STEVENS & DM STITH

10.05.11

Considered as part of the folk revival in Indie Pop, Stevens is a musical genius. Come see this talented performer make magic on stage in Brussels.

### Cirque Royal

Rue De l'Enseignement, 81  
1000 Brussels  
T. +32 (0)2 218 20 15  
[www.cirque-royal.org](http://www.cirque-royal.org)



## BRUSSELS JAZZ MARATHON

27>29.05.11

Enjoy jazz, blues and Latin sounds in the heart of Brussels. The music will be performed by local and international artists indoors and out – including on the Grand'Place and in bars and theatres.

[www.brusselsjazzmarathon.be](http://www.brusselsjazzmarathon.be)



# Together's 'To Do' list International

## THE ALBERG EAGLE

This is a unique triathlon because, well, it takes place over a period of five months, in the beautiful mountains of Austria. Groningen

Austria  
[www.arlbergadler.eu](http://www.arlbergadler.eu)



## LONDON PET SHOW 2011

07>08.05.11

Olympia will come alive with hundreds of animals as the Pet Show comes to London in a dynamic live event, packed full of hundreds of different breeds of animals, amazing live animal action displays and fun and informative talks and demonstrations. There are five exciting zones to discover featuring dogs, cats, small furries, exotics & aquatics and pets, it's the perfect opportunity for animal lovers to meet and learn about all different types of animals. Plus, there are goodies and gadgets for pets of all shapes and sizes.

Olympia National Hall  
Hammersmith Road  
London, UK  
T. +44 (0)141 576 3248

[www.londonpetshow.co.uk](http://www.londonpetshow.co.uk)



## MUSEUM NIGHT

14.05.11

As part of the global Museum Night event, Paris museums will open their doors free of charge to visitors until 1h. Special events and illuminations await in many of Paris' major museums.

<http://nuitdesmusees.culture.fr>



## FRENCH OPEN

17.05>05.06.11

The French Open at the Roland Garros Stadium in Paris is one of the year's most hotly anticipated professional tennis tournaments, and thousands flock to the stadium each spring to get a glimpse of standing champions or up-and-coming players in action on the red clay courts – tennis fans should not miss one of France's most exciting and important tournaments.

[www.fft.fr/rolandgarros](http://www.fft.fr/rolandgarros)



## THE WIGGLES

25.05.11

In 2011, The Wiggles will celebrate their 20th birthday so with twenty years of hits such as *Hot Potato*, *Fruit Salad*, *Rock A Bye Your Bear* and *Toot Too Chugga Chugga* the show will be jam packed with audience favourites, for the young and young at heart. Join Jeff, Anthony, Murray and Sam as well as our Wiggly friends; Dorothy the Dinosaur, Captain Feathersword, Wags the Dog and Henry the Octopus for this spectacular production.

Edinburgh Playhouse  
18-22 Greenside Place  
Edinburgh, UK  
T. +44 (0)844 847 1660

[www.edinburghplayhouse.org.uk](http://www.edinburghplayhouse.org.uk)



## UEFA CHAMPIONS LEAGUE FINAL 2011

28.05.11

Selecting the top teams from the top leagues all over Europe, UEFA Champions League Final in London Wembley Stadium will see two of the best football teams in the world play to lift the European Champion Clubs Cup – regarded by many as the most important match in the football calendar.

Wembley Stadium  
Wembley, London  
T. +44 (0)844 980 8001

[www.uefa.com](http://www.uefa.com)





# Enjoy the Royal treatment!

WRITER: MELANIE LOTH

Our writer checks out Aspria's boutique hotel, which is opening soon.



If you are driving through the far west of Brussels on Rue Sombre, you will undoubtedly notice a quaint yellow farmhouse situated alongside the road and surrounded by trees as if time forgot it. The building inspires a feeling of mystery and intrigue because of its age; however, the feeling is quite appropriate since it dates back to 1770.

