

INSPIRING YOU TO REACH YOUR DREAMS

#25/JUNE 2011

Together

magazine

FLYING HIGH

BROTHERS IN PALMES

Maestro directors
Jean-Pierre and Luc
Dardenne discuss their
latest film

UP, UP AND AWAY...

A profile of Belgium's
best balloonist

CHEFS ON SHOW

We talk to Alex Joseph
and Michel Borsy
of Rouge Tomate

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Take flight, with *Together*

In the midst of one of Belgium's warmest springs on record, a very warm welcome back to our regular readers.

The theme of this edition of your favourite Brussels leisure magazine is 'Flying High' and, hopefully, you'll find it to be as full of fun as you've come to expect.

Given the theme, it seems only appropriate that our mysterious siren **Belle de Bruxelles** explores the heights of pleasure to be experienced in that most exclusive of clubs, namely the **Mile High Club**, and elsewhere, **Andy Carling** explores mankind's ongoing fascination with space.

Cillian Donnelly keeps his finger on the political pulse, meanwhile, with an analysis of the high-class transport available to those in power, while **Federico Grandesso** has the chance for an exclusive interview with Belgium's high-flying director brothers, **Jean-Pierre** and **Luc Dardenne**, as their latest film *Le gamin au vélo* hits Cannes.

Travel wise, *Together's* founder **Jérôme Stéfanski** heads for the beautiful Zighy Bay in

Dubai, and our health expert **Richard Earney** offers his tips for getting yourself in shape in time for the beach season. As the 'outdoor dining' season gets into full swing, our respected cuisine expert **Hughes Belin** offers his lowdown on Brussels' top terraces, while our editor **James Drew** enjoys an exclusive interview with two of the city's finest chefs, **Alex Joseph** and **Michel Borsy** of **Rouge Tomate**.

And of course, as ever, there's art, events, entertainment and a great giveaway to be enjoyed – stroll into summer with us, we know you'll find it worthwhile.

Till the next time... 





David Mc Gowan
Publisher

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Power Plate: The new way to a new you

Together teams up with the swanky exercise arena, Power Plate Institute Brussels, to offer readers a fantastic fitness giveaway.

A Parisienne who's in love with Belgium, Murièle Bertrandias, has turned an Avenue Louise address that she opened in 2007 into nothing less than an exercise boutique – forget the straightforward decor of traditional gymnasiums, the Power Plate Institute Brussels was designed and decorated by much-renowned French architect Jean-Luc Blais.

FITNESS ON A PLATE

Central to the building's beautiful modernity are the Power Plate machines. What are they? Well, the user is positioned on a platform that sends vibrations throughout the entire body's musculature, which allows for recuperative stretching and encourages optimal blood flow.

The body's tendons, muscles and overall flexibility have been proven to show improvement after only a few sessions, and the exercise system has already proved very popular in the United States and France, for the development of athletes and even astronauts. Power Plate can also prove invaluable for those of us with more, shall we say, 'sedentary' lifestyles, as it helps fight cellulitis, supports weight-loss programmes and simply improves overall physical conditioning.

The aim of the Power Plate Institute Brussels is to provide a training schedule for each client, assisted by a specialized personal coach, who will help them to set goals, enjoy the exercises and evolve according to

changing needs - all of which can be achieved with as few as two 20-minute meetings per week. Thanks to the optimal effectiveness of the machines, similar levels of exercise to an hour's traditional gym workout can be achieved in just ten minutes!

THE PRIZE

Together has joined forces with Power Plate Institute Brussels to offer 10 lucky readers the chance to win ten Power Plate sessions, accompanied by a fully qualified coach (each prize worth 300€). All you have to do is send your answer to the question below, along with your name, address and daytime telephonenumber, to info.togethermedia.eu, labelling your email **Power Plate Competition**. The deadline for all entries is 31st July 2011, when the winners will be selected at random. Good luck!

(i) What is the title of the lead story on www.togethermag.eu today? ☺

Power Plate Institute Brussels
Avenue Louise, 111
1000 Brussels
T. +32 (0)2 538 11 15
www.institute-bruxelles.be

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



Musicians and ministers

WRITER: FEDERICO GRANDESSO

RICKY MARTIN

Ricky Martin will be in Brussels for a hot concert in the Forest National on 8th of July, as part of his M.A.S World Tour. Ricky is set to present his new album, *Musica+Alma+Sexo*, which he produced in with artists such as Joss Stone, Natalia Jimenez and Wisin & Yandel.



DURAN DURAN

Duran Duran, the Birmingham band who enjoyed huge success during the 1980s, will be back on stage, after 18 years, in the Forest National on 12th June. *Together* met with them recently in the VIP Room during an amazing party night of the Cannes Film Festival – on 25th February, the band received the Style Award from Milan Mayor Letizia Moratti. Their world tour is a new starting point for Simon Le Bon, Nick Rhodes, John Taylor and Roger Taylor, and the success of their latest album *All You Need Is Now* proves they are still top of the pops.



DORIS LEUTHARD

In Brussels on 19th April, European Transport Commissioner Siim Kallas and Climate Action Commissioner Connie Hedegaard welcomed Swiss former president Doris Leuthard, who is now head of the Swiss Federal Department for Environment, Transport, Energy and Communications. She discussed the latest energy and transport white paper with the commissioners, as well as the energy agreement between the EU and Switzerland.



TAKEAKI MATSUMOTO

On a highly symbolic visit in this difficult period for Japan, Foreign Affairs Minister Takeaki Matsumoto was in Brussels 2nd May. Meeting with Trade Commissioner Karel De Gucht and other EU officials, Matsumoto discussed the future launch of negotiations on sealing a free-trade agreement (FTA) between Tokyo and the EU 27, with the aim of reaching an accord during the next Japan-EU summit talks scheduled for June in Brussels. ☺



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VINCENT MERCKX
EDITIONS

Wisdom from the past...

In Chinese tradition, Confucius (circa 551-479 BC) founded an ongoing philosophy. His ideas continue to influence family values, education and management in China and much of Asia in the 21st century. In his *Great Learning*, Confucius explicitly illustrates “personal development” as being the way to manage both the family and state:

“The ancients who wished to illustrate illustrious virtue throughout the kingdom, first ordered well their own states. Wishing to order well their states, they first regulated their families. Wishing to regulate their families, they first cultivated their persons. Wishing to cultivate their persons, they first rectified their hearts. Wishing to rectify their hearts, they first sought to be sincere in their thoughts. Wishing to be sincere in their thoughts, they first extended to the utmost their knowledge. Such extension of knowledge lay in the investigation of things.”

PERSONAL
DEVELOPMENT

My journey...

WRITER: HELEN KERRISON

Together's inspirational healer, speaker, presenter, coach and trainer shares a little about her road to self-awareness.

The thing is, for most of my life I didn't know I was on a journey! The fact that I was, only became clear to me about five years ago.

Although, I must admit, I did have my suspicions before then, I just didn't know what to do about it! I've always loved reading, writing, talking to people, exchanging ideas.

I DISCOVERED THAT I'M HERE TO USE MY VOICE, MY LOVE OF WORDS, BE THE PERSON I AM AND INSPIRE OTHERS

I remember writing my own 'novels' when I was eight or nine years old. Of course, they were heavily influenced by Enid Blyton and the *Famous Five*, but they were my own stories and I would spend hours writing them and dreaming about living the adventure. In my early teens, I loved discussing and debating. I loved ideas although something held me back from always expressing them...but I think that's a story for another day!

CATCHING THE BUG

The first time I went abroad on my own I was 14 and, with a school friend, I went to stay with a French family for two

weeks in the summer. I had caught the bug – both for travel and learning languages!

LISTENING

University, travel, languages, relationships, children – all these followed. Good experiences and not so good experiences...So, five years ago I began to discover why I'm really here, what I do best and what all the experiences of my life so far have been leading me towards...and it was quite an eye-opener.

I discovered that I'm here to use my voice, my love of words, be the person I am and inspire others around the world to be who they are.



How did this discovery take place?

THE MOMENT OF TRUTH

Well, if there was a “Eureka” moment, it was when I decided to do something different. Doesn't sound like much, does it? But, think about it, how often do we believe that things will change without actually changing anything? It's just a matter of doing more of the same, harder and for longer periods, we tell ourselves. Sounds silly, doesn't it? But, that's how the majority of us operate.

Well, I discovered that it doesn't work like that. I discovered that unless, I decided to change me, how I think and how my thoughts translate into behaviours, nothing would change. The ball was definitely in my court!

And it is definitely in yours too!

If you've ever caught yourself saying, “there

must be more to life than this...” or “I'll do that when I can afford it, the kids have grown up, I have more time, etc, etc...” , then it's time to do something different.

And, it starts with your thoughts ... change your thoughts and you change your life, it's as simple as that!

For me, I know that I'm here to inspire and motivate others so they can change their thoughts and their lives; so they can discover who they really are, develop their full potential and live life to the full. That's my passion. That's what I share with the people around me, the people I work with, the people whose paths cross mine.

And I'm grateful everyday because now I know where I'm going... 📍

www.insightinbusiness.com

Shape up for the beach

WRITER: RICHARD EARNEY

Summer has arrived early in Brussels, and no doubt you've got your mind set on a beach holiday somewhere exotic. Problem is, this means you need to fit into that bikini that you hardly fitted into last season...



Suddenly, panic sets in, as you remember the feeling of trying to stay covered up on the beach, while others frolicked at the water's edge. And to add fuel to the fire, like so many others over winter, you opted for the warm and snug environment of one of many Brussels restaurants and bars, as opposed to visiting to the gym.

Not good! You realize it's time to take action. Where do I start, what should I do? With an abundance of misleading information available at this time of year, we are bombarded with 'quick fix'

solutions to acquiring that 'bikini body'. Now, I'm not going to provide you with a secret solution to turn you into this year's super beach babe, but I can definitely provide some simple lifestyle considerations and guidelines to get you on your way. And they work! So, let's address the basics.

DON'T PROCRASTINATE

Make this a priority! You will never regret exercising, starting is the hard part. Ensure you have your exercise bag packed and ready to go, try to go straight after work or in the morning to ensure that you don't get lured away by other offers. Start gradual, let the body adapt, and it will quickly. From here – go for it!

SLEEP AND WEIGHT LOSS

Poor sleep can seriously harm weight-loss efforts – a bad night's sleep can leave you without enough energy for the upcoming day and it will ruin your fitness workout, disturb your metabolism, increase cravings for sugar, increase cortisol and induce an unwanted state of laziness.

BALANCED BREAKFAST

It's the most important meal of the day – it kick-starts your metabolism, keeps your blood sugar levels from fluctuating and gives you the energy to stay focused.

RESISTANCE TRAINING

Don't forget your 'weight' training. Building lean muscle tissue improves metabolism and overall calorie expenditure while toning and improving shape. Exactly what you need to look good on the beach.



LIMIT SUGAR INTAKE

Watch your sugar intake, and look out for hidden sugars you're consuming each day (anything ending in 'ose' has sugar in it). Fluctuating blood sugar levels will seriously harm your ability to burn body fat and neither will it help you to stabilise your energy or maintain concentration throughout the day.

HYDRATE

Drink water and lots of it. Increasing water intake will help all metabolic and cellular processes in the body. And no, caffeinated or sugary drinks are not a substitute.

LIMIT ALCOHOL

The lure of the terrace after work can be enticing over summer. However, we must remember that alcohol is very high in sugar and therefore calories. Alcohol sugars are absorbed directly and very rapidly from the stomach into the blood, affecting our insulin levels, and all the

'energy' that isn't used is basically stored as body fat. You won't achieve our 'beach body' with a glass of wine every night.

