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Publisher's LETTER

Looking ahead...

It's the end of another year, and the new one is approaching fast – a good time to reflect on what we have to be grateful for.

The festive season is also an opportunity to take stock of our personal inventory. What we managed to achieve, what we were able to offer and how much more we can do in the coming twelve months.

Over a glass of eggnog, champagne or hot chocolate, we will all be hatching new plans and challenging ourselves all over again.

We hope that our experts in personal development were able to help you reach your dreams or at least get closer to them, and that our lifestyle journalists and fashion stylists were able to guide you in making the most of 2012.

One of American author Napoleon Hill's hallmark expressions was: "What the mind of man can conceive and believe, it can achieve."

On behalf of the **Together** magazine team, we would like to thank you for being with us, and we look forward to another great year together. Have a happy and safe festive period and let us inspire you to reach your dreams again next year. **1**

ON THE COVER



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Starring in Belgium

A choice of entertainment compiled by
Emma Portier Davis

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CLANNAD

Grammy award winners Clannad, famed for their fusion of Celtic with jazz and New Age, will be stopping off in Belgium as part of an international tour. *Stadsschouwburg Antwerp* on **January 15**. Tickets from €36. www.gracialive.be

© Botanique



BADEN BADEN

French indie pop band Baden Baden is performing in Brussels at *Botanique* on **January 18**. The Parisian trio will showcase hits from their 2012 album *Coline*. www.botanique.be



GREAT MOUNTAIN FIRE

Electro pop rock band Great Mountain Fire, from Brussels, will perform hits from their debut album

Canopy, including hits *Cinderella* and *Late Lights*, as part of a European tour. *Cirque Royal* on **December 21**.

Tickets €17. www.cirque-royal.org

SNOOP DOGG

Californian hip-hop star Snoop Dogg will be treating fans to his laid-back drawly rap style at *Ancienne Belgique* in Brussels on **December 29**. Tickets €42

www.abconcerts.be

© Ancienne Belgique



© Phantom Limb



PHANTOM LIMB

English country and soul band Phantom Limb will showcase tracks from their album *The Pines* released in February. *Antwerp Arenberg* on **January 7** and *Brussels Botanique* on **January 8**.

Tickets from €10. www.phantomlimbmusic.com

NEIL HALSTEAD COFFEE OR NOT

Indie folk singer Neil Halstead, who came to fame as a founding member of shoegazer band Slowdive, will be performing solo at *Botanique's Rotonde* on **December 21**.

www.botanique.be



© Botanique



A misty forest scene with sunlight rays filtering through trees with autumn foliage. The image has a dark, moody atmosphere with a soft, ethereal light. The trees are tall and slender, with some showing vibrant orange and red leaves. The ground is covered in a thick layer of mist or fog, creating a sense of depth and mystery. The overall tone is contemplative and serene.

PERSONAL DEVELOPMENT

Rays pierce the forest

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A CHRISTMAS Survival Guide

Aspria's fitness experts offer their tips for a healthy and enjoyable festive season.

Christmas tunes are playing on the radio, twinkling lights line every shopping street and invitations to parties illuminate our inboxes. It's the most wonderful time of the year, full of nostalgia and hope for the future. But December also holds the dubious distinction of being the most stressful month of the year. Obligations to shop, cook and socialize can become overwhelming. For lots of us, fitness goals go on pause as we try to save our sanity until early January.

Be clear on your priorities for the holiday season. Start by asking yourself, "What is going to make me happy?" Then do only those things. Schedule your exercise, plan in advance the events that you are going to host and opt for e-cards to long-lost friends.

Remember it is OK to politely decline invitations, no excuse necessary.
Patti Bruns, Royal La Rasante

“ GIVE PREFERENCE TO LOW FAT AND LOW CALORIE TREATS OVEREATING ”

To help you through the next thirty days, we have canvassed our Aspria experts for their top tips for staying fit, eating right and enjoying the holiday season.

Tip Number One: Clip this article and pin it on your fridge for daily inspiration to stay on track.

BEAT HOLIDAY STRESS

Feeling overwhelmed by the sheer volume of obligations and the number of things on your to-do list? Keep this thought in mind to maintain your sense of well-being.

BANISH FOOD GUILT

These tips will help you manage your approach towards all the food and drink you will be faced with over the next few weeks. Read these before you head out the door!

Half an hour before your party, have a small serving of courgette or watercress soup with a small slice of bread. You will be less hungry and less likely to raid the appetizer tray.
Sylvie Bruns, Royal La Rasante Dejardin, Aspria Arts-Loi

Depriving yourself of the occasional treat is a recipe for overeating. When reaching for

something to tide you over, give preference to low fat and low calorie treats. Skip the flaky pastry and go for raw vegetables, dried or fresh fruits, turkey and seafood.

Ivan Peres, Royal La Rasante

Prioritize the food on your plate. The word protein in Greek means "prime importance", so you should eat your protein first. Follow it up with some vegetables. Wait for 10 minutes – if you are still feeling hungry you can have dessert. *Robin Wen, Royal La Rasante*

“WALK TO YOUR PARTIES INSTEAD OF TAKING THE CAR OR A TAXI”

After big, heavy meals, let your body recover for a few days. Enjoy soups without any carbohydrates, drink hibiscus tea and eat small quantities of quality proteins.

Sylvie Bruns, Royal La Rasante Dejardin, Aspria Arts-Loi

Battle holiday hangovers with this simple rule: drink two glasses of water for every alcoholic beverage you consume. This will help you stay hydrated and space out your alcohol consumption.

Patti Bruns, Royal La Rasante

Take advantage of time away from your normal routine by focusing on eating 'clean'. This means a diet that contains a good mix of quality proteins, vegetables and healthy fats. Avoid processed food and minimize grain intake. *Lionel Gonnet, Aspria Arts-Loi*



FIT FOR FUN

Exercise is a great way to stay strong, but it is also a great way to take a time-out from the chaos of the festive season.

We guarantee you will feel better at the end of the month. Who knows, you might even be able to skip those pesky resolutions on New Year's Eve. Here are a couple of great ways to keep your fitness up.

Any exercise is better than nothing! When your schedule is full, look for the simplest way to move your body. Stretch to release toxins and to loosen up your muscles. Walk to your parties instead of taking the car or a taxi.

Go for a 30-minute walk before food-filled engagements. You will feel less hungry and more energized to have a great time!

Patti Bruns, Royal La Rasante

Start your day with this total body exercise! Stand on one leg on a pillow. Straighten the other leg behind you, tightening your muscles from the tip of your toes, through leg and into the core. As you lower your torso towards the floor, reach your arms above your head.

Keep your body in a straight line. Hold this position for one second, then return to the start position. Repeat 15 times, for 3 sets.