This classic farmhouse will open 1<sup>st</sup> May to the public as a new, 19-bedroom boutique hotel from fitness and wellness spa, Aspria Royal La Rasante. The amazing building has been on the property since the Aspria group purchased it, but it took some time for them to decide how to utilize the space. Because of its age, Club Manager Patrick de Vleeschouwer said the building is historically protected so La Rasante chose to keep the original external structure and some charming points of the interior

## 'URBAN WELLNESS'

"What we are trying to achieve is urban wellness," de Vleeschouwer said. "We are trying to combine the styling of the old farmhouse, but within that styling, adding all of the modern comfort you expect to find in a modern room."

This hotel concept is quite unusual because it comes as an exciting new addition to the original fitness and wellness club, Royal La Rasante. In many hotels, a small fitness room or spa is added to appease the guests, but the case is quite different at La Rasante.

"We are doing it the other way around because we have more than just a fitness room, we have a whole club. It incorporates so many different departments that you could easily translate to a hotel structure with the housekeeping, the restaurant, the reception, because all of these things are already in house and already in use."

La Rasante has made sure to fashion their boutique hotel with the environment in mind. All of the stunning furniture is made from recycled wood and for every piece they purchase, a new tree will be planted. They chose to use all natural woods and leathers for the pieces as well. Rooms will be equipped with energy-efficient heating and cooling systems in addition to LED TV's, which also use less energy.

The Aspria group has opened a similar hotel concept in Hannover, and de Vleeschouwer said it has been successful.

## 'URBAN WELLNESS'

The building itself truly is remarkable and by staying there, guests have full access to all of the amenities of the club including the fitness centre, which holds 140 group classes per week in addition to the latest exercise equipment. The club also has seven tennis courts, a relaxing spa, indoor

and outdoor pool, and a delicious Mediterranean-inspired restaurant with a sun terrace.

"We have deliberately positioned ourselves at the higher end of the market and made sure that the whole experience we want to deliver and offer to our regular members is as complete and as diverse as you would be able to find."

Although the interior of the hotel has yet to be completed, it is easy to see that this is going to be a special place.

As De Vleeschouwer said: "It's really quite an exciting turn we have taken, we are all eager to get started." 📍

**Aspria Royal La Rasante**  
Rue Sombre, 56  
1200 Brussels  
T. +32 (0)2 609 19 90  
[www.royallarasante.be](http://www.royallarasante.be)



# Get ready for revival

WRITER: MELANIE LOTH



## THEOPHILE & PATACHOU

The baby accessory store, Théophile & Patachou, recently opened its first shop in Belgium on Avenue Louise. The brand offers top of the line, quality products to keep your newest family additions as comfortable as possible. The collections are all about simplicity, elegance and fashion for your newborn (0-6 months). If you are expecting, head over to this delightful store to properly prepare your home for your new baby.

**Théophile & Patachou**  
Avenue Louise, 132 A  
1050 Bruxelles  
T. +32 (0)2 648 3100  
[www.theophile-patachou.com](http://www.theophile-patachou.com)



## LEVI'S

The Levi's corporation recently opened shop in Liège with its biggest Belgian store so far. The inventor of blue jeans keeps its well-known classic styling while still managing to update its store concept. The new store is eco-friendly through efficient energy usage, reducing water consumption and using materials with little environmental impact. Levi's believes these principles are important to maintain its status as a timeless, durable brand.

**Levi's Store Liège**  
Pont d'Ile, 49  
4000 Liège  
T. +32 (0)4 223 5610  
[eu.levi.com](http://eu.levi.com)



## FILIPPA K

Scandinavian brand Filippa K opened its fourth boutique in Belgium on 26 February. The store, located in Leuven, is the launch of their new store concept that simplifies the lives of modern men and women by offering them inspiration through beautiful, stylish clothing. White walls, cedar wood, concrete and reflective surfaces create a simple, chic environment that is still warm and inviting. The garments all have their own place in the store and are not crowded together, displayed as if each article of clothing is its own piece of artwork to be displayed.