SUPER FOODS

Try and eat as many of the 'super foods' as possible. These foods are very high in anti-oxidants, vitamins and minerals. Perfect for helping you prepare for your holiday. **Beans, Blueberries, Broccoli, Oats, Oranges, Pumpkin, Salmon, Spinach, Tea (green or black), Tomatoes, Turkey, Walnuts, Organic Yogurt, Peppers.**

Take action and don't start tomorrow, start today. Small changes will make a big difference and you'll feel great for it! ☺

Richard Earney
Fitness & Wellness Manager
Aspria Group
www.aspria.be

Aero-naughtical, but nice

WRITER: BELLE DE BRUXELLES



Belle de Bruxelles explains why a luxury flight is the only place to join the 'Mile High Club'.

Ilicit encounters are the spice of life but the idea of making out on a plane leaves Belle rather puzzled. Why, on God's earth (or in his sky), would anyone want to spend longer than the call of nature demands in one of those teeny, cramped, stinky spaces of a bathroom? And as for the reality of being caught at your seat by a flight attendant? Spare me such blushes.

While the internet is crammed with tales of people who claim to have joined this exclusive club, one wonders whether this is the classiest way to while away those hours. For sure, we've all stood in the check-in queue and espied a dashing stranger. Perhaps there was a frisson of recognition of more to come that passed between us. But the reality of the awkwardness that would ensue? No, thank you.

Belle likes to think of her job as being to make you dream but those dreams should be just about tangible in the hope that you can one day translate them into reality. That being said, when it comes to our love lives, we should indeed be reaching for the stars so if consummating passion on a plane is your dream, then at least consider how to make it an experience to remember for the right reasons.

WE'RE IN ECONOMY, STUPID

There's no denying that riding in coach – unfortunately what most of us end up doing in these days of high fuel prices – has to be the least romantic way to spend a plane journey. You are more likely to be scrunched up rather than snuggled up to your loved one or possibly that handsome stranger in the queue. Even with the best of intentions, amorous aspirations become as limp as the airline salad.

The only way to discover Brussels is... to wake up with her.

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Turning up the heat might seem like an ideal way to get through the journey and, with enough passion, who would care about their immediate environment? But remember, that everything is good in moderation certainly applies here. Flirt to your heart's content, gaze into each other's eyes, play footsie but save the rest for after you land.

An acquaintance has a fabulous story about a business trip. Even in these days of austerity she managed to persuade her company to pay a business-class ticket, giving her the opportunity to travel in style

and get chatting to the hot gentleman in the next seat. Turning slightly pink, upon interrogation she admitted that after a couple of glasses of champagne, they shared a kiss.

That was cute and all there was to it. Just a romantic encounter on a plane that left her pulse

racing and wanting more and didn't have other passengers heaving in their seats. Another acquaintance's tale of being caught was just plain embarrassing but then who would have really believed that hiding your antics under an airline blanket was going to work?

Now if all good things come to he or she who waits, then you are in for the ride of your life once you find a more appropriate location. After hours spent travelling and teasing, what could be more luxurious than heading to the nearest fancy hotel, ordering some champagne in the Jacuzzi and attending to unfinished business. That's my idea of a travel experience to remember.

HIGH FLYERS

Still desperate to seal the deal in the sky? Then a private jet is the only way to go. Scotch that horrible image of lavatory lasciviousness and indulge yourself for a few moments in a reverie of luxury: A smooth and hassle-free arrival, ensuring your clothes (smart, of course, for the occasion) and your temperament are rumple-free on departure, and a glass of bubbly perhaps.

As you reach cruising altitude, you can demand all the space and privacy you need to take off more than your seatbelt. Admittedly, you might not get the rush one can have from the sheer naughtiness of it all but there are other reasons why sky-set passion gives a high: something about the vibrations, or even just the sense of achievement.

You'll also have one up on a couple of celebrity mile-high club members. Airline tycoon and not-so-virginal Richard Branson revealed to the world that he joined the club in the economy toilet of a Los Angeles-bound Freddie Laker flight. Perhaps we can forgive him for succumbing to the temptation since he was only 19 and himself admitted it was "every man's dream".

British actor Ralph Fiennes supposedly fared slightly better, at least if the tabloids are anything to go by. He at least made it into the business class lavatory, according to his accomplice, a Qantas cabin crew member (Fiennes has never commented on her 'confession'). But, as far as Belle is concerned, the only thing classy about this is what is printed on the ticket. ☺

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Top-flight transport

WRITER: CILLIAN DONNELLY

Together examines 'official' travel.



In January 1943, Franklin Roosevelt became the first serving US President to fly in an aircraft for official purposes. The destination was Casablanca in Morocco, and the choice of transport was a highly practical one; the threat of

TRAVEL PERKS, WHETHER BY AIR, ROAD, RAIL OR SEA, ARE STILL A LUXURY CHERISHED BY THOSE IN PUBLIC SERVICE

time that Roosevelt's successor Harry Truman took office, plans were indeed afoot for such an enterprise.

German U-Boats made passage by sea too perilous. The plane that made that small bit of history was a civilian one, a Pan-Am craft named Dixie Clipper; no one had as yet considered a permanent, standby aeroplane to transport, at a moment's notice, the Commander in Chief. However, by the

AIR FORCE ONE

In 1947, Truman signed the National Security Act which would create what is perhaps the most famous political mode of transport in existence, *Air Force One* (oddly, the President signed the legislation while on board his predecessor's old VC-54C, on which Roosevelt had travelled to Yalta in February 1945). *Air Force One* (the call sign was created in 1953 following an air traffic control mix-up with a commercial flight) has become one of the President's most obvious signs of power and freedom, name-checked and immortalized in many a movie and TV show (it's positively salivated over in *The West Wing*, for instance), acquiring over time a kind of personality of its own. It wasn't long before the rest of the world followed suit, and now the sight of world leaders zipping about the globe in a government Lear Jet is a familiar one.



TAKE THE CAR, HERMAN

Of course, not everyone gets to rise to the very top in politics, but travel perks, whether by air, road, rail or sea, are still a luxury cherished by those in public service, like European Council President Herman Van Rompuy who though it would be a good idea to take his family on a quick jaunt to Charles De Gaulle Airport in his taxpayer-funded car, a vehicle usually reserved for official occasions. The Irish government has been cutting back on travel perks, for example. Following a backlash last year directed at the previous government's excessive use of ministerial cars, the new government has, as of May 2011, decided to cut back on travel perks for senior, and retired senior politicians, reserving cars for only the highest ranking ministers.

Last year, total travel expenditure of this sort amounted to around 7.5€ million, down from over 10€m over 2008-9 (a state car, including police protection and chauffeur, costs around 280,000€ to run per annum), and the government is determined to reduce the bill further by about 4€m, according to a recent article in the Irish Examiner. There's even been talk of car pooling.

In today's austerity-hit world, such flagrant disregard for frugal expenditure is frowned upon by voters evermore conscious of the gulf between politician and citizen. If "we are all in it together" as UK Prime Minister David Cameron contends, then more than a little restraint needs to be in evidence from the political class.



HIGH FLYERS

In Europe, travel perks are also a valued commodity; just ask any Eurocrat. Aside from Van Rompuy, MEPs are only too willing to exploit vehicular privilege, as are Parliament employees, as evidenced by the well-catered chartered flight that spirits staff to Strasbourg every month.

In April, the European Parliament's Budgetary Committee rejected amendments to the annual budget that would have forced MEPs, and other EU staff, to fly economy, rather than business, class on flights of under four hours. MEPs receive an average of 192€

to travel to and from Parliament (in addition to their monthly take home salary of around 6,000€), a situation they have also voted to uphold, rejecting a further amendment that would have abolished the payment.

So, austerity may be the default economic programme for much of the globe these days, but the much touted belt-tightening does not apparently extend to discomfort. Everyone undoubtedly likes to travel in relative ease; but, unlike the majority, those who have it in their power to keep their own standard of living high will continue to do so, it would appear. ☺

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To infinity, and beyond

WRITER: ANDY CARLING



Our writer examines the continuing fascination of outer space for mankind.

Perhaps the most salient fact about space is that, the longer humanity looks at it, the larger it becomes. For much of our history, it was a mere curtain in the sky, but we learned to make use of our observations. In Africa's Rift Valley, early humans noticed the regularity of the Sun's rise and fall and later used this knowledge to introduce farming. This also explains why humanity didn't originate in Belgium; the first recorded sighting of the sun in our fair land was only in 911 AD.

THEY SAY
THAT IF YOU
CAN EXPLAIN
QUANTUM
MECHANICS,
YOU DON'T
UNDERSTAND IT

BIG BANG

Since then, our collective curiosity has led us to a fantastic series of discoveries that has not only challenged us, but our religious beliefs, which were also a product of our looking at the stars and wondering about

our place in the cosmos. We can now look at the first micro-seconds of the 'big bang' and in the depths of space, see its echoes and the formation of the first stars. The theoreticians are also on the verge of some astounding discoveries. They say that if you can explain quantum mechanics, you don't understand it, then there's string theory and the idea of multiverses, where we are in one of an infinite number of universes, some only an atom away in other dimensions.

On that scale, the 'big bang' itself becomes an utterly insignificant event.

MADE OF STARS

Then we get onto what occupies space, which turns out to be the atom, which comprises 99.99999999999999% nothing. Everything we see, including ourselves, is basically nothing.

None of this will likely come as news to Together readers, but when faced with the scope of the universe, we can feel confused, bemused, perhaps fearful, but above all else, we should feel wonder. We should also feel some sense of achievement.

It was in December 1903 that the Wright brothers made the first powered flight, which reached an altitude of 10 metres and lasted 12 seconds. A mere sixty six years later, the heroic and reticent Neil Armstrong invented moonwalking.

Those of us around back then witnessed the space race, which was decisively won when the Apollo crews not only played golf on the Moon but got around in the Lunar Rover, the ultimate off-road vehicle. Although it felt like we were at the beginning of another age of discovery, it didn't happen as we thought.



The proposed moonbase was never built, we stopped visiting and cancelled plans to land on Mars. The big change was moving away from astronaut-led exploration to the use of probes and robots. While we lost the tough young fliers who personalized the missions, the

robots went where man could not. It is extraordinary to look back on the range of probes, satellites and landings. So far, we've made successful landings on Venus, Mars and have orbited a host of celestial objects, from the moons of Saturn and Jupiter, to comets and more.

THE BIG CHANGE WAS MOVING AWAY FROM ASTRONAUT-LED EXPLORATION TO THE USE OF PROBES AND ROBOTS

LONG VOYAGE

Currently, Voyager 1 is some 10,843 million miles away, travelling beyond the solar system, at 17km per second. It is expected to keep transmitting data back to Earth – a journey that takes more 16 hours at light speed – until 2025, when the power will

run out. Then it will continue its journey, in silence, forever. Closer to home, the International Space Station's orbit passes over Belgium most days, either at around 7h or 22h, and is usually bright enough to see with the naked eye. With my phone, I downloaded a couple of apps that allow me to track it, including one with which I wave my phone at the night sky and it tells me exactly where the station is.

And when the sky is clear, it appears like a plane but without blinking lights, and it crosses the sky until suddenly vanishing as it enters the Earth's shadow. It is a beautiful sight, even more so when we realise that, inside, scientists are not only looking at space, but also examining the Earth.

Sure, it's expensive and we're in an age of austerity, but I'm glad we're doing it. Humanity is at its best when it looks outwards, when it tries to look further and to understand what lies beyond. It's what we are, it's what we do. ☺

<http://spaceflight.nasa.gov/station>

“We are each of us in this world an angel with only one wing. In order to fly we must embrace each other.”