Steve Bex, Aspria Avenue Louise

If your time in the gym is limited, opt for a weight training session the morning of your big parties. Train hard with a high number of repetitions. This will increase protein synthesis, elevate fat burning and metabolic rate and improve insulin sensitivity.

Lionel Gonnet, Aspria Arts-Loi

At the end of the day, the main thing is that you enjoy these very special days of the year. From all of us, to all of you – Happy Holidays and all the best in 2013! 🍷



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Ruth Friedman explains how self-compassion can go a long way.

BE KIND TO YOURSELF



Ever had one of those days where nothing seems to go right? You stub your toe as you get out of bed, the hot water in your shower doesn't work, you miss your bus to work and are subsequently late for a very important meeting... and it's downhill from then on. Just follow the tips on your favourite self-help website to avoid such situations and you're all set, right? Whilst the common tips to plan ahead and be relaxed are important, how do you handle things when everything goes belly up and your best made plans are once again in tatters?

This is where self-compassion comes in. Self-compassion doesn't try to change anything, but it aims to support you through difficult times, simply because they are difficult. As if by magic, taking care of yourself in this way leads to positive change all by itself.

Difficult things happen to all of us, and sometimes we can be unnecessarily hard on

ourselves. Self-compassion says: "Hey, don't be so hard on yourself simply because you are suffering, be kind to yourself instead."

The first step with self-compassion is to notice that you are in some kind of pain or suffering. When you fall over or cut yourself your nervous system lets you know pretty fast that you are experiencing pain. However, with emotional or psychological pain it sometimes takes a bit of awareness to realise what is happening. With physical pain, we know what to do – to reach for a band-aid, a doctor or the hospital emergency room, depending on the severity of the situation. Self-compassion helps us take equivalent steps with all kinds of pain, be it physical, emotional or psychological.

Once you realise you are in pain or suffering, what then? The next step in self-compassion is to realise that you are not alone. You are a human being, and among the seven billion

human beings on this planet there is someone, somewhere, who has been through a similar experience and who knows what you feel like. With self-compassion, there is no longer any need to feel isolated, because you are not alone. You will recognise that there is nothing wrong, and there is nothing wrong with you. This realisation can come as something of a relief to people who habitually isolate themselves when faced with challenging situations.

“**DON'T BE SO HARD
ON YOURSELF**”

Finally, now that you know you are suffering and that you are not alone, self-compassion says, “Be kind to yourself”. We usually know how to be kind to other people, especially towards people that we care about – but what does it mean to be kind to yourself? Self-kindness means different things to different people. Whatever it looks like, it means listening to yourself and taking good care of yourself. It might mean having a nap, giving yourself a treat, or simply changing what you say to yourself.

It might sound weird or uncomfortable to talk to yourself, but we all have tapes playing in our heads all the time, it's just we don't always notice them. Often the voices don't belong to us – they might come from our childhood or from society. Self-compassion helps make more space for the positive voices that do belong to us and that support us whatever we do.

The beautiful thing about self-compassion is that once we start taking care of ourselves, we are better resourced, so we can respond better and more effectively in handling the stressful situation we find ourselves in. People ask me, “Isn't it self-indulgent, or selfish to look after yourself?” Being selfish is about putting your own needs above other people's – but self-compassion is about putting your own needs

“**IT TRANSFORMED
HOW I FELT ABOUT
A CHALLENGING
FRIENDSHIP**”

alongside and equal to others' because we are all part of one common humanity. It doesn't mean not fulfilling your responsibilities, it means including yourself so that you are better resourced to meet them.

I discovered self-compassion by accident about 18 months ago, and as someone who had rather a lot of self-critical voices, it's made an enormous difference to my life. I decided to share these benefits, and I am now running my own workshops on the topic.

In the workshops we go deeply into the concepts, using experiential exercises to integrate the learning. We also look at what stops us so that we can overcome obstacles, and there is space for participants to reflect on and share their experiences. Participants have shared very positive feedback with me. One person told me, “It transformed how I felt about a challenging friendship.” And another said, “It really helped me be less self-critical.”

With simple exercises and our own awareness, self-compassion gives us the key to more happiness in our lives, and the transformation happens all by itself. That's a great gift to give yourself.

Ruth Friedman is a trainer and workshop leader in the fields of personal and careers development, anti-discrimination and inclusion, intercultural and religious diversity.

The three components of self compassion were identified by self-compassion researcher Kristin Neff. ●

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FAITH, TRUST and PIXIE DUST

Christel Martin wonders
if we take the trust of
those close to us for granted

Trust is a value that is often overlooked in our relationships. It is present but somehow we take it for granted. Trust in someone close to us, a friend, a loved one seems obvious. Is it really?

Trust is based on integrity, honesty and confidence. To fully trust someone we must let go of our fears – fear of being hurt, cheated, disappointed or let down.

Some might be led to believe that trust in nothing or no one is the key to peace of mind, that relying on oneself is the only certainty in this very uncertain world we are living in. That is a very radical approach, based mostly on insecurity. Insecurity promotes anxiety, a sense of loneliness. It can lead to all sorts of impediments such as selfishness, depression, arrogance and the need to control everything.

“ **ALL THE WORLD IS
MADE OF FAITH, AND
TRUST AND PIXIE DUST.**

J.M. Barrie, *Peter Pan* ”

What a burden, how lonely this must feel. On the other hand a sense of security provides the rich ground to nurture self-confidence, assertiveness, strength to face issues, a sense of purpose. Trusting in others allows you to reach out, to be supported and helped to feel more secure. It is a great comfort to know you can rely on someone, leave aside some of your pain, some of that fear, part of that burden.

Trust is confidence in expectations, the cement to any meaningful relationship, whether it is between colleagues, friends or loved ones. Managing our expectations is the key to a healthy outlook on trusting people. Telling your secrets to the office gossip might not be advisable but trusting that person to help you on a project is reasonable. Trusting your partner to advise you on the economic crisis might not be the best move yet counting on support, love and respect is perfectly normal.

Of course reciprocity must be present for the trust to settle. Are we really trustworthy? Do we sometimes take the trust people place in us for granted? Above all, honesty must prevail. If you have doubts about your ability to provide what is expected of you it is important you say so.

Trust is a gift, a bond that is precious because it is fragile. It provides security, it relieves anxieties and loneliness, and it provides stability in a relationship, making it stronger, more fulfilling. It takes time to build and just a moment to break. Once the trust has been broken it is very difficult to get over the resentment, the sense of loss. But it is possible to overcome those feelings, step by step. With set boundaries and given time, the bond can be fully restored, sometimes with increased strength. A second chance is something we all aspire to, we all deserve.