**Filippa K**  
Brusselsestraat, 1  
3000 Leuven  
T. +32 16 585 885  
[www.filippa-k.com](http://www.filippa-k.com)



## NEW LOOK

The UK-owned brand has expanded once again in Belgium, this time with a new store on Rue Neuve in the heart of Brussels. The huge store covers two floors and 780 square metres. This is the fourth New Look store in Brussels and shoppers will be able to find the premium range collections as well as limited editions. 📍

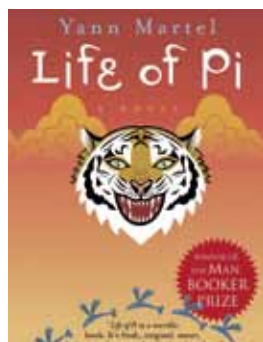
**New Look**  
Rue Neuve, 39  
1000 Brussels  
[www.newlook.com](http://www.newlook.com)



# Unbelievable, unthinkable

WRITERS: MELANIE LOTH & JAMES DREW

Two more recommended reads.

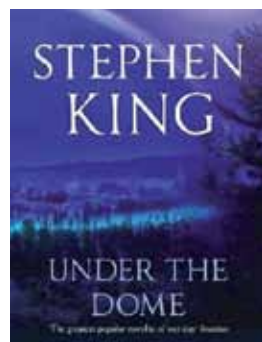


**LIFE OF PI**  
YANN MARTEL

€9

This critically acclaimed (Booker prize-winning, in fact) novel follows the story of Pi Patel, an Indian boy stranded on the Pacific Ocean after a shipwreck. Pi is moving to Canada from India where his family owned a zoo and they are bringing all of the wild animals with them to North America. When the ship sinks in the middle of the night, Pi is the only member of his family to make it to a lifeboat; by morning, he realizes he is not alone. A hyena, a zebra, an orangutan and a Bengal tiger are all on the lifeboat with him. The novel follows his 227 days at sea where Pi explores his spirituality and how *not* to be eaten by a tiger, ending when he is rescued and recounts his truly unbelievable tale to the Japanese sailors who found him floating on the ocean. Well, seriously, would you believe him? *Life of Pi* combines the traditional coming-of-age story with an existential philosophy and, I promise you, this one is not like anything you will have read before.

ML



**UNDER THE DOME**  
STEPHEN KING

€12

He is perhaps the greatest storyteller of our time – I am somewhat biased, as I have been reading and loving the work of Stephen King since I was about 11, but *Under the Dome*, one of his latest, is one of his greatest. Based on the classic ‘what if’ set-up that King has made his own, the novel takes us into the small Maine town of Chester’s Mill that has for unknown reasons been separated from the outside world by an invisible, semi permeable barrier. Our hero, former army captain Dale ‘Barbie’ Barbera had just missed hitching a lift when the barrier descends, and he returns to a town in which the power-crazed used-car salesman and the town’s Second Selectman, James ‘Big Jim’ Rennie, is already working out how to use the new situation to his advantage. Things are going to get a lot, lot worse... A powerful, compelling and scary rollercoaster ride – hop aboard, you won’t regret it. [www.amazon.fr](http://www.amazon.fr)

JD



Subscribe now! To have your *Together* delivered (six editions for 25€) go to [www.togethertmag.eu](http://www.togethertmag.eu)

**Together**  
magazine

If you are interested in our advertising rates, please contact:

David Mc Gowan  
[david@togethertmedia.eu](mailto:david@togethertmedia.eu) or T. +32 (0)497 543 672

Nothing in this magazine may be reproduced in whole or in part without the written permission of the publisher. The publisher cannot be held responsible for the views and opinions expressed in this magazine by contributors. *Together* is neither responsible for nor endorses the content of published advertisements, nor can the magazine be held responsible for any errors or inaccuracies in the same.

Founder:  
Jérôme Stéfanski

Publisher:  
David Mc Gowan

Editor:  
James Drew: [www.readright.be](http://www.readright.be)  
[james@togethertmedia.eu](mailto:james@togethertmedia.eu)/T. +32 (0)473 951 137

Online Editor :  
Jeremy Slater: [jeremy@togethertmedia.eu](mailto:jeremy@togethertmedia.eu)

Sales advisor:  
Elodie Andriveau: [sales@togethertmedia.eu](mailto:sales@togethertmedia.eu)