- Ben Joseph Akiba (AD 40-135)

Jewish leader, founder of rabbinic Judaism

“Aim at the sun, and you may not reach it; but your arrow will fly far higher than if aimed at an object on a level with yourself.”

- Reverend Joel Hawes (1789-1867)

Massachusetts religious leader

“People in high life are hardened to the wants and distresses of mankind as surgeons are to their bodily pains.”

- G. K. Chesterton (1874-1936)

English writer

“Flying may not be all plain sailing, but the fun of it is worth the price.”

- Amelia Earhart (1897-1937)

Noted American aviation pioneer and author

“I have found adventure in flying, in world travel, in business, and even close at hand... Adventure is a state of mind – and spirit.”

- Jacqueline Cochran (1910-1980)

Pioneer American aviator, considered to be one of the most gifted racing pilots of her generation

FLYING
HIGH

Jean-Pierre and Luc Dardenne

WRITER: : FEDERICO GRANDESSO

Together is honoured to chat with the Wallonian cinematic maestros, Jean-Pierre and Luc Dardenne, whose work is marked by simple human stories that have been the recipients of numerous international awards.

In 1999 with *Rosetta* and 2005 with *The Child*, the brothers lifted the Palme D'Or at Cannes, notable recognition for Belgian cinema on the Croisette and, most recently, their film *Lorna's Silence* was awarded Best Screenplay in Cannes 2008.

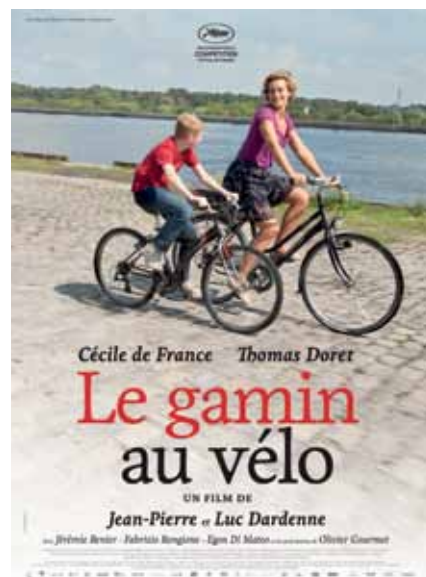
'OUR FILMS ARE ALWAYS DEVELOPED IN THE AREA OF SERAING, WHERE WE HAVE WORKED FOR MANY YEARS, BUT AT THE SAME TIME WE BELIEVE THAT THEY ARE UNIVERSAL STORIES'

Their latest work, *Le gamin au vélo* (2011) explores familiar territory, with a young boy, Cyril (Thomas Doret) who's abandoned by his father and left in the responsibility of unqualified childcare provider Samantha (Cécile De France).

INTERVIEW EXPRESS

Together: How you were influenced by the Italian neo-realism cinema?

JP & L: *I really don't know if you can find Italian neo-realism in our films, but in this movie you do find the bicycle and a boy. Jean Pierre and I when we were young, at the age of 16, we saw some Italian movies of Rossellini for example; for sure these movies more unconsciously than consciously influenced us a lot. To give you an idea I can quote remarkable movies like: Rome Ville ouverte, Allemagne année zero, Europe 51, Paisà, L'amore and Les Onze Fioretti de François d'Assise. We also loved Pasolini – these masters were and are very important to us. But it's up to you to say if you see this influence in our movies.*



How did you work on the different characters?

We wanted to show the story of a boy who is alone in the world who meets a woman and the big question is whether this woman will be able to save him, and whether the boy will accept her love and allow himself to be saved? As far as the motivation of the woman Samantha,

played by Cecile de France is concerned, when she meets the young boy Cyril for the first time, he suddenly embraces her so passionately that they both fall to the ground. It is at this moment Samantha that understands that the boy will change her life too, and she has to decide whether to offer her love to help and save him.



There are two negative protagonists in the movie, the father and the drug dealer. What were your inspirations for these two characters?

We see the real father who abandons his son because he wants to be free of obligations, then we have another man, the drug dealer, who could be a second father. He shows the boy an unknown, seductive world, but it's an illusion – first he has to accept not being loved by his father, and this is very difficult, even though Samantha is helping him. Then the second man arrives, and Cyril is forced to accept that he's being lied to all over again. The story of the movie is constructed around a boy who has to shirk his illusions thanks to someone he loves.

Where did you find the inspiration for the story?

It's always very difficult to answer such a question, but it started with a story that someone told us many years ago while we were in Japan, the story of a Japanese boy in the same situation as Cyril; the boy in this case was left by his father in an orphanage, then never came back. We were very touched by the story, we spoke a lot about it, then the character of Samantha came about, and it is she who is in some way pre-destined to save Cyril. So we took out the 'Japanese boy', put the two protagonists together and this was the start of the story.

You both travel a lot, which are the cultures that have most influenced you?
We are deeply European, even though we are interested in other cultures. Our films are always developed in the area of Seraing, where we have worked for many years, but at the same time we believe that they are universal stories. We normally don't travel a lot; it's our movies in fact that have given us the opportunity. It's true that travelling is very interesting, not for filming, but to discover other ways of living, which makes you reflect on your own daily life.

How do you feel to be back on the Croisette at this point in your careers?
We have been in Cannes previously with different films, this time we are very hopeful because the movie has been selected for

the competition. We obviously feel the tension concerning the critics that we will be facing, even though, for the first time, the film will be released in other European countries such as Italy, Switzerland, Belgium and France at the same time as Cannes. In short, as directors we're obviously very anxious, but in a positive way, about how the movie will be received.

Are you thinking about working on previously unexplored topics or genres?
We have other ideas with other scripts we have written, but we will continue working in the same direction, because I don't think it's our thing to do 'genre' movies, such as a musical comedy, a western, a 'noir' or a war movie. But, you never know...il faut jamais etre prophete de son propre travail! 🍷





In need of inspiration?

This month on www.togethermag.eu

Random things you could buy
at the flea market

Thoughts on leaving Brussels

‘Sitting on a cloud’

WRITER: PATRICIA KELLY



Winning team (left to right): Taisa Geudens (support), Dario Milliau (navigator), Belgian ballooning champion Steven Vlegels (pilot), Kenneth Van Damme (driver)

‘FOR ONCE YOU HAVE TASTED flight you will walk the earth with your eyes turned skywards, for there you have been and there you will long to return.’ – Leonardo da Vinci.

‘YOU CANNOT STEER LEFT OR RIGHT, IT’S NOT LIKE RIDING A BIKE, YOU HAVE TO GIVE UP CONTROL AND USE DIFFERENT WIND FLOWS AND DIFFERENT ALTITUDES’

Flying in a hot air balloon cannot be compared to flying in a plane: it’s peaceful, calm

and quiet – like sitting on a cloud and watching the world float by. This is what

I’ve been told by people who have likened their balloon ride to a spiritual experience. I’ll have to take their word for it, because nothing on earth would persuade me to step into what resembles a laundry basket attached to a nylon bag with holes in it full of air and drift skywards with no steering wheel in the company of highly inflammable liquid gas and an open flame.

WIND BOAT

Belgium’s reigning ballooning champion Steven Vlegels likens flying a balloon to sailing a boat into the wind, zig-zagging to the destination point. “It goes with the wind flow,” says Vlegels. He tries to explain: “You cannot steer left or right, it’s not like riding a bike, you have to give up control and use different wind flows and different altitudes to get to where you want to go.”

One person I know who will never step into a balloon again claims the pilot failed on take off to clear a copse of trees: “I can only describe it as being dragged through a hedge backwards.”

The big risks, according to Vlegels, are thunderstorms or flying into power lines, or fire on board caused by a leaking gas bottle or connectors. “Very rare,” he states, adding that high wind on landing could drag the basket on its side “resulting in a bruised knee or elbow”. He adds, comfortingly: “In most landings, the basket comes to a complete standstill.

VLEGELS’ VERVE

During five days at the beginning of June Vlegels, 38, will fly in Friesland in northern Holland to fight off challengers to the title he’s held since 2009. Ranked tenth in the world at last year’s world championship in Hungary, Vlegels has been an enthusiast since his early teens, jumping on his bike to follow balloons he saw flying over his house. At 16 years old, he joined a crew in what’s known as the chase vehicle, people who help inflate the balloon and then follow it to its destination to help recover and deflate it on landing. He got his pilot’s licence 12 years ago, followed by a year of theory organized by the Belgian aviation authorities, then a series of instruction flights.

“Most people are ready to go solo and take the final exam after between ten and fifteen instruction flights,” explains Vlegels, who flies on average around 70 times a year between April and October, depending on the weather. The cooler hours at the beginning and the end of the day are best, when the wind is light, making it easier to launch and land.

It is possible to fly in winter, but he warns that the weather isn’t as reliable, and fields where a balloon might land aren’t as accessible in rain and mud.

PEACE IN THE AIR

Passengers in the basket, or gondola, feel absolutely no wind except for short periods when the balloon is climbing or descending into different air currents. Altitude is controlled by changing the temperature inside the balloon itself, known as the envelope, using the propane gas burner.

With the ride itself described by one passenger as being so peaceful “you can hear yourself think”, there is nothing tranquil about organizing the flight, which can take up to six hours beforehand. With one eye on the weather forecast, certain

regulations must be followed, the team alerted, fuel topped up and air traffic controllers informed so there is not only a clear idea of how many balloons there are in the air at any one time but also where they are.

Balloons can rise to between 100 and 1,000 metres depending on airspace regulations – not so high when close to an airport – and to 1,500 metres without contacting the tower in uncontrolled airspace. They go a lot higher when pilots are aiming for an altitude record, which Indian philanthropist Vijaypat Singhania achieved at the age of 67 in 2005 with a world record 21,290 metres.

Closer to the ground, Vlegels says the rules of the air are clear: “Balloons have priority, they have the right of way, and everyone watches out for us – visually, we are easy to spot.”

Radios make it easier for contact between the pilot and the chase crew if visual contact is lost and pilots use cell phones once they’ve landed to tell the crew where they are.

“We try to land where there are no crops or animals,” says Vlegels, adding: “Most farmers are friendly.”

Some balloonists compete to set records for height, distance or duration – the entrepreneur Richard Branson, for instance, co-piloted a hot air balloon in a record-breaking flight across the Atlantic in 1987. Several years later he broke the world distance record co-piloting a balloon across the Pacific, although a 1998 attempt to fly round the world saw the balloon landing in the Pacific Ocean.

Incidentally, it was Hollywood that added balloon flight to the Jules Verne classic *Around the World in 80 Days* – the original Phileas Fogg went by train and ship.



A typical racer balloon, with its small 'tear-drop' shape for faster ascent and descent

ABOVE ALL, ACCURACY

The basic principle behind competition ballooning as practised by Vlegels is accuracy, using the wind at different heights to steer the balloon as close to a specific target as possible. A naval architect for a living, inspecting ships for seaworthiness, he says the precision of piloting his balloon to a specific spot gives him "a kick" and is the reason he competes.

Competitors fly towards selected goals, which could be a bulls-eye in a field or a crossroads visible from the air, to drop a marker on the spot – usually a sandbag. For a perfect drop, Vlegels says the balloonist has to be flying low; the marker dropped closest to the target wins. The average ground crew are "fanatics", according to Vlegels, who have their own challenge of racing overland from lift-off to the target to witness their pilot drop the marker.

An average competition flight can last two to three hours with up to three different drops, or tasks, per flight and up to six flights per championship. A good championship, according to Vlegels, involves about 20 various tasks, admitting that luck plays a part if the wind isn't cooperative.