Trust is the ground on which any strong, respectful and fulfilling relationships can grow. All it needs is for each of us to sow the seed and nourish it to allow it to fully blossom. ❶

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Engaging with ASEAN

Dave Deruytter

offers a third way to invest
on a fast developing continent

These days, when investing globally, companies do not focus solely on the USA and the EU, but also on the fast developing BRICS countries (Brazil, Russia, India, China and South Africa).

Of these five countries, China is responsible for about half their combined GDP. It is the second largest economy in the world today, after the USA and before Japan. That is if one does not take into consideration the combined GDP of the 27 EU countries, but only the GDP country by country.

Given China's economic size, its potential of 1.3 billion consumers and its still fast net GDP growth of over 7% per year, it is a magnet for Foreign Direct Investment (FDI) in Asia from multinational companies.

China is not the only developing country in Asia drawing interest from investors: there is also India. It has the same potential of 1.3 billion consumers, but is some eight years behind in its economic development compared to China and growing a bit slower these days at about 5% net per year.

Still, India is an IT powerhouse, not least in the city of Bangalore where most of the top IT multinationals have very large subsidiaries;



© Gunawan Kartapranata

some even have their Asian HQs there. India, too, is a major recipient of FDI in Asia and the world.

Are China and India the only two places to invest in developing Asia?

Not really. There is also Indonesia with its 250 million people. Then you have Malaysia, Thailand and Vietnam. Hasn't president Obama visited Myanmar lately? We should not forget about Cambodia, Laos and the Philippines. Of course there is also the city-state of Singapore, home to a lot of Asian or South-east Asian multinational regional HQs, and famous for its 'can do' spirit. Add the tiny state of Brunei and you have all 10 Asian countries that have grouped themselves in ASEAN (Association of South-east Asian Nations).



© Two hundred percent

ASEAN saw the light in 1967. Myanmar, Cambodia and Laos were the last countries to join in 1997. These 10 ASEAN countries have a total population of over 560 million souls. Their combined GDP is about 20% larger than that of India and roughly twice that of South Korea.

In 2003 the ASEAN countries signed the 'Treaty of Bali' with the aim of becoming an economic union by 2020. This is a group of countries to be reckoned with.

It must be said that the recent financial, economic and political instability in the EU has drawn their attention. The leaders now want to make sure that ASEAN does not move too fast, and that all the member countries are ready to move together to the next stage. But the aim of further economic integration has not altered.

For European and USA multinationals ASEAN should be the third way of engaging with developing Asia.

“ **THIS IS A GROUP OF COUNTRIES TO BE RECKONED WITH** ”

On purpose, I have not yet focused attention on Japan and South Korea in this article. One of the main reasons is that those countries should be considered as developed countries, not developing ones.

Furthermore, both countries, and Japan in particular, have understood the importance of ASEAN for well over a decade. As insiders in Asia they were among the first to invest there and reap profits from those investments.

The easy inroad into ASEAN has long been the city-state of Singapore with its excellent infrastructure, administration and the quality of its workforce. Lately, it is being challenged to some extent by Bangkok in Thailand and, to a lesser extent, by Kuala Lumpur in Malaysia. I trust by now you can agree that there is much more to investing in developing Asia than simply targeting the two usual suspects, China and India. Join the Japanese and Korean companies in taking advantage of the growth and potential of ASEAN, as a third way to engage with developing Asia. ●

Dave Deruytter

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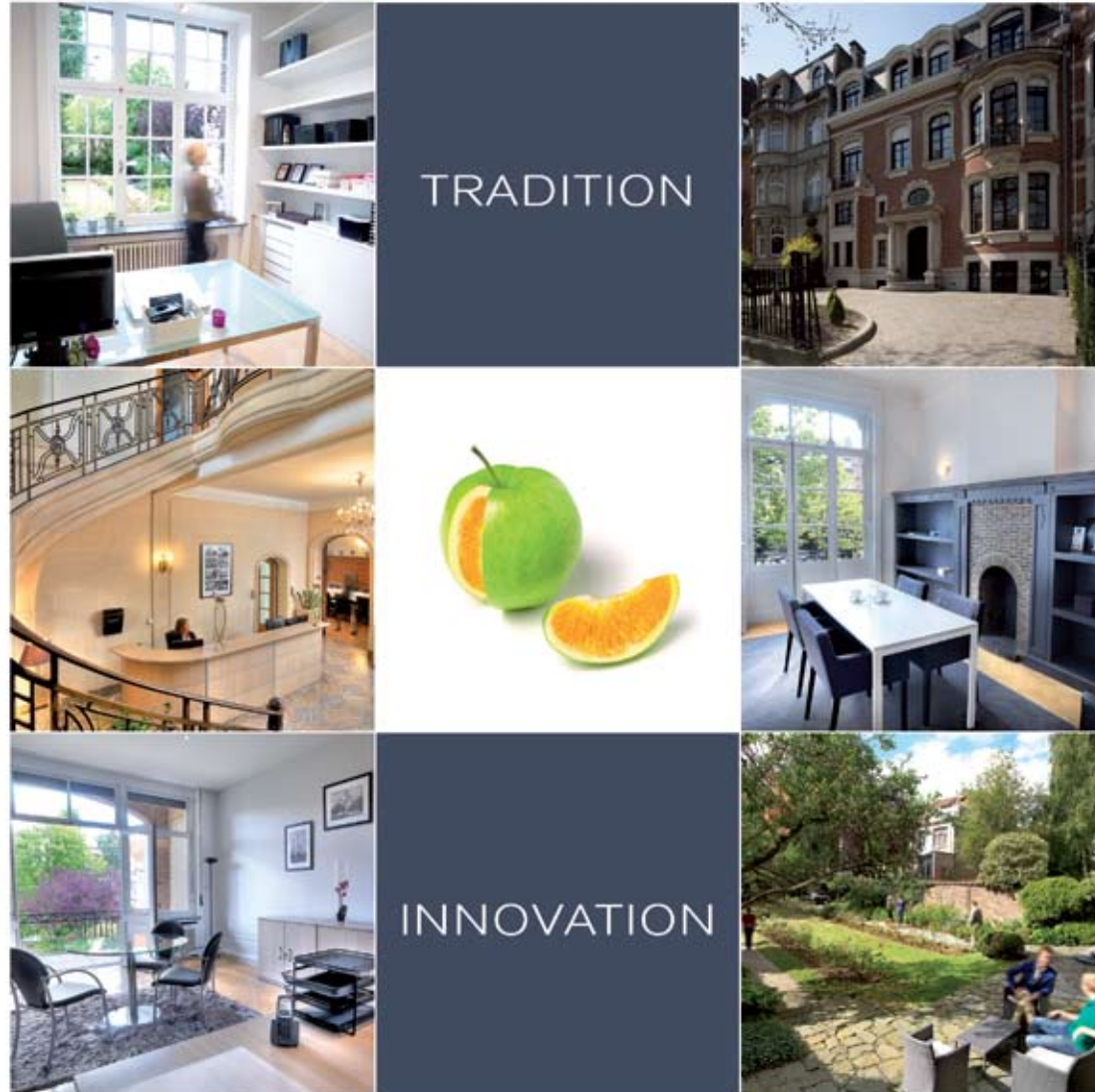
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TAKING THE EU'S temperature