Writers:  
Hughes Belin/Belle de Bruxelles/Cillian Donnelly/  
James Drew/Richard Earney/Federico Grandesso/Rose Grider/Alex Hewetson/Patricia Kelly/Helen Kerrison/  
Zsolt Kozna/Marie Terese Letorney/Melanie Loth/Bob Monard/Armand Richelet-Kleinberg/Delphine Stefens/  
Paul Stump

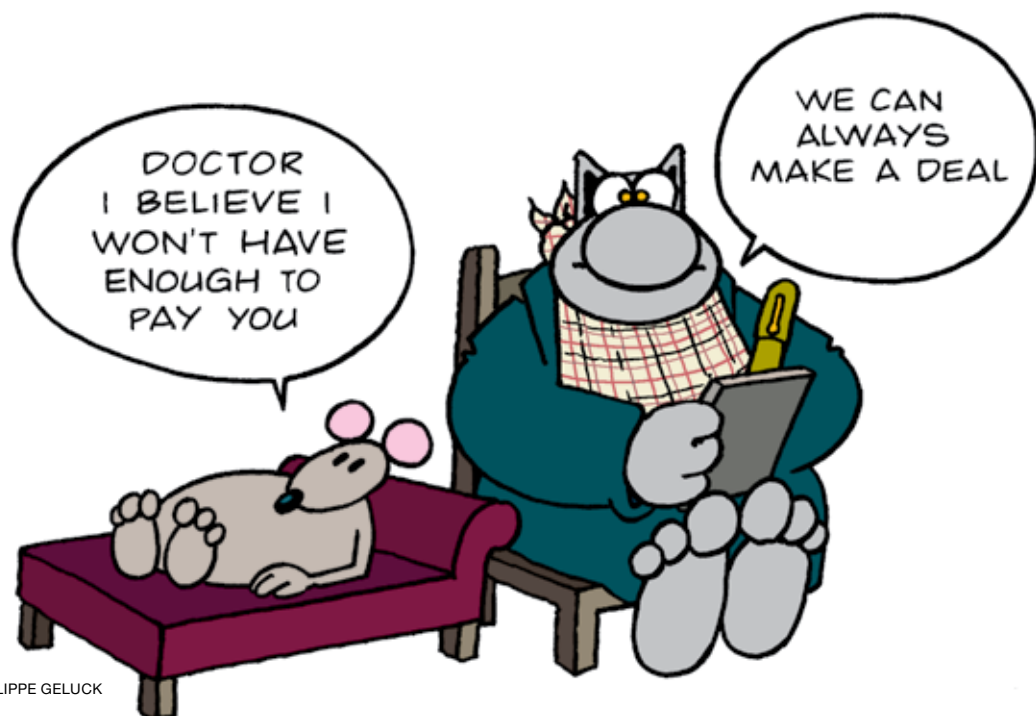
Video director:  
Armand Richelet-Kleinberg:  
[www.camera-man.weebly.com](http://www.camera-man.weebly.com)

Photographer:  
Yvan Barbera: [www.reflexstar.com](http://www.reflexstar.com)

Design:  
Studio LetMeSee - Yves Reynaert  
T. +32 (0)496 723 950  
[hello@studioletmesee.be](mailto:hello@studioletmesee.be) - [www.studioletmesee.be](http://www.studioletmesee.be)

Together Media  
Boulevard St Michel, 47  
B-1040 Brussels  
T. +32 (0)2 400 00 24  
[info@togethertmedia.eu](mailto:info@togethertmedia.eu)

# Food for thought



© PHILIPPE GELUCK



## FROM ORTEL TO ORTEL & BASE

€ 0 p/m\*



Call set up fee €0,15 per call

PROMOTIONS ONLY VALID AFTER 1 MARCH

\* The offer consists of 1000 minutes and 1000 SMS per month. The offer is valid for 12 months from the date of activation. The offer is not available for customers who have already used the offer. The offer is not available for customers who have already used the offer. The offer is not available for customers who have already used the offer.

[www.ortelmobile.be](http://www.ortelmobile.be)



*Genuine  
Jewellery*



**PANDORA**  
UNFORGETTABLE MOMENTS

*Experience us at*

**PANDORA STORE**

Galerie Porte Louise 219 • 1050 Bruxelles

Tel. +32 2 511 50 50

[www.pandora.net](http://www.pandora.net)