Competitive ballooning isn't a cheap sport: sponsored by a wholesale butcher, the name plastered across his balloon, Vlegels flies solo; a competition balloon is smaller than a passenger balloon – it goes up and comes down faster. The going rate for one of these is about 20,000€; a balloon with a gondola that could hold up to ten people runs at 70,000€. Maintenance has its costs and competing internationally can get expensive, although most balloonists treat the whole experience as a vacation to justify the cost.

RISING COSTS

Since the 9/11 Twin Towers attack, aviation insurance has almost trebled – incredibly, this includes similarly increased premiums for hot air balloons. Vlegels covers his costs by participating in a ballooning club hosting passenger flights. Numerous companies advertise balloon flights – around 150€ per person – but potential customers are advised to check out both pilot and insurance before taking to the air.

For Steven Vlegels, falling out of the sky isn't a problem: if it happened, which again he claims is rare, he says the balloon itself would break the descent, which is why balloonists don't bother to wear parachutes. He claims to be more concerned about the land he views from his floating balcony; a growing lack of open spaces, he says, increasingly built up and cultivated. ☐

www.ballooning.be



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Flying with the sun

WRITER: PATRICIA KELLY

Bertrand Piccard



The world's first solar-powered aeroplane will make its maiden voyage to Brussels at the end of May, and is expected to be put on public display in the capital for the first time.

A Swiss psychiatrist, following in the family footsteps of a long line of scientific adventurers, is planning to fly round the globe in the plane he has developed. Inventor, explorer and champion

balloonist Bertrand Piccard, 53, says the objective is to re-enact the history of powered flight using only solar energy, in an aircraft capable of remaining airborne without producing any polluting emissions.

'SOLAR IMPULSE'

With Brussels chosen as a first destination on the plane's maiden voyage, in deference to sponsorship of Piccard's 'Solar Impulse' project by the European Commission, test flights have been carried out during the last few months in the area of Payerne in Switzerland to verify satellite communication systems and air-traffic integration procedures. Piccard says that testing has been successful and the project is now "in the definitive phase".

As *Together* was going to press, the plane was due to be on show in Brussels from 23 to 29 May before an attempt to fly it to Paris-Le Bourget for the 49th International Paris Air Show. In 1999 Piccard, alongside Englishman Brian Jones, captained the first non-stop round-the-world balloon flight, achieving the longest flight in duration and distance in the history of aviation.

HIGH FLYERS

Born into a family of explorers and scientists, his grandfather Auguste Piccard, a physics professor at the Free University in Brussels (ULB-VUB), was Belgian cartoonist Herge's inspiration for the "nutty professor" Cuthbert Calculus in the *Tintin* books. *Star Trek*'s Captain Jean-Luc Picard was named after Auguste's twin brother Jean Piccard, also a high-altitude balloonist, who emigrated to the United States.

A chemist and engineer, Jean co-invented the plastic balloon with his American wife Jeannette, a chemist and latterly a NASA consultant, who flew a balloon to the edge of space, holding the women's high altitude ballooning record for nearly three decades.

Back in Europe, Auguste designed balloons that made record-breaking altitude flights and became the first person to explore the stratosphere, the upper atmosphere, where he measured cosmic rays. Using similar technology, modifying the cockpit he had designed for high altitude, he went on to invent the bathyscaphe, a pressure resistant

capsule designed for underwater use and the world's first passenger carrying submarine, to explore the depths of the ocean. Auguste's son Jacques – Bertrand's father – further developed the bathyscaphe and in 1960, financed by the US Navy, led a team to the bottom of the ocean, the deepest ocean trench known to man, nearly 36,000 feet below the surface – at 11 kilometres it is equivalent, going the other way, to the altitude at which planes now fly. It remains on record as the deepest ever manned dive. ☺

www.solarimpulse.com





HEIGHTS OF PLEASURE

PHOTOGRAPHER & RETOUCHING: YVAN BARBERA
STYLING: JESSIE VAN OSSELT
MAKE-UP & HAIR: VINCENT DEKOCK
MODEL: LAURA-ANN LEFEBVRE
MODEL AGENCY: SAI-CONCEPT
SHOOTING PLACE: LA RÉSERVE PARIS - WWW.LARESERVE-PARIS.COM

Top:
AMERICAN VINTAGE

Shorts:
EDITH & ELLA


Socks:
WOLFORD

Shoes:
TIM VAN STEENBERGEN

Bag:
AWARDT

Bracelets:
SONIA RYKIEL

Belt:
LIU JO



Dress:
DORA ABODI

Blazer:
BENETTON

Socks:
FALKE

Shoes:
ROBERT CLERGERIE

Glasses:
LAFONT

Ring:
BCBG MAX AZRIA

Suitcase:
SAMSONITE



Jacket:
SUPERTRASH

Top:
HOSS INTROPIA

Trousers:
WE

Shoes:
NICKY VANKETS



Bra:
HUNKEMÜLLER

Skirt:
BOBG MAX AZRIA

Shoes:
FRATELLI ROSSETTI

Earrings:
ELISABETH LANDELOOS

Necklace:
TOV ESSENTIALS

Bag:
HOSS INTROPIA



Dress:
HOSS INTROPIA

Necklace:
RIA & ZITA



Bolero:
BENETTON

Bikini:
PATRIZIA PEPE

Skirt:
LAURA BUDRONI

Shoes:
SONIA RYKIEL

Bag:
RABEANCO

Earrings:
HYPNOCHIC

Necklace:
BOBG MAX AZRIA

Bolero:
BENETTON

Bikini:
PATRIZIA PEPE

Skirt:
LAURA BUDRONI

Shoes:
SONIA RYKIEL

Bag:
RABEANCO

Earrings:
HYPNOCHIC

Necklace:
BCBG MAX AZRIA

Bracelet:
FREY WILLE



Top:
DORA ABODI

Shorts:
EDITH & ELLA

Socks:
ANNEMIE VERBEKE

Shoes:
BENETTON

Earrings:
HYPNOCHIC

Bag:
LA POMME DE LOVELY



Vicenza and Basel 2011: Watches and jewellery

WRITER: DELPHINE STEFENS



2.

The Duchess of Cambridge's engagement ring triggered a revived interest for blue sapphires but rubies and especially emeralds are also engaged in a comeback of their own. Actually, color is everywhere going from colored diamonds that are going strong to semi-precious stones that firmly hold their ground. The mood is playful with lots of flowers and animals giving you dazzling jewelry that is both fun and glamorous!



1.



3.

1. PASQUALE BRUNI

Animalier fox terrier pendant in white gold with diamonds and emeralds by Pasquale Bruni
www.pasqualebruni.com

2. MATTIOLI

Lotus ebony cuff with rose gold, rubies, prasiolites and amethyst by Mattioli
www.mattioligiolielli.it

3. MARCO BICEGO

Jaipur pendant in yellow gold with semiprecious stones by Marco Bicego
www.marcobicego.com

4.



5.



6.



8.



9.



10.



4. ANTONINI

Porto Cervo chandeliers earrings in rose gold with iolites, amethysts, chalcedony and diamonds by Antonini
www.antonini.it

5. ISABELLE LANGLOIS

Fleur ring in pink gold with diamonds, pink sapphires and amethyst by Isabelle Langlois
www.isabellelanglois.fr

6. ROBERTO COIN

Octopus cuff in yellow gold with colorless and brown diamonds by Roberto Coin
www.robertocoin.com

7. PIPPO PEREZ

Terracielo frog ring in white gold with diamonds and green garnets by Pippo Perez
www.pippoperez.com

8. CHOPARD

Animal World Collection duck ring in yellow gold with yellow diamonds, amethysts, Paraiba tourmalines, blue and orange sapphires, topazes, lazulites and blue cabochon sapphires by Chopard Haute Joaillerie
www.chopard.com

9. CASATO

Fleur du Désert pink gold pendant with coral and diamonds by Casato
www.casatogiolielli.com

10. ELENA MARTINICO

Peninsula earrings in yellow gold with coral, diamonds and semiprecious stones by Elena Martinico
www.elenamartinico.it



1.



2.



3.



4.

1. CHANEL © J12 CHROMATIC

The iconic J12 no longer needs an introduction, but the color chromatic is radically new. It's still ceramic but titanium ceramic; it's neither black nor white but an oscillation between both. This very light yet highly resistant material is both colour and non-colour, forever changing as it reflects light. For even more sparkle, consider a model with round or baguette-cut diamonds.

www.chanel.com

2. PATEK PHILIPPE © AQUANAUT TRAVEL TIME

Travel in style as the casual contemporary classic is now joined by a Travel Time model with a new mechanical self-winding movement and two hour hands indicating two time zones, local time and home time. The dial also sports two day/night indicators and an analog date.

www.patek.com

3. HERMÈS ARCEAU TIME SUSPENDED

You'll wonder why you didn't think of it: a watch that makes you forget about time. Hermès pulled it off with an exceptional complication: press a button located at 9 o'clock and time stops, so to speak, as both the hour and minute hands gather around 12 o'clock while the retrograde date hand disappears from view. Time Suspended. When you're ready, press the pusher again and the watch will give the exact time and date bringing you back to the here and now, so to say.

www.hermes.com

info-fulltime.be/hermes-fr.php

4. ANONIMO CARBON DIVER

The Florentine brand has been experimenting with bronze for years now but this limited edition illustrates Anonimo's more recent interest in carbon for its lightness and strength and wide use in shipbuilding. Inspired by the Sailor Diver, this sports model is meant for recreational sailing and diving hence a rather slender look compared to the Professionale line while still a high performance watch and definitely fit for wet and business suits alike.

www.anonimo.com



5.



6.

5. BREITLING AVENGER SEAWOLF CHRONO

Last year's Blacksteel Limited Edition of the Avenger Seawolf Chrono was the color of the abyss with a hint of red. For the 2011 limited edition, black is still the keynote but with a touch of yellow or orange while the greatest attribute still lies within the case; thanks to an exclusive and patented magnetic push-piece system it is the only chronograph to be watertight and fully operational at a record depth of 1,000 metres.

www.breitling.com

6. OMEGA SPEEDMASTER CO-AXIAL CHRONOGRAPH

Ever since the Speedmaster Professional was first worn on the moon in 1969, it is often referred to as the Moonwatch and while this latest addition to the Speedmaster family has a lot in common with its iconic antecedent, the main differentiating feature is of course a new and innovative movement that is revealed through a scratch-resistant and anti-reflective sapphire case back.

www.omegawatches.com



7.



8.

7. TUDOR GRANTOUR DATE

Tudor's Grantour line is devoted to passion for motor sports and all models are equipped with bistable pushers that are lockable at one eighth of a turn and satin-finished streamlined lugs. Some of this year's enhancements include new beveled hour markers and the flange with minute markers.

www.tudorwatch.com

8. BELL & ROSS BR 01 TOURBILLON AIRBORNE

Created in 2009, this particularly sophisticated model is one of the two limited editions offered in 2011. Consistent with the original's military symbolism, it now features an exclusive movement and four complications: a tourbillon, a precision indicator, a regulator and a power reserve indicator. The combination of the tone-on-tone "phantom black" DLC-finish titanium case with the black shagreen strap make this tough talisman watch more elegant than ever before.

www.bellross.com

S.M.A.K in your face

WRITER: ZSOLT KOZMA

Together highlights current exhibitions at Ghent's Municipal Museum of Contemporary Art, S.M.A.K.

While it is the capital of Belgium, and not only of Europe, Brussels is, nevertheless, only one of the significant cities in Belgium in terms of fine arts.