With the European Union facing its most uncertain times, **Gerald Callaghan** finds that there is overall satisfaction with the institution

In October 2012, the European Union was awarded the Nobel Peace Prize for six decades of work in advancing peace and prosperity in Europe. European Commission President José Manuel Barroso hailed it as a "great honour", while European Council President Herman Van Rompuy went one step further, saying it was in recognition for the work of "the biggest peacemaker in history", and that may well be true.

But was this prize awarded in recognition of the EU's achievement in bringing a continent to the table to create a peaceful trading bloc and share a common destiny? Or was it intended as a show of encouragement for the institution as it faces its toughest challenge to date?

This 'vote of confidence' from the Norwegian committee has done nothing to influence the perception of the EU, and people remain as divided as ever when analysing the union's function. On one extreme, you have the 'Eurosceptics' hoping to see their sovereign nations withdraw from this 'tax guzzling' undemocratic bureaucracy, and on the other side are the 'Europhiles', applauding the institution for its democratic expansion and pushing for a deeper integration between nation states.

Every six months, the Commission releases the findings of their Eurobarometer surveys which seek to gather the views of EU citizens on current issues. Around 1,000 people take part in each survey, which involves face-to-face interviews, and they are asked, among



© How will I ever (flickr)

“THE RELATIONSHIP BETWEEN BRITAIN AND THE EU IS ON THIN ICE”

other questions, the following: “On the whole, are you very satisfied, fairly satisfied, not very satisfied or not at all satisfied with the life you lead?”

So how satisfied have the people of the EU been during the euro crisis?

Somewhat surprisingly, the average level of happiness in the 27 member states remains fairly unchanged throughout the debt crisis. 19% of people in the EU remain very satisfied with their lives in the most recent Eurobarometer in autumn 2011, which compares to the 20% that were very satisfied in autumn 2009. Those who have described themselves as ‘not at all satisfied’ with the life they lead has not really changed much either, varying from five to six per cent of the sample population.

If overall satisfaction remains stable, then why are we seeing protests all across Europe? Portugal’s dissatisfaction is also shown clearly with 15% replying that they were ‘not at all satisfied’ with the life they led for the spring 2011 survey, increasing to 19% for the autumn 2011 survey. At first it may seem that the Euro crisis is not affecting the happiness of EU citizens as a whole – it is, however, having a deep impact on those countries that are bearing the brunt of the economic hardship. This is occurring, primarily, in austerity-laden countries such as Portugal, Greece and Spain.

However, according to an Ipsos poll the vast majority of voters in debt-stricken Ireland are happy that the country is part of the union, but views are still divided on how far the integration process should go. On the question of whether or not it was better to be part of the EU, the poll confirmed the long-

term trend with a massive 74% saying it was better to be involved, 14 per cent were opposed, and 12% said they had no opinion. Meanwhile, currently, the relationship between Britain and the EU is on thin ice, as UK Prime Minister David Cameron faces more and more pressure from his backbenchers to call a referendum on membership. Bolstered by the current failure to agree on the next spending budget, both parties are now talking openly about secession. The chances that Britain will eventually leave the EU are rising. An opinion poll conducted by the Observer shows that 56% of the British public now want out of the EU. Combine this with the potential exit of cash-strapped countries, such as Greece, as they struggle to meet the austerity targets set by the EU and the future, if anything, looks uncertain.

“19% OF PEOPLE IN THE EU REMAIN VERY SATISFIED WITH THEIR LIVES”

We may indeed see a ‘two-tier’ Europe, between those supporting deeper integration and those vying for power back from Brussels. We may see a British exit, or we may see Greece pull out of the euro zone. We may even witness the EU stem the crisis, and in a few years, we may see growth and employment. We may even witness the expansion of the European family to include Turkey and Bosnia-Herzegovina in the coming years. One thing is for sure, as has always been the case throughout the history of the EU, we are about to witness change, and, in one form or another, the EU will continue, simultaneously celebrated and despised by the ever-divided citizens of the union. ●



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A portrait of Pierre Cardin, an elderly man with white hair and black-rimmed glasses. He is wearing a dark suit, a light blue shirt, and a dark tie with a small red and white pattern. He is looking slightly to the left of the camera with a serious expression. The background is a blurred cityscape at sunset or sunrise, with a prominent church spire on the left.

SHINE

A LIGHT

PIERRE CARDIN AT 90



Federico Grandesso

talks exclusively
to Pierre Cardin
about his Palais Lumière

MODEL OF THE PALAIS LUMIÈRE

TIMELINE OF A GENIUS

Pierre Cardin is a French fashion designer born on 7 July 1922 in Treviso, Italy.

In 1945, he moved to Paris and started working in the famous fashion house created by Jeanne Paquin. Cardin was offered work as the head of Christian Dior's atelier in 1947, and in 1950 launched his own house, with a first haute couture collection appearing in 1953.

In 1959 he was expelled from the Chambre Syndicate for launching his ready-to-wear collections at the Printemps department store, the first couturier in Paris to do so, but was soon reinstated. In the early 70s he started showing his collections in his own venue, the Espace Cardin in Paris, formerly the Théâtre des Ambassadeurs. The Espace Cardin is also used to promote new artistic talents. Pierre Cardin was the first

couturier to turn to Japan as a high fashion market when he travelled there in 1959.

Cardin expanded into other markets, which included his contract with American Motors to design the interiors of their cars in 1972 and 1973. He also purchased Maxim's restaurants in 1981, and later opened branches in New York, London and Beijing. A chain of Maxim's Hotels has opened since, and he has also licensed a wide range of food products under the name.

In 1996, Cardin was decorated as a Commander of the Legion of Honour, France's highest recognition.

Just days before his 90th birthday, Cardin showed off his menswear collection and has still found time to conceive of tower of light that will change the Venetian landscape.