Brussels, of course, has institutions such as the Wiels Contemporary Arts Centre, the Argos, the Bozar and many fine

THE WORKS OF
TODAY'S ARTISTS
ARE JUXTAPOSED
WITH PIECES
SELECTED IN
1980 BY HOET,
DEMONSTRATING
WITH
REMARKABLE
CLARITY THE
CHANGES IN
ISSUES, THOUGHT
AND ARTISTIC
METHODS

galleries, including the Baronian Fancey, Xavier Hufkens, Almine Rech, Messen De Clerq and Aeroplastic showing a generous variety of the Belgian and international art of today and the recent past, catering, at a high standard, to all tastes from experimental to more traditional.

Art Brussels, the annual contemporary art fair that traditionally takes place in late April, is by now one of the entries marked with a red exclamation mark as a "must visit" in international collectors' agendas.

FURTHER AFIELD

Meanwhile, when it comes to where the country's leading artists live and work, it is usually not Brussels, but rather Antwerp (Luc Tuymans, Jan Fabre, and Panamarenko, with the latter having officially declared his retirement from art) and Ghent (Wim Delvoye, Michaël Borremans), or even abroad (Francis Alÿs, in Mexico) where they are to be found. Of course, considering that Ghent or Antwerp are less than an hour from Brussels by train or car, it does not really seem to matter where these artists are based, from the point of view of their visibility to the audience.

What does matter, however, for many decades, Antwerp has been one of the points of reference for progressive art in Europe, and Ghent has also been noted for its openness and support of the cutting edge in contemporary art. And this is where the role of a particular institution, and a particular person thereof, is to be discussed in a little more detail.





The Museum for Hedendaagse Kunst was established in 1975 as the first contemporary major institution to focus on contemporary art. Its director, Jan Hoet (1936), was already a highly reputed art expert and curator at the time, and has become a legend in the international history of art for the past 40 years, curating, among many others, the 1992 edition of the Documenta in Kassel, Germany.

Hoet's excellence in his field was recognized in many ways, such as becoming Knight of the Order of Arts and Letters by the French Republic, and being knighted by King Albert II of Belgium in 2000.

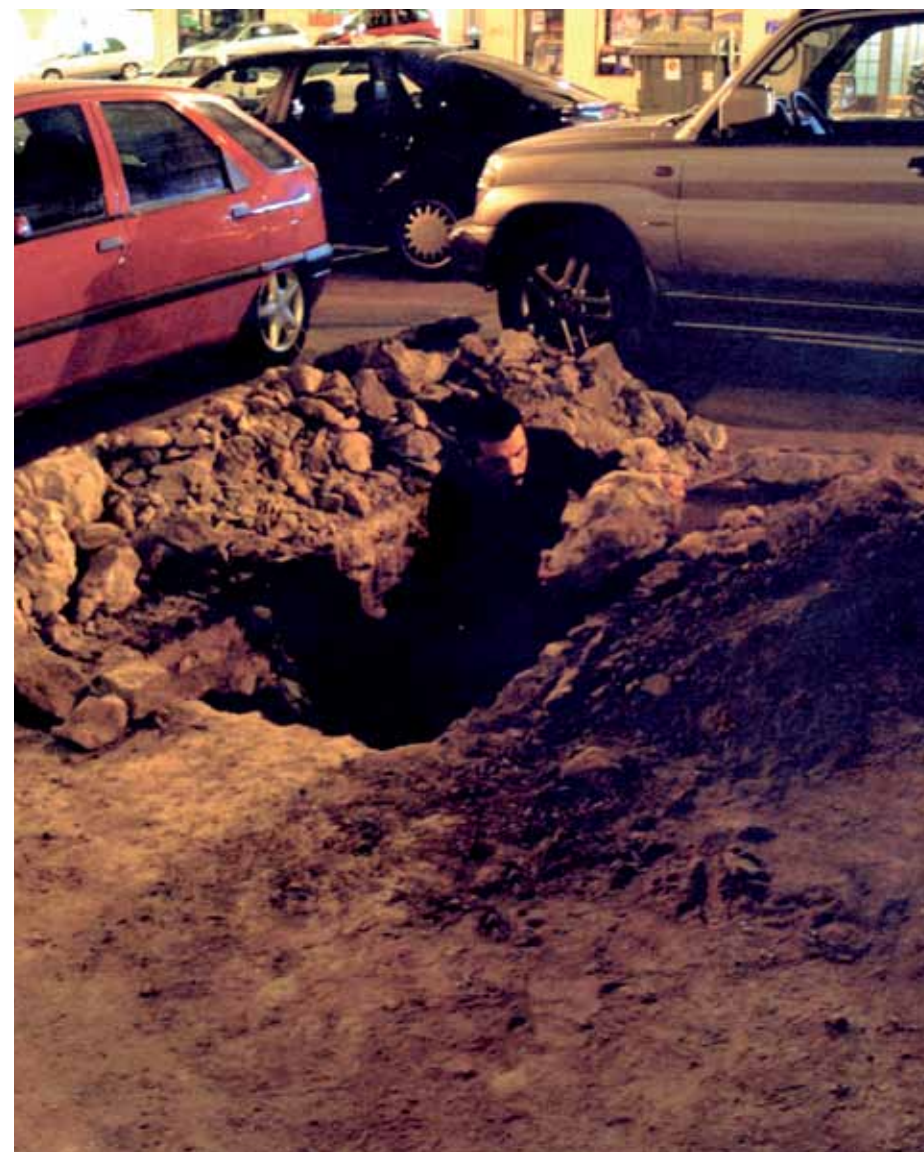
The service that earned him such distinction included being the visionary leader of the Museum for Hedendaagse Kunst and its successor, the Stedelijk Museum voor Actuele Kunst (Municipal Museum of Contemporary Art, S.M.A.K), which opened in 1999. He held the post of director until 2003 and subsequently became artistic director of the MARTa museum in Herford (Germany).

HOET IN HUNGARY

In 1980, Hoet travelled to Hungary, and selected works by six artists that, in his view, represented the directions, ideas, issues and positions of the avant-garde of that country behind the Iron Curtain, using forms of art that were readily accessible to the western public. This exhibition served as the basis for Joy and Disaster, a major show of the work of eight of Hungary's prominent artists today on view at S.M.A.K until 5th June. In the show, which is curated by Zsolt Petrányi, former director of the Mucsarnok (Kunsthalle), Budapest, the works of today's artists are juxtaposed with pieces selected in 1980 by Hoet, demonstrating with remarkable clarity the changes in issues, thought and artistic methods over the past 31 years in eastern Europe.

Besides Joy and Disaster, current, highly recommended exhibitions include German sculptor Michael Sailstorfer's Raum und Zeit (until 3rd July) and Agua Caliente/Hot Water, Spanish artist Carlos Rodríguez-Méndez's huge minimal sculpture in the Kunst Nu room (until 5th June.) 📍

www.smak.be



Why women tend to retire better than men...

When it comes time to leave the work world behind, it seems women may be better suited to a life of leisure than men.

A recent Harris Decima survey commissioned by BMO Financial Group suggests that even though, on average, women are less financially prepared than men, they are more likely to enjoy their retirement. The fact that women are happier than men in retirement seems to defy the odds, since women face certain statistical obstacles when planning for their senior years. Women, on average, outlive men, which creates a longer, more costly retirement. They also tend to earn less than men during their working years, which leads to a smaller retirement nest egg.

Tina Di Vito, head of retirement strategies at BMO, explains: “Historically, men’s identities have been very closely tied to their work, so when they stop working, they find they haven’t replaced work with something that gives them a sense of purpose. This is reflected in high rates of depression and anxiety among men,” she wrote in the report.

“Men would do well to keep in mind that retirement is a life event as well as a financial event, and that preparing for the social aspect of retirement is equally important as preparing for its finances.”

www.bmo.com

LIFE OF LEISURE

Beat the 'burn out' at La Réserve

WRITER: DAVID MC GOWAN



It was the month of January, the festive season was just over and it was time to go back to work. All batteries should have been charged, except it just didn't feel that way, as far as I was concerned.

BURN OUT BECKONS

2010 had been a tough year, and I was still feeling it. I just couldn't find the energy to start work – it was like being on the way to a 'burn out', like some of my friends. In a nutshell, my mood at the start of 2011 was pretty gloomy.

Then, out of the blue, I was invited to Geneva to stay in La Réserve, there to experience their 'better ageing' treatment.

That sounded to be exactly what I needed. But would it do the trick, I wondered? Would it give my batteries that much-needed recharge?

Still feeling groggy when I arrived at La Réserve, my mood improved with seeing the stunning décor and the welcome from the extremely friendly staff.

It all starts the moment you walk in, with the unique and enchanting aromas of the establishment's scented candles. I waited in the lobby, admiring the cigar room with its aged wines, rare cigars and art library. We were guided to my room, where the attention to detail really stood out – I even had a personal library to enjoy.

MONT BLANC FROM YOUR WINDOW

If you have chosen a lake view, you can admire Mont Blanc every morning and night – it's a truly inspiring view. I had to try out the Japanese toilet – as it was my first encounter, I found myself pressing various buttons without really knowing what was going to happen, before unwittingly turning on the toilet fountain and managing to flood the bathroom, with the next few minutes spent mopping the floor. Even more stressed, I went down to meet the group.

SPA AND AWAY

We were taken to the spa, and it was here that I first realized we were in for something very serious, and very special – I had never seen anything like it. After a private meeting with a nutritionist, physiotherapist, doctor, professional masseuse and special trainer,

it quickly became apparent why I had been feeling as I had – in short, my diet was poor, I had been working too hard and sleeping badly. The perfect cocktail, in fact, for a break down – the only thing that had saved me from a 'burn out', perhaps, was the fact that I go to the gym.

I learned that instead of drinking a litre of coffee in the morning, one coffee with fruit, brown bread, jam and a fruit juice would set me up for the day. Instead of having a few Cokes per day, I was instructed, I should instead try sparkling water with fresh lemon juice – it wasn't so obvious to me at the time that it was in fact my diet that was making me feel so run down. Like many people, I was drinking coffee to be energized, when in fact it was having the opposite effect, with the caffeine making my heart pump excessively, which in turn was tiring me out.



HEALTHY ENJOYMENT

Of course, the emphasis is on healthy food with the spa's menu, but the good news is that La Réserve's regime lets you enjoy your food while eating healthily at the same time, and there is even a chocolate cake on the menu. Let the experts explain that one, please.

So, it was time for the treatments, all of which were designed to target three key areas: healthy age management, nutritional advice and deep relaxation. It's an approach targeted to individual needs

following a personal assessment, with 17 private treatment rooms, an indoor pool, fitness centre, hair salon, sauna and steam bath, in 2,000 square metres dedicated to the art of well being.

The special programmes, such as better aging are for stays between four, seven and 14 days, with the latter including a blood test accompanied by a full check-up. La Réserve has also developed specific detox programmes, all of which are designed to improve your health and help you live longer.



A SUCKER FOR A GOOD MASSAGE

I did have a slight preference for the full body La Réserve massage, with a sucker drawing the impurities in your skin to the surface, which are then massaged away. An unforgettable experience. In addition, the three on-site restaurants provide great food in relaxed and friendly atmospheres, and the TSE FUNG Chinese restaurant is particularly renowned.

The whole trip was excellent – we stayed three days in La Réserve without once going outside, which felt a little strange, as I couldn't remember having ever staying indoors for so long, but it didn't seem long at all and I didn't miss the outdoors one bit. When I returned home, I was full of good intentions. I talked with my wife about

shopping differently, eating nuts and fruit instead of crisps and drinking sparkling water with fresh lemon juice instead of Coke. Of course, she laughed, saying she was curious to see how long this would last before the bad habits kicked back in. For myself, my good intentions did last a few months and helped me through a difficult time, allowing me to regain the energy needed for a healthy and active life. And what about now, five months later? I think it's time to go back! 🍷

La Réserve Genève: Hotel and Spa
Route de Lausanne, 301
1293 Bellevue
Geneva
Switzerland
T. +41 (0) 22 959 59 59
www.lareserve.ch

Le Mas Candille

WRITER: DELPHINE STEFENS

Relax, unwind and indulge your senses on the French Riviera!

Relais & Châteaux is known as being a collection of fine hotels and gourmet restaurants and Le Mas Candille is definitely both. And more, for this five-star hotel with a Michelin-starred restaurant also features a Shiseido Spa.



Located just a stone's throw from the medieval hillside village of Mougins, **Le Mas Candille** is ideally situated in a beautiful private park with century-old cypress and olive trees offering stunning views of Grasse and the Pre-Alps. The main edifice, the mas or farmhouse in Provençal, is an 18th-century building that served different purposes before it was turned into a hotel in the 1960s. The owner, Mark Silver, fell in

love with this idyllic location in 1999 and the potential he envisioned for it came into being in 2001. Ten years later, three separate buildings, two restaurants, three pools, a gym, a spa and even a boules court perfectly blend into a harmonious whole catering all wants, needs and moods.

LE CANDILLE

The Villa Candille, the latest addition to the lot, opened in 2009 and is where I stayed. It features four suites measuring 70m² and two measuring 55m², with 25 and 40m² terraces. The style is classical yet contemporary and ample picture windows display panoramic views. The roofs are planted with herbs and look like hanging gardens from above. And above is where the gastronomic restaurant Le Candille lays, the main attraction during my sopping stay.

Known as one of the best restaurants on the Côte d'Azur, **Le Candille** is located on the main floor of the mas and is open all year and to non-residents. Before entering the actual restaurant, there is a large and cozy bar with a fireplace; and there's also a separate smoking room for cigar lovers. The restaurant has large window panes that allow for a beautifully sun-drenched and scenic lunch in winter while chandeliers and draperies convey a friendly intimacy by night. Once the weather permits, the window panes are removed and everything from aperitif to pousse-café can take place outside on terraces flanked by greenery.

Executive One Michelin Star Chef **Serge Gouloumès** offers an elegant and truly Mediterranean blend of Italian and Provençal cuisine with an occasional exotic touch as a reference to his previous postings as well as a hint of his original Gascony. At lunch, Le Candille offers an appealing weekly menu according to the Chef's *retour du marché*.

For dinner, the gastronomic menu included, among other mouthwatering appetizers, an unforgettable Candille foie gras tatin with armagnac and some exquisite mi-cuit scallops with port wine caramel, gourmet nut brioche and whipped celery with truffles. Two main courses that captivated my attention and taste buds were the magnificent pigeon pie with foie gras, wild mushroom duxelle, celery mousseline and press juice thickened with armagnac as well as the breast of duck glazed with red-onion caramel. The selection of cheeses is remarkable and for dessert, I recommend the sugar sphere with tropical fruit, slender slice of mango and coconut garnish. And, the tray of *mignardises* stars the best marshmallow I ever had! The service is polite and the sommelier most helpful in pairing wine with food; nothing noteworthy



except that he is from Alsace and yet recommended a delicious Jura wine (or was it a Jurançon?) to go with the foie gras while I inquired about a safe bet like a *vendange tardive*.

From May till September, the poolside restaurant **La Pergola** opens for lunch, snacks and a full bar service; during July and August, it is also open for dinner. And on top of heading both restaurants, Serge Gouloumès also shares his love for good seasonal produce and talent for technique by giving cooking classes in which participants shop, cook and lunch together in the Chef's kitchen. Other noted activities at Le Mas Candille include golf and dolce far niente.

Indeed, Mougins is a paradise for golfers and Le Mas Candille partners with seven prestigious golf courses all less than thirty minutes away by car: Golf Country Club de Cannes Mougins and the Golf du Royal Mougins, Saint Donat, Opio Valbonne, Grande Bastide, Claux-Amic, St Endréol and Taulane. I'm not much of a golfer but occasionally excel at idling, even more so when offered the perfect remedy to a hectic lifestyle.





SHISEIDO SPA

The Shiseido Spa at Le Mas Candille was the first to open in Europe in 2002. Since then, it has grown ever more popular and been awarded the Relais & Châteaux Spa Trophy. Everything at this spa is infused with Zen, both literally and figuratively, and

**EVERYTHING
AT THIS SPA IS
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LITERALLY AND
FIGURATIVELY,
AND CENTERED
ON THE BALANCE
OF 'QI' OR THE
VITAL ENERGY
THAT RUNS
THROUGHOUT THE
BODY**

centered on the balance of 'Qi' or the vital energy that runs throughout the body. I had known and used Shiseido products before but this was my first experience with the Qi Method. And it was good. Actually, it was better than good, it was as every sophisticated spa treatment should be: perfect. The Qi massage method was developed in the late

eighties as a combination of Oriental pressure points with Western massage techniques. Hot towels are applied throughout the treatment to provide a comforting feeling of warmth while enhancing relaxation as does Aroma Breathing.

For lack of time, I choose a Qi face treatment rather than a full body massage. It was an intensive moisturizing care and



never had a face treatment actually relaxed me so deeply from head... to toe. For once, I did, as instructed, relax a little while longer on the massage table after said treatment but when the beauty specialist came to guide me through the applied protocol and into the relaxation room for a herbal tea, I was still in a daze and not very coherent. My consultant, Emmanuelle, was patient and hopefully forgiving. So, was it the minimalist decor, the Japanese garden, the Qi Method and Emmanuelle's skilled hands, the Shiseido products or a combination of it all? I would have to go back to find out and maybe take a guinea pig along. Did I mention there also are special treatments for men?

Le Mas Candille is conveniently located at seven kilometers from Cannes and 25 kilometers from the Nice Côte d'Azur Airport; meaning it is easily accessible by plane, close to the glitz of the Croisette yet remote enough to enjoy a tranquil and serene holiday. ☺

Le Mas Candille
Bd Clement Rebuffel
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www.lemascandille.com
www.relaischateaux.com
www.shiseidospas.com



Zighy Bay: The slow life

WRITER: JEROME STEFANSKI

Located less than two hours from Dubai International Airport, Zighy Bay is a luxurious and peaceful resort run by Six Senses, the ultimate eco-tourism experience. Together had the chance to stay there...

As a young man working in the publishing industry, I have the chance to travel several times per month and discover wonderful places and other amazing attractions worldwide. While some of my colleagues

seem a touch blasé about luxury resorts and beautiful beaches (trust me, these sort of people really do exist), I try to keep in mind the fact that such opportunities are unique and that tomorrow, perhaps, I might not have them anymore. So, when I took the luxury 4x4 shuttle from Dubai Airport to Zighy Bay, I was both relaxed and

restless at the same time – and the reality of the experience was set to far exceed my dreams reality...

LUNAR LANDSCAPE

Zighy Bay is the first resort to be operated by the Six Senses company in the Middle

East, and the village is located on the northern Musandam peninsula in the Sultanate of Oman, between dramatic mountains to the rear and a broad sandy beach. The peninsula's rugged mountains, which rise to 2,100 metres above the coast and jut into the Strait of Hormuz, have a spectacular fjordlike quality – no wonder, then, that Musandam is also called 'The Norway of the Middle East'. From the moment you pass the registration check-point, which is located at the foot of the mountain, to when you finally arrive at the heart of the resort at the other side, you spend ten minutes driving in an arid atmosphere in which the landscape seems inspired by the moon (well, I have never actually been there, but I can imagine).

IMPRESSIVE ENTRANCE

In fact, I must admit that I chose the more traditional way to arrive at the village – guests have the choice of three experiences, namely a scenic 15-minute speed boat trip, a winding 4x4 drive down from the hill overlooking the bay or, amazingly, you can travel as a companion passenger with the Six Senses's professional paraglider. Just imagine – you have just crossed the mountains and then your driver stops the car and leaves you in the hands of a paraglider, with whom you leap from the mountain top, and ten minutes after you land on the sunny beach, your driver and luggage are waiting for you. Welcome to Zighy Bay! Not surprising that this unique arrival experience was recently honoured by the influential *Conde Nast Traveller* magazine as the world's best.



Zighy Pool Villa
Suite Beach Front

NATURAL PARADISE

You immediately feel relaxed – every employee is traditionally dressed and everything is organized for your comfort, but with total respect for the environment. This is true natural luxury, in the middle of nowhere, in full harmony with wildlife and flora, where you are advised to turn off your mobile phone in public places such as restaurants, at the swimming pool and on the beach. In Zighy Bay, Six Senses contributes to the sustainable

development of the Musandam region and the rest of the Sultanate of Oman, through Six Senses Social and Environmental Fund (0.5 per cent of the resort's total monthly revenue) that goes towards both environmental and community projects. At the heart of these self-sustaining projects is the vision of contributing to the overall well-being of local communities, while preserving their traditional ways of life and conserving the natural heritage for future generations.



1. Private Reserve Master Bathroom



2.



3.

2. Sunset at Zighy Bay

3. Paragliding

ACCOMODATION

Six Senses Zighy Bay is a secluded fishing village, with all-villa accommodations and a private marina that's located between the mountains and beach. All 82 uniquely designed villas offer a spacious, personal environment with rustic chic décor, and bathrooms that extend to an outdoor shower. Each villa has its own private swimming pool and is fully equipped: there's a bathtub with whirlpool jets, a writing desk, flat screen TV and DVD player, tea and coffee machines, double vanity basins in the bathroom, minibar and a sun deck with loungers beside your private pool. Full service is provided by your personal butler, and you can count on him or her to show you the many attractions available such as water skiing, paragliding, Arabic cooking classes, tea tasting, diving, downhill dashes, or even the very nice in-villa barbecue.

THE VERDICT

Whatever you want to relax for a week in the sun or you only need a two-night break during your business trip to the Emirates, Zighy Bay is perfect. Six Senses is also renowned for the quality of its spa services – do not hesitate to experience it. Even if the treatments seem quite expensive, the quality of the skin-care products and the high level of expertise by the spa specialists make it worthwhile. For all these reasons and many more, we unreservedly recommend that you try out the Zighy Bay experience. ☺

Six Senses Zighy Bay
Zighy Bay
Musandam Peninsula
Sultanate of Oman
T. +968 26735 555
www.sixsenses.com

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Cabriolet comeback

WRITER: BOB MONARD

1. Saab 9-3 Cabrio. Always in fashion. In diesel and petrol. 36,590€ to 44,490€.

2. Fiat 500 C. The lightest. 69-100hp depending on fuel. 16,170€-20,810€.

A stylish alternative to supercharged cars, 4x4s and sanitized vehicles, but more environmentally correct, the convertible – which first appeared on the scene in the late 19th century – became the car to be seen in after the 1960s.

The Cabrio offers the chance to flash your colours, uncovered, but there is a paradox here – the increase in air pollution has also increased in parallel with the rising number of convertibles registrations in Belgium! From the 3,855 sold in 2000, to 9,587 in 2005 and 10,850 in 2010, the record year

is still 2007, with some 13,084 convertibles newly registered. Obviously, taking the air while driving is still fun for the 21st century *homo automobilis*!

MORE CHIC CABRIOS

Certainly, the latest models reflect the changing times – they're faster, better insulated, with improved acoustics

and safety features. Since the mid-1990s, cabriolets have been called Roadsters and Twin-Top, and the common denominator of the Cabriolet models that

endure has been improvements made to their removable roofs.