THE IDEA OF A LIGHT PALACE

The ambitious Palais Lumière project arose from a desire to build a habitable sculpture in the Venice metropolitan area. The opportunity to design such a prestigious structure provided the incentive to create and apply countless technological innovations. This tower-shaped building is intended to offer, via its aesthetic language, a monumental presence, enhanced by its considerable height. Due to its architectural design, the building will have a strong impact on the urban environment immediately surrounding the location where it will be built, as well as neighbouring areas, particularly in terms of infrastructure and landscape. In addition, particular attention is paid to the building's construction aspects, especially those that are specifically intended to save energy. All of the solutions adopted have been designed to produce the least environmental impact possible. The tower will be a great opportunity for the

SHINE A LIGHT

area of Marghera, because it will boost the requalification of one of the most important industrial areas in Italy. The building will consist of three towers with a similar shape but differing in height. At the highest point it is 250 metres, with a maximum of 65 habitable floors. The three towers are connected by six disc-shaped structures.

“
**A MONUMENTAL
PRESENCE,
ENHANCED BY
ITS CONSIDERABLE
HEIGHT**
”

The three vertical elements are arranged in a radial pattern 120° apart from one another.

The complex features private residences, hotel space, office and commercial space and service activities, as well as applied research facilities, a conference centre, higher education facilities and restaurants. The shopping centre is located on the circular underground level, which also has a large conference centre, a theatre/auditorium and more than 4,000 parking spaces and garages. The “green space” inside the structure exceeds the area occupied by the foundation of the building itself, which is situated in an oasis-like park.

MR. CARDIN, THERE ARE SOME IMPRESSIVE NUMBERS ATTACHED TO THE PALAIS LUMIÈRE PROJECT.

The tower will have 1,400 apartments, a hotel, 2,000 parking places, 50 lifts, 12 swimming pools, 10 cinemas, 20 restaurants and helicopters on the roof. Solar energy will be a key element, along



© Pierre Cardin press office

with all the other contemporary elements that I wanted in this project.

HOW CAN YOUR PROJECT HELP THE CITY OF VENICE?

First of all, the realization of the tower will take five years and 5,000 people will work on this project – you could say that this will be an antidote to unemployment. The production of luxury is good for employment and everybody should support this sector which creates jobs in the factories and in the shops. Try to imagine a

I only talk about my project which is different from the others and poetical at the same time.

WHAT'S THE MOST IMPORTANT ELEMENT IN YOUR CREATIVITY?

Creativity for me is to do something that has never been done and which disturbs the public. Creativity must astonish, disturb, shock and perturb. Then in my creations I'm interested in the architecture of the work, in the volumes and in the purity – they are living architecture.

AFTER A LONG CAREER ARE YOU SERENE?

Yes, very much. I lived a life in the jet-set and when I started I was the youngest fashion designer and now I'm the oldest!

WHAT IS THE SECRET OF YOUR SUCCESS?

To astonish you have to provoke and to shock the public because otherwise you are making just another nice collection, copied from America or some other place. So if you want to be a successful creator you don't have to be scared of somebody copying you, on the contrary you have to be copied by someone! Then if I'm right or wrong it's up to you to decide. 📌

“ I HAVE CREATED LIVING SCULPTURES, THE DIMENSIONS DON'T MATTER ”

city without the fashion business – imagine Paris without its fashion life and the creative energy, it would be a disaster.

WHAT'S YOUR OPINION OF MODERN ARCHITECTURE?

I'm not trying to say anything about modern architecture. I have created living sculptures, the dimensions don't matter – it's just that you can't put it on a table.



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Lucas: total look **Hackett London** with perfume by **YSL LA NUIT DE L'HOMME**
Eléonore: total look **Natan couture**, ring **Thomas Sabo**, with perfume by **YSL LA PARISIENNE**

SHINE
A LIGHT

A TOUCH OF ELEGANCE

| PHOTOGRAPHER
Aylen Torres

| STYLIST
Nicholas Sirot

| MAKE UP ARTIST
David Bettiga
for Yves Saint Laurent and l'Oréal professional Paris

| MODELS
Eléonore, Lucas Davey, Quentin Degroux
for IMM international models management Brussels
Special thanks to Romain Henriet and Glenn Teck

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avenue Louise 1050
www.warwickbarsey.co



Picture top right: Quentin: total look **Hackett London**.
Picture bottom right: Eléonore: top and Handbag **Natan couture**
Glenn: costume **Agnès B**, broche **Olivia Hainaut**
Romain: red trousers **Agnès B**, vest **H&M**, bow tie **Tommy Hilfiger**, shirt **WE**,
Quentin, Lucas: total look **Hackett London**
Thank you to **Moët & Chandon champagne**

Picture top left: total look **Hackett London** for all boys.
Picture bottom left: Eléonore: dress and bracelet **Olivia Hainaut**. Shoes **Robert Clergerie**.
Quentin: costume **Jean-paul Knott**. Top **Diesel**.



Lucas: velvet suit **Hugo by Hugo Boss**, shirt **filippa K**, bow tie **Hackett London**.
Eléonore: dress **Matthew Williamson**, handbag **Louis Vuitton**, creole earrings
and silver bracelet **Pomellato 67**, man's vest **Hackett London**
Quentin: black vest and bow tie **Hackett London**, shirt **we**, trousers **H&M**
Romain: green suit **H&M**, shirt **WE**, bow tie **Tommy Hilfiger**.

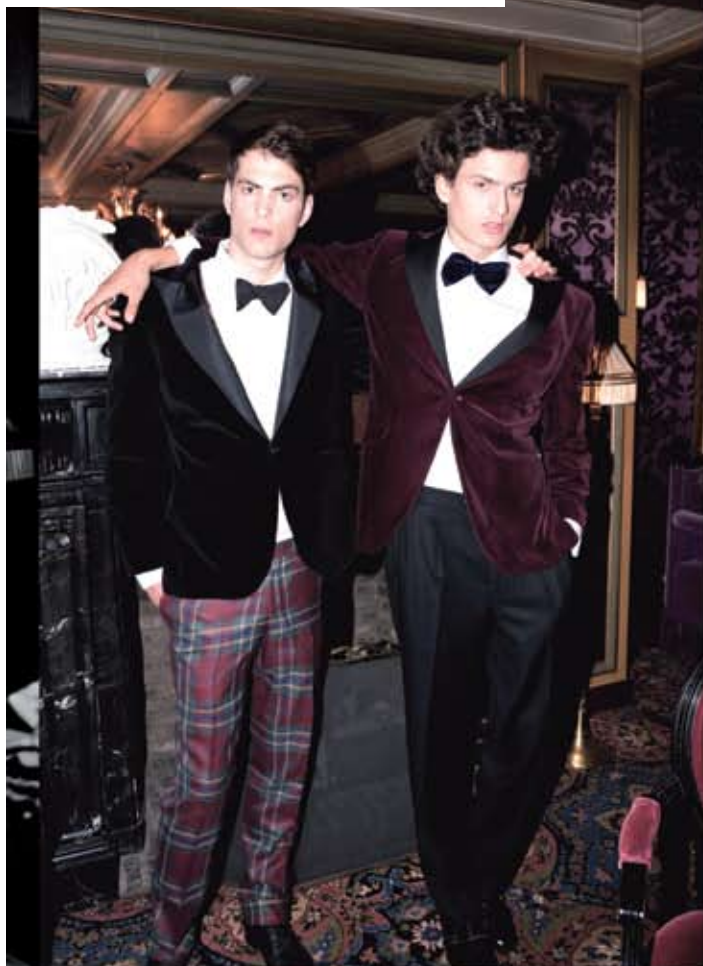


Photo bottom left: (two guys). Quentin & Lucas total look **Hackett London**
Photo right: Lucas: shirt **Hackett London**, vest Plectrum by **Ben Sherman**