The charm of the 1960s Cabriolet models would not find as much favour today – the two-seater models still exist, but the '2 +2' has also won acclaim.

There are many notable names involved in their design, including Bertone, Giugiaro, Heuliez, Karmann and Pininfarina – in short, it's a different driving pleasure, with fresh air, a return to authenticity,, windblown hair and pretty faces facing the sun...the reasons for the convertible's continuing success are diverse.



1.



2.



3.



4.

3. Nissan 370 Z. The challenger. 3,696cc. 45,950€.

4. Mazda MX-5 Roadster. The eternal adolescent. 126hp and 160hp. 26,050€-31,950€.

5. Peugeot 308 CC. The most acclaimed. 112-163hp. 24,740€ to 34,170€.

6. Audi R 8 Spyder. The most sensual. V8 or V10 at 430-525hp. 127,490€ to 161,500€.



5.



6.

To amble at 40km/h in the morning in a pine forest draped with dew, or along the dunes where the sun is setting at night over a blue sea, provide utter joy for the senses... and there's also the enchanting melody sung by the 12-cylinder Murciélago Roadster Lamborghini!

One thing is certain: the soft top sdesign still has a lot of life left! To each his own happiness, right? ...

In Belgium, 2010 saw the cabrio Peugeot 308cc to 207cc, the BMW, the Audi A3 and the Mini lift prizes, followed by the Audi A5, the Volvo C 70, the BMW 3 Series and Z4 and the Renault Megane. Ranked eleventh, the Mercedes E was followed by the Ford Focus, Opel Astra, Saab 9-3 and the VW Eos. In fifteenth to twentieth place, one point successively the Smart Fortwo, the Mazda MX-5, VW New Beetle, the Citroen C3 and the Renault Wind. ☺



7. Bentley Continental Supersports Convertible
The height of refinement, 5,998CC, 12 CYLINDERS, DOUBLE TURBO, 248,171€.

A CABRIOLET? BUT WHICH ONE?

- * Alfa Spider and 8C Spider
- * Aston Martin DBS & DBS Volante
- * Audi A3, A 5, TT Roadster and R8 Spyder
- * BMW 1, 3 et 6, Z4 Roadster
- * Chrysler Sebring Convertible
- * Bentley Continental GTC
- * Caterham Roadsport
- * Citroën C3 Pluriel
- * Corvette C6 Cabriolet
- * Daihatsu Copen
- * Dodge Viper
- * Donkervoort
- * Ferrari 430 Spider
- * Fiat 500 C and Abarth 500 C
- * Ford Focus Coupé Cabriolet
- * Infiniti G 37
- * Jaguar XK Cabriolet
- * KTM X Bow
- * Lamborghini Gallardo Spyder et

- Murciélago Roadster
- * Lexus ISC
- * Lotus Elise
- * Maserati GranCabrio
- * Mazda MX5
- * Mercedes CL, E, SLK, SLS AMG
- * Mini
- * Morgan Roadster
- * Nissan 370 Z
- * Opel Astra GTC
- * Peugeot 207 CC, 308 CC
- * PGO Speedster
- * Porsche 911, Boxster
- * Renault Wind, Mégane
- * Rolls Royce Phantom Drophead
- * Saab 9-3
- * Smart Fortwo
- * Spyker C8
- * VW New Beetle, Eos
- * Volvo C70
- * Wiesmann

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Together's top terraces

WRITER: HUGHES BELIN - PHOTOGRAPHER: APOLLINE BOUCQ

Our food correspondent strikes again – he doesn't want *Together's* readers satisfying themselves with Brussels' busiest terraces, when the city has so much better than the customary tourist traps to offer during summer...



Here we go again – the balmy temperatures are back, and everybody wants to take advantage of lunch or dinner outside in Europe's least sunny country.

Terraces are assaulted as soon as temperatures rise – nevertheless, this should not be a reason for lowering our gastronomic standards, should it? Unfortunately, most terraces at Sablon, Flagey, Châtelain, St Géry and Grand'Place don't match up in terms of culinary pleasure – a good terrace should offer the highest standards (taste, origins of products, originality, creativity and overall quality including service) as well as pleasant surroundings. Here are my five favourites – obviously, I'm happy to be advised on more, especially in the more remote areas within Brussels' 19 communes.

SO BELGIAN: 'KZEG A MODA'

'Let me tell you' is the translation from Brussels' patois – its immense terrace is what you see first before entering this typical brasserie, which offers Belgian specialities cooked to perfection at great value for money. Of course, it's at the other side of the city in Drogenbos, but there is very convenient free parking nearby. The terrace is completely isolated from traffic and large enough to allow children to be included. The wine list drawn up by connoisseurs, the atmosphere's beautiful and the service professional – it's definitely worth the trip.

'Kzeg a moda
Rue de l'étoile, 2
1620 Drogenbos
T. +32 (0)2 377 65 86
www.kzegamoda.be



SO FRESH: LE SAINT-GEORGES

Okay, okay, I'm not being very objective here – I do spend a lot of time in this part of Brussels, between Plasky and Place-des-Chasseurs-Ardennais, off Place Dailly. But one thing's for sure, there is nothing like having an ice-cold sea food plateau with a white Graves at dusk on a very calm square with dimmed lighting. Since its total renovation, one year ago, this *écailler* is full every night and deservedly so. It's a typical neighbourhood eatery, but frequented by many from much further afield and it's classy as well, with experienced waiters in full uniform who don't turn away when you ask for help. You'll feel great here!

Le Saint-Georges
Avenue Emile Max, 81
1040 Etterbeek
T. +32 (0)2 736 78 26
www.lesaintgeorges.be

SO GREEN: MIRABELLE

Why not pay a visit to the surroundings of Ixelles Cemetery? "It's impossible to park," you may answer, but you'd be wrong, as far as the Mirabelle is concerned: the brasserie's valet will park your car in the nearby GB parking lot after 20h. It is a typical Belgian brasserie with several specialities (such as home-made shrimp croquettes) and a great wine list for all wallets, indeed everything is great value for money here. But we came to enjoy the terrace – after a nice veranda (a bright winter terrace worth remembering), you enter a great wooden outdoor space surrounded by vegetation that's completely cut off from the city's turmoil. Noteworthy bonus – there's a dozen-person table d'hôte isolated from the rest of the terrace at the back, which you can book for special events. So exclusive!

Mirabelle
Chaussée de Boondael, 449
1050 Ixelles
T. +32 (0)2 649 51 73
www.mirabelle.be





SO COOL: HOUTSIPOLOU

I am constantly recommending this place when asked for a cool restaurant near the centre of Brussels with great food and good prices. In Belgian culture, 'Houtsiplou' is a fictitious place that means 'somewhere in the middle of nowhere'. Here, you can enjoy excellent home-made burgers, huge salads and delicious brasserie-type food, while to drink there are tasteful, well-priced wines and Belgian beers, naturellement, and the tiramisu is a must. The terrace is simple, but so nice on sunny days that you will appreciate this less-crowded square that's very close to Brussels centre. Children are welcome, as a bonus – you'll love it.

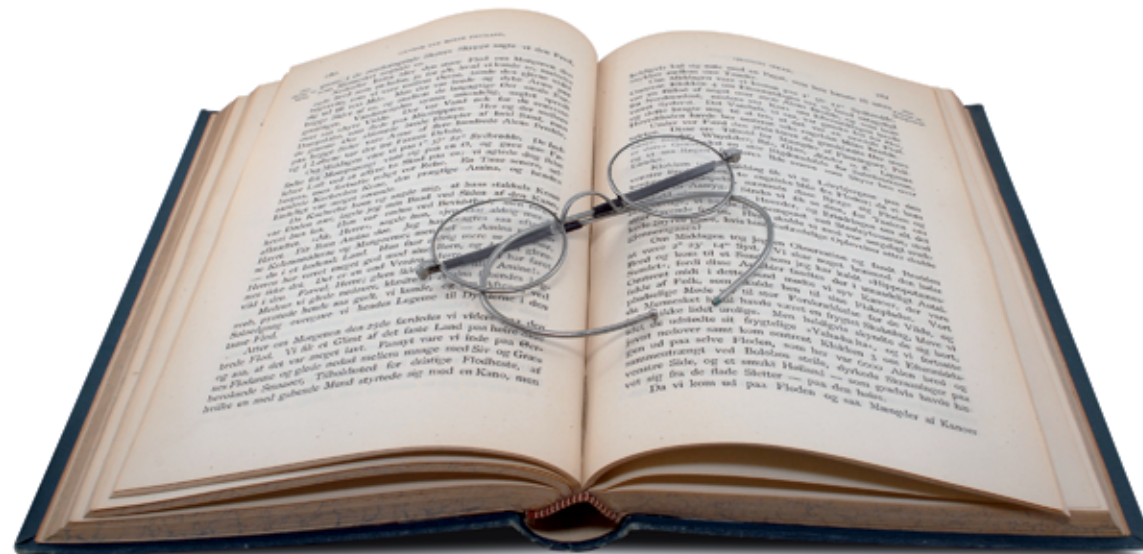
Houtsiplou
Place Rouppe, 9
1000 Brussels
T. +32 (0)2 511 38 16
www.houtsiplou.be

SO HEALTHY: IMAGIN'AIR

This restaurant is emblematic of what Brussels can offer by way of great discoveries – the inexpensive organic menu is a joy, with healthy food prepared with love and care, including special requests (vegan, without lactose or gluten) and great wines chosen by an expert landlady. They also host art and cultural events. Sound good so far? The terrace is astonishing: a palm tree is flourishing there for the first time this year, terracotta-painted walls are full of vegetation, it is quite simply beautiful. It is also the only terrace that doesn't face Place Fernand Cocq. It's always summer here, all around, on the plate and in the heart. Ideal for a lovers' tête-à-tête. ☺

Imagin'Air Art Café
Place Fernand Cocq, 6
1050 Ixelles
T. +32 (0)2 511 33 31

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Talking **Tomate**

WRITER: JAMES DREW



As the Rouge Tomate® website proudly proclaims, the established restaurant on Avenue Louise in Brussels (which opened in 2001) and the latest addition to the growing empire in New York (late 2008) offers a “unique experience rooted in timeless interior design and a balanced approach to sourcing, preparing and enhancing food”. Your editor had the chance to chat with Brussels-based chefs Alex Joseph and Michel Borsy, on the occasion of the reopening of their restaurant’s beautiful, renovated garden terrace.

Applying the principles of the nutritional charter SPE®, which, for the uninitiated stands for Sanitas Per Escam (Latin for ‘Health Through Food’), as well as Sourcing, Preparing, Enhancing, the restaurants aim to offer balanced cuisine, encourage well-being, and demonstrate their social and environmental awareness.

So, that’s a lot of pressure on two chefs in what is perhaps Brussels’ busiest restaurant – how do Alex Joseph and Michel Borsy cope? Read on...

INTERVIEW EXPRESS'

Together: So, guys, tell our readers a little more about SPE?

AJ & MB: *Well, the inspiration behind the cuisine was really nothing more complicated than the idea that food should look good, taste good, and do you good – and always using locally sourced, seasonal products ensures that we keep our commitment to both the local environment and the economy. Aside from that, as chefs, it’s a wonderful daily challenge to set out always to Source, Prepare and Enhance, and it’s what keeps us loving what we do.*

It must place considerable pressure on you as chefs, though, having always to use nothing but fresh ingredients?
It’s simply a question of training yourself into different cooking and organizational habits – preparation is obviously key, which is one of the reasons we tend to be very busy every morning. However, the satisfaction we get from keeping our clients happy more than makes up for the stress!