Photo top right: Éléonore: skin gold dress and jewels **Olivia Hainaut**, white fox fur coat **Isabelle Bajart**, boots **Clergerie**
Photo bottom right: couple
Éléonore: green dress **Tara Jarmon**, earrings **Pomellato**
Quentin: vest, bow tie and shirt **Hackett London**, trousers **H&M**





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SHINE
A LIGHT

HIGHLIGHT your face

Delphine Stefens

offers up some useful tips
for a brighter look

This holiday season, pledge to a better you. Or at least a brighter one. Literally. Add some light into your makeup routine and you won't need light therapy this winter to look your best.

Highlights, lowlights. Theory, schmeory. What you need to remember is that plusses get more light, minuses get a lot less. In practice, you use darker matte colors for, say, droopy eyelids and lighter shiny ones for your cheekbones, temples and Cupid's bow as the shimmer will reflect light and draw attention to the area.

SHINE A LIGHT

CANVAS

FOUNDATION MEANS COVERAGE BUT IT CAN ALSO TRANSLATE INTO A DULL COMPLEXION. FOR A NATURAL GLOW, START OFF WITH A RADIANCE BOOSTER AND SAFE BET LIKE **ÉCLAT MIRACLE** BY **LANCÔME** (€34,57) BEFORE APPLYING YOUR FOUNDATION OR FINISH UP AS DIRECTED ABOVE WITH A NEWCOMER LIKE **GIORGIO ARMANI'S** LIMITED EDITION **MICRO-FIL™ LOOSE POWDER** IN ROSE CLAIR DE LUNE* (€45), MATCHING ALL SKIN TONES. THIS TRANSLUCENT VEIL CAN ALSO BE APPLIED ON A BARE SHOULDER OR CLEAVAGE FOR EVEN MORE LIGHT EFFECTS.



B RUSHSTROKES

TOUCHE ÉCLAT BY **YVES SAINT LAURENT** (€36,50) CELEBRATED ITS 20TH BIRTHDAY EARLIER THIS YEAR AND IS STILL VERY MUCH A MUST-HAVE. DABBED AS A BASE (UNDER THE FOUNDATION AND/OR AFTER THE SKIN ILLUMINATOR) OR FOR A TOUCH UP, IT EFFICIENTLY REDUCES SIGNS OF FATIGUE AND FINE LINES. IT CAN ALSO BE USED TO PLUMP UP AND HELP DEFINE THE LIP CONTOUR OR ON THE WINGS OR TOP OF THE NOSE FOR SHAPING EFFECTS.

CHIAROSCURO

CHANEL'S CHRISTMAS 2012 MAKEUP COLLECTION **ÉCLATS DU SOIR** FEATURES A GOLD AND BRONZE LIMITED EDITION EYESHADOW **ILLUSION D'OMBRE APPARENCE** (€28,98) THAT WORKS WONDERS: IT CAN BE APPLIED THINLY ALL OVER THE EYELIDS OR BETTER YET, IF YOU FEEL LIKE AN INSTANT AND PAIN FREE EYE TUCK, AS A POINT OF LIGHT ON THE UPPER EYELID JUST BETWEEN THE EYELASHES AND THE CREASE, RIGHT ABOVE WHERE THE IRIS IS WHEN LOOKING STRAIGHT AHEAD.



A HINT OF THE

MAC EXTRA DIMENSION SKINFINNISH SUPERB (€27,50) RIGHT UNDER THE ARCH OF YOUR EYEBROW WILL ALSO PROVIDE A LIFTING EFFECT. IF IT'S UNDER EYE CIRCLES THAT WORRY YOU, **CLINIQUE EVEN BETTER EYES DARK CIRCLE CORRECTOR** (€42) MAY HELP AS IT WILL CAPTURE LIGHT TO YOUR ADVANTAGE AND IMPROVE OVERALL SKIN TEXTURE.



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SHINE
A LIGHT

A GIFT from the HEART

Tired of flowers and perfume and shirts and socks,
Emma Portier Davis works out a strategy to find meaningful gifts.

Every year is the same: around September, annoying types (mother - j'accuse) reel off the perfectly appropriate presents they have already bought while I vow that this year will be different. Not I standing in line on Christmas Eve to buy yet another shirt or those sad last boxes of toiletries. Not I watching the strained attempt on the recipients' faces to feign excitement.

To find a gift with meaning though is a chore. Not only do most of the people in my life have almost everything they want and do not hang out for Christmas for that coveted book, watch or gadget for their hobby, but as I venture out into the sheep-like crowds, I'm bombarded by advertisements for stereotypical presents and get herded towards the obvious yet again.

To avoid a repeat of last year's rather disastrous attempt when I already knew as the presents were being unwrapped that they were completely the wrong thing and, in a couple of cases, even the wrong size, this year, I decide to combat the terrors of Christmas shopping with a well-thought out plan. Or at least one that is not concocted on December 24. And this year, I want to find some gifts with meaning.

DO YOUR RESEARCH

My first port of call is the internet. Surely those terribly clever journalists who write gift guides will have some great ideas up their sleeves for me? Alas, my search turns up suggestions for flowers for women (even for Mothering Sunday these are surely one of the most boringly obvious gifts? Unless, of course, your mother absolutely loves flowers) and watches for men.

There's also a section in one magazine on homemade gifts, which sounds nice in theory but in practice I know that, even if I had the time, I could never reproduce those

I COULD NEVER REPRODUCE THOSE CUTE LITTLE DOOR WREATHS

cute little door wreaths or the smug little snowmen. Then there's the newspaper with a promising sounding 'offbeat' gift section which comprises all kinds of garishly coloured Peruvian woolly hats and hand-beaded purses.

I try to remind myself of those rare and joyful occasions when I have got it right and remember how I managed it. I sort those gifts into the following categories:

SHINE
A LIGHT



© Maurice Lacroix

unexpected; unusual or even unique; and gifts that appeal to a personal interest. There are, of course, certain times when the obvious does work. My mother is, for example, always happy to receive a bottle of Chanel No. 5.

“ **VARIOUS AUNTS AND UNCLES
SAVOURED A BASKET OF
BELGIAN GOODIES**

I decide to take my husband - who claims he is easy to buy for but is rarely satisfied with anything less than the near elusive perfect gift - to shopping areas devoid of chain stores. His general gripe with Christmas is the commercialisation so I lead him to shops where he can discover something original. Job done. He gets totally lost in a shop selling naval artefacts.

I have, however, neither the time nor the inclination to shop for everyone in this way and, as is the case for many expats, geography blows a hole in the strategy to carry out reconnaissance while on a shopping trip with many members of my

family so I resort to quizzing partners and friends.

I discover that my brother needs a new running shirt and, although having a reputation for delighting in only the most glamorous gifts, is surprisingly fond of the socks I bought in desperation a couple of years ago with days of the week on them from a fairly cheap chain store.

My Dad, who buys what he wants when he wants it, is nonetheless happy with a never-ending stream of luminous golf balls and polo shirts to wear on the range while various aunts and uncles savoured a basket of Belgian goodies I made up a few years ago. At least, I'm informed that the aunt who believed the jar of artisanal advocat was custard and poured it all over her Christmas pudding sounded very happy about it.

” My final muse is over charitable donations. During my first pregnancy, a relative bought a UNICEF birthing kit in my name for a child in a developing country. That was worth much more to me than another scarf and gloves set. For those people who really do have everything

and for whom it's impossible to buy something they don't already have, making a donation to a charitable cause close to their hearts with a personal interest will show a great deal of thought but, here's the best bit, with the internet, it takes seconds to do.

I conclude that a little bit of research, some trips to unusual shopping destinations (think museum shops, villages in the middle of nowhere) and some serious corner cutting on the internet has helped me recapture the joy of Christmas shopping. My hope is that this year, by recapturing the joy of giving, the gifts will reflect my new found enthusiasm. ①



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See you soon!



Cheers!

SHINE
A LIGHT

GIVING IT all way

Together has compiled a few gift suggestions, ranging from jewellery by a young Belgian designer to a rare Bovet pocket watch.

HÄAGEN-DAZS ICE MOON

If you want to offer a gift that can be shared but does not last look no further than the HÄAGEN-DAZS ICE MOON by designer Doshi Levien.



ÖGON

ALUMINIUM WALLETS €29

This credit card size case is compact, strong and very light. It fits perfectly in purse or pocket. The cards are protected from so-called credit card skimming.

www.ogondesigns.com



CLINCH SCARVES

Clinch is a Belgian collection of colourful scarves – they are highly original with messages that must be positive! Two of the models were created in collaboration with local artist Delphine Boel.

www.clinchcollection.com



CARTIER DECLARATION PERFUME

The bottle of the limited Christmas edition of Cartier's Déclaration is adorned with a piece of leather to add a touch of elegance.

www.cartier.com



SHINE A LIGHT

BOVET POCKET WATCH

This is one gift you won't be able to offer a friend or loved one – it has recently been sold at auction in Christie's in Geneva, for the record price of over **€300,000**. The signed Bovet pocket watch was initially sold in China in 1835.
www.bovet.com



ENOCREATION JEWELLERY

Enora Antoine – hence the Eno – made her first jewellery collection in 2008. "I studied to be a psychologist but at the same time I took various courses at the Academies of Art in Brussels. But the creative life won. I would rather eat pasta every day than give up doing this."

She works from her studio which is a converted washroom between floors in a Brussels maison de maître in the European district. "I'm interested in textures, shapes and colours and – I suppose that's the psychologist talking – that what a person wears says about them." Her lightweight pieces are a combination of semi-precious stones, silver and Japanese fabrics. "I use kimono fabric, which means that each item is unique because it comes from a different part of the pattern."

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LIFE OF LEISURE

"Les bulles"
in Montréal in 2010

LIGHT INSTALLATION ON PLACE STÉPHANIE
Brussels, 13 December 2012 - 7 January 2013

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" vêtements de ski femme et enfant "



LIFE OF
LEISURE

MIRACLE on Main Street

Paul Morris tries to help Peter find his shadow



© Disneyland Paris

On main street Dapper Dan's Hair Cuts is doing a roaring trade, the Cookie Kitchen lures passersby with its warm aroma and couples walk arm-in-arm beneath the vaults of the Discovery Arcade. Suddenly, snow begins to fall, gently – strange because it's such a mild November evening, and there was no mention of a flurry of the white stuff on the weather channel. Then again in Disneyland all things are possible. The scene has all the hallmarks of a Hollywood movie – this could be *Miracle on 34th Street*, or perhaps for the workers here as they listen to *O Tannenbaum* for the umpteenth time it's more like *Groundhog Day*.

Disneyland Paris is located some distance from Paris, in Marne-la-Vallée in the eastern suburbs of Paris but the big city seems awfully far away. It has a pioneer feel, a place where settlers from far across the ocean came to build their dreamland. There is

a small (real) town called Magny-le-Hongre close by where all the cafés are shut at half-four in the afternoon. The newsagent says: "What's the point opening up, they are all at Disney." Was that tumble weed tumbling past his door?

New for this year is Disney Dreams®, a closing spectacle that runs for 20 minutes – it's an attraction in its own right. Disneyland celebrated its 20th birthday this year and has spent millions of euros on the candles for their cake. And what a cake! The Sleeping Beauty Castle, no less. And what candles! It is the sort of light and sound show that only Disney can dream up.

I'm not a fan of spoilers but suffice to say that they somehow transform the physical castle into a living, breathing canvas of light and colour. The towers have a life of their own, 3D video mapping projects animated characters in the air as Peter Pan's shadow runs amok (there's clearly a sorcerer at work here and a touch of silliness from his apprentice too, perhaps). The sorcerer in question was Imagineer Steve Davison who designed the show. He was also in charge of the conception of World of Color in California.



© Disneyland Paris

on their faces. As we filed out towards the carriages that would whisk us homewards, a little girl catches a snowflake and announces: "It's mousse!" It's complicit, this making believe. And, yet, I am convinced that I spotted Peter Pan's shadow slinking off to join the rogues in the land of the Pirates of the Caribbean.