And what about the emphasis that’s increasingly placed on value for money in these cash-strapped times? Do you feel that Rouge Tomate’s prices are justified? *Absolutely – without wishing to sound too boastful, we would defy anyone to find a better, healthier dining experience than we offer here. Our clients, who tend to become life-long converts once they’ve tried us once, know that the experience they can enjoy in our surroundings is more than worth the little extra that they pay.*

Alex Joseph
and Michel Borsy



And long may it continue – don’t miss your chance to dine in true style on the terrace, while the lovely weather holds. *Bon appetit!*

Rouge Tomate
Avenue Louise, 190
1050 Brussels
T. +32 (0)2 647 70 44
www.rougetomate.be

Open Monday through Friday, 12-14h30 and 19-22.30 and Saturday 19-22.30.



Sky-high cuisine, famous times

WRITER: FEDERICO GRANDESSO



1.



2.



3.

1. THE CUBE

Imagine being on the top of the arches in Parc du Cinquantenaire in the centre of Brussels in a restaurant made completely of glass. Imagine being spoiled by some of the finest Michelin chefs in Europe and, finally, imagine if you could find this paradise elsewhere in other exclusive locations around Europe. To guide you in this tour of the senses, Electrolux, who created **The Cube**, have chosen two Belgian stars of cuisine, from Flanders and Wallonia – discover the culinary art of **Bart de Pooter of the De Pastorale** (**) in Reet and **Sang Hoon Degeimbre of L'Air Du Temps** in Noville-sur-Mehaigne (**). Both gentlemen are set to spend a month in The Cube's kitchen and each week they will be surprise you with a new menu. You can make reservations for The Cube via www.electrolux.be – lunch will set you back 150€ per head and dinner 200€ including drinks, and it also possible to hire the whole venue for a special event. The Cube will offer meals twice a day – lunch between 12h30-15h and dinner from 18-23h during the week, and there will also be special brunches and dinners available at the weekend. Remember, the restaurant has space for only 18 guests – it's very exclusive!!

2. AGORA PAVILION, CANNES

Electrolux, the latest partner of the Cannes Film Festival, opened its **Agora Pavilion** for a series of official events during the festival's 64th edition, from 11th to 22nd May, including the opening and

closing ceremonies and various exclusive dinners. Electrolux Marketing Expertise Director **Neil Gannon** said: "Electrolux has a long history of working with prestigious and influential people who create glamorous dining moments and we are excited to now have a physical presence on La Croisette in Cannes – the epitome of glamour."

3. MONACO WEDDING

This year, 'noble' marriages would appear to be all the rage – the next big one is going to be in Monaco on 1st July at 17h. The civil service will take place in the Throne Room at the Prince's Palace. It will be celebrated by **Philippe Narmino**, President of the Council of State and his long-term partner **Charlene Wittstock**. Following the ceremony, the royal couple will make an appearance on the balcony of the Hall of Mirrors to greet the Monegasque people and, at 22h, a concert will be laid on for the royal couple in Port Hercule, with Jean-Michel Jarre staging a unique son and lumière show. Then, on Saturday 2nd July, again at 17h, the couple's religious wedding will take place in the Main Courtyard of the Prince's Palace. Miss Wittstock, on her father's arm, will walk along a red carpet from the Carabiniers Barracks to the altar, with His Grace Bernard Barsi, Archbishop of Monaco, celebrating the mass. The official dinner and ball will take place at 21h30 in the Opera Garnier and Casino Terraces, followed by a firework display. ☺

Subscribe.





LA TERRASSE DE L'HIPPODROME

Open from the 10th of June until the 21st July, a corner of summer paradise is to be found at La Terrasse De l'Hippodrome in Brussels - for the eighth year, Simply Better will provide the palm trees, the roses, the cocktails, and the chance to socialize in an environment that gives new meaning to 'class'. In addition, Restaurant Vittel will also be open every

day on La Terrasse - from noon to midnight, come and sample the finest cuisine. Frankly, it's what summer was made for! Beautiful people in a beautiful location. ☺

La Terrasse
Chaussée de La Hulpe, 51-53
1180 Brussels
T. +32 (0)2 354 72 00
www.la-terrasse.be



présente

La terrasse

DE L'HIPPODROME



10 juin au 21 juillet 2011

www.la-terrasse.be

REJOIGNEZ-NOUS SUR NOTRE  FANPAGE



Men

WRITER: ROSE GRIDER



1.



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1. BOWMAN ESPADRILLE
BY RALPH LAUREN

2. KEEN MEN'S ESCAPE H2 SANDAL
BY ENDLESS

3. FATHOMM STEVE MADDEN MEN

4. HIGH TOP SNEAKER
BY TOMMY HILFIGER

5. PANTOFOLA D'ORO

6. SUEDE BRERA LOAFER IN NAVY
BY FRATELLI ROSSETTI

7. MENOCO COUTURE BEIGE BOOTS
BY MARC JACOBS

8. RUDOLF DASSLER
WELLENBANDE LO FASHION SHOE
BY PUMA

Women



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6.

1. SOFT GREEN OLIVE CALFSKIN
HOBO OXFORD BY FRATELLI
ROSSETTI

2. ANIMAL PRINT PUMPS
BY GIUSEPPE ZANOTTI

3. FLIP FLOPS HUNKEMOLLER

4. GRISSON WEDGE
BY SALVATORE FERRAGAMO

5. JENICA CALFSKIN SANDAL
BY RALPH LAUREN

6. NEW BALANCE WOMEN'S
RUNNING

7. PAIGGE SANDAL STEVE MADDEN

8. RUNWAY BOAT SHOE
BY TOMMY HILFIGER

Armani Code Sport

WRITER: DELPHINE STEFENS

An icy, sensual new scent.



The Armani Code fragrance for him suggests a modern and seductive mood and the latest addition to the line, Armani Code Sport, is in the same vein – both are perfectly embodied by Chris Folz. Actress Megan Fox, the enticing face of Giorgio Armani Beauty, is now likewise the muse of the Armani Code fragrance for women. It comes as no surprise, then, that this siren also plays a leading role in the campaign for the Armani Code fragrances for men.

Together, they perfectly incarnate the seductive Armani Code 'state of mind'.

Code Sport is the latest addition to the Armani Code saga – the top note is a surprising and utterly fresh combination of spearmint, peppermint and wild mint with a hint of mandarin that leads to the woody heart of the fragrance featuring ambrox, ginger and vetiver. A definitively manly fragrance that is both icy and sensual and very tempting indeed. ☺

www.GiorgioArmaniBeauty.com



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(Bronze) beauty news

WRITER: DELPHINE STEFENS

Let *Together* give you a golden summer.



SMELL BRONZE

Estée Lauder launches **Bronze Goddess Soleil**, a sun-kissed fragrance for the summer! This limited edition is a warm and sensual citrus floral blend with notes of Bergamot and Orange Blossom that promises to instantly transport you to a Mediterranean plage. Should you long for a more exotic destination, **Escada Taj Sunset** might do just that. This year's limited edition summer fragrance is sweet and smooth, combining tropical mango with velvety coconut to conjure a beach in Goa.

www.esteelauder.com

www.escada-fragrances.com

TAN BRONZE

Lancôme's **Flash Bronzer Dream Legs** is a self-tanning spray that will give your legs a golden glow while improving micro-circulation thanks to a caffeine concentrate. The formula also contains menthol for a cooling effect and is subtle enough for you to use on a daily basis to gradually build up your tan while shaping your beautiful gams for summer! For the face, **Nuxe** has developed **Soleil Prodigieux®**, a delicately iridescent self-tanning lotion with added anti-aging benefits that will give you an instant glow while moisturizing your skin. The paraben-free formula is scented with coconut and flowers and made for 89 per cent of natural active ingredients.

www.lancome.be

www.nuxe.com



CORRECT BRONZE

The Clinique **Even Better Clinical Dark Spot Corrector** was launched last year and soon became a hit. This serum helps to visibly diminish and even prevent the appearance of dark spots and age spots alike for a more even skin tone. It is now available in a larger size so you can also use it on the back of your hands, neck and cleavage. ☺

www.clinique.com



LOOK BRONZE

Giorgio Armani's **Bronze Mania Heat** evokes a sun-drenched desert with its intense and vibrant colors; the eye palette **Heat** comes in shimmery earthy tones that you can tone up with the **Burnt Coral** lipstick or down with the **Sand Dune Beige**. Cheekbones are illuminated with a touch of the **Blushing Fabric Burnt Umber**. If you're looking for a natural color effect, the **M·A·C Bronzing Powder** exists in four shades meant to enhance your skin tone or to accent or strengthen a tan.

www.giorgioarmanibeauty.com

www.maccosmetics.com



POP BRONZE

Oenobiol Solaire is the pioneer food supplement that prepares your skin to sun exposure and stimulates and prolongs sun tan; it stars vegetal carotenoids that improve tolerance to the sun and help protect cells from free radicals to better preserve your skin.

www.oenobiol.com



Together's 'To Do' list Belgium

WRITER: ROSE GRIDER

The only agenda worth checking, courtesy of your favourite Brussels magazine...

ROCK WERCHTER

30.06>03.07.11

Attracting nearly 50,000 people, Rock Werchter is one of Belgium's largest and most exciting music festivals. The Chemical Brothers, Kings of Leon and more will be performing.

Festival Site, Werchter

T. +44 (0)20 7307 7738

www.rockwerchter.be

LES ARDENTES

7>10.07.11

This is Liège's major electro-rock festival. Les Ardentes came from the town's nickname La Cité Ardente, or the burning city. A must-see.

Les Ardentes

T. +32 (0)2 513 89 40

www.lesardentes.be

GHENT JAZZ FESTIVAL

07>17.07.11

This annual festival takes place at the city's Bijloke Concert Hall, a converted medieval infirmary with an imposing oak-beamed ceiling, and kicks off with mainstream and avant-garde jazz then progresses into jazz fusion.

Bijloke Concert Hall, Ghent

T. +32 (0)9 324 45 30

www.gentjazz.com

BORSELLA FOLK & JAZZ FESTIVAL

09>10.07.11

Located in the open-air Théâtre de Verdure, Brosella Folk & Jazz Festival is free and children's events accompany the musical activities.

Théâtre de Verdure, Brussels

T. +32 (0)2 270 98 56

www.brosella.be

10 DAYS OFF (GHENT FESTIVITIES)

15>25.07.11

The diversity of the DJs has turned 10 Days Off into one of the highlights of Belgium's clubbing calendar.

Vooruit, Ghent

T. +32 (0)3 22 64 96

www.10daysoff.be

CANARIS BATTALION PARADE

16>17.07.11

Part of the Belgian Revolution of 1789-1790, the Canaris Battalion is recreated each year at this exciting parade.

Route Merveilleuse, 64

Namur Citadel, Namur

T. +32 (0)81 65 45 00



HAPJE TAPJE

31.07.11

Hapje Tapje is a one-day summer event in Leuven – visitors follow a culinary trail and hop from one food stand to another, sampling food and drinks prepared by the city's top chefs.

Oude Markt, Leuven

T. +32 (0)16 22 70 99

www.hapje-tapje.be

BULEY KNIGHTS WATER JOUSTING CHAMPIONSHIP

06>08.08.11

Teams of determined joustors dressed in medieval costume do battle on the River Meuse.

T. +32 (0)81 26 26 23

www.namurtourisme.be

June 11 **Together** – 95

STEPHEN
KING




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NO STARS



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Chickens**

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stranger than you think.*

Paul Morris

Pa Weathery's Chickens is available as a book at <http://amzn.to/kGRBi9> and on Kindle at <http://amzn.to/kRuuF2> 

June 11 **Together** – 97

Up in the air...



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GIORGIO ARMANI



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