Like prairie schooners circled, hotels surround the parks, servicing some of the 15.7 million people who descend upon it every year. They are not all Disney-owned. The Magic Circus Hotel is owned by Vienna International Hotels (a sister hotel Dream Castle is located very close by). You can tell by their names that they are keen to fit in with the theme world imported by the Americans but they're not standing still. The Circus' resident manager Tonio Logiudice said, "Hotels have to keep evolving, changing their ideas, coming up with something new because every hotel has a lifespan. Customers are very

**IT'S COMPLICIT,
THIS MAKING BELIEVE**

Blinking fireworks and spewing fountains rise higher than the castle, and an animated Quasimodo happily climbs around the turrets and ledges as if he was back on his beloved walls on Île de la Cité. Above his head, flamethrowers cast fire bombs that burst in the air – even at the back of the 6,000 strong crowd they can feel the heat

Private event MGM Constructeur

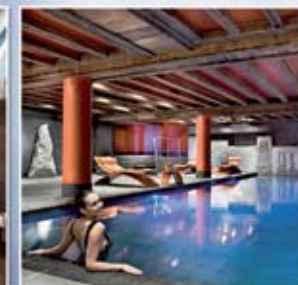
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Timetable :

Friday 7th December
from 14h till 21h
Saturday 8th December
from 10h till 18h

Address :

B19 Business Club
Avenue Van Bever, 19 - 1180 Uccle



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“ THE SORT OF LIGHT AND SOUND SHOW THAT ONLY DISNEY CAN DREAM UP

demanding these days, and they travel often and keep up with trends via the internet. They're very knowledgeable." In the lobby, strong reds and yellows abound, giving it a warm feel despite its large surface area. The entrance is rather grandly decked out in a little circus tent, and on all the walls you'll find excellent photos of circuses from days gone by – clowns and acrobats and elephants doing things with barrels that they shouldn't be able to do. Like Disney, making us and making us cry. There is a special pagoda where kids can let their hair down, and I wondered how they mix families and business people for conferences: "We keep them apart but I think sometimes the business people would like to escape."

The parks have changed and so have the customers. "Increasingly we're getting young couples coming and lots of teenagers staying with us, ever since Disney started adding more and more attractions for an older age group. There's a



© Vienna International Hotels

”

new attraction, Hollywood Tower Hotel. Not like our hotel. It's designed to scare the life out of you. Too scary for little kids." And for this particular adult. With my vertigo, I was happy enough at the prow of the Mississippi steamboat as it slowly toured the lake. The water's calm was shaken by the screams of teenagers aboard a runaway rollercoaster in a mock-up of a gold mine set on the aptly named Thunder Mountain, and an automaton dog barked at his automaton master who shook back and forth outside his shack.

Is this all hokey? Perhaps. In the series *Friends*, Chandler demands: "Why would I cry when Bambi's mother dies – just because someone stopped drawing her?" Later in the episode, he would open up a veritable floodgate of emotion. It gets to us all at some point. ❶

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Nhow HOTEL BERLIN

Tatiana Gumuchdjian

runs the rule over Europe's first 'music hotel'.

On the banks of the river Spree, in Berlin's up-and-coming Friedrichshain district, you will find the nhow, Europe's first "music hotel". It's no surprise that it's located somewhere between Berlin's Universal Music headquarters and MTV. Camouflaged in a beige brick exterior that blends in with existing industrial architecture, the nhow Hotel was built according to plans by Sergei Tchoban, better known for designing the Federation Tower in Moscow.

The building is unique and conspicuous by its dramatic hanging upper tower, which appears to hover above the water. The interior is just as dramatic, decked out in eye-catching pink. The designer of this

eclectic fuchsia symphony is none other than Karim Rashid, the *wunderkind* of industrial design, whose work has been exhibited in the MoMa in New York City and the Centre Pompidou in Paris. "I always question whether the physical world is as experiential, as seductive, as connective, as inspiring, as personalizable and customizable as in the digital world," Rashid said. "That is what I tried to achieve with nhow Hotel Berlin, by making a space that coexists with the data-driven digital infosthetic world."

The hotel's 304 rooms are color-coded to help guests find their way, each of one boasting Rashid's "digi-pop" design pattern printed on the laminated floor, on the walls,

curtains and even on the bed sheets and guest towels. Some rooms are covered in soothing pink hues inspired by sunrises and sunsets, while others come in cooler grey and blue tones. More than half of the rooms face the river and offer a panoramic view of Berlin, with the TV tower rising up in the background.

The best part about being a guest at nhow is the room amenities. Guests can enjoy a huge selection of video on-demand and have access to free bike rentals to discover the city. Of course, nhow wouldn't claim to be Europe's first music hotel without offering chargers for all your devices as well as an iPod dock and

a high-end sound system. And amateur musicians can take one of the hotel's

“**MAKING A SPACE THAT COEXISTS
WITH THE DATA-DRIVEN DIGITAL
INFOSTETHIC WORLD**”

Gibson guitars up to their rooms for the length of their stay.

For professional musicians, the hotel features two fully equipped recording studios. Located on the 8th floor, the Music Sound Floor appears to be floating above the river. Boasting a large lounge equipped with the newest multimedia technology, it combines comfort, glamour and cutting edge technology. International acts such as N.E.R.D, Chad Hugo and Shaggy have recorded there.

LIFE OF LEISURE



© nhow Hotel

The kitchen of the Fabrics restaurant on the ground floor is led by Berliner Patrick Rexhausen, whose menu aims to be a culinary interpretation of the architecture. Thanks to its corner position and top-to-bottom windows, the restaurant offers a spectacular view of the historic Oberbaum Bridge, and the dining experience is completed by the carefully curated playlist.

The Envy bar is dominated by Rashid's pattern on a dark grey color that contrasts with the bubblegum pink chairs and ceiling. It regularly hosts international and local DJs. Since it's adjacent to the lobby, the bar

company is a mix of regulars and guests waiting for their room or a car to whisk them off into the city's seemingly endless nightlife.

Berlin is also known as a great patron of the arts. The nhow hotel has set aside a large dynamic space where art and special design installations are displayed. The in-house gallery changes its collection three times a year. Hermann Spatt, nhow hotel manager, said that, like the city itself, "the nhow Berlin keeps reinventing itself and incorporates the influences of its environment to offer an inspiring and refreshingly different hotel ambiance." 1



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“FILM-MAKING
IS AN
EXPRESSION
OF THAT
NEUROSIS OF
NOVELTY”



© Mario Antonio Pena Zapatería

LIFE OF
LEISURE

MONEY into light

James Drew examines John Boorman's *Money Into Light*.

“**M**ovie-making is the process of turning money into light. All they have at the end of the day is images flickering on a wall.”

Thus announced British director John Boorman as a preface to his book *Money Into Light*, which is his own diary account of his very difficult, intensive but ultimately rewarding three-year preparation for and filming of *The Emerald Forest* (1985) which, while not a perfect film, nevertheless went more than a little way to returning the great director to critics' esteem.

Boorman had fallen from grace, following his superb *Point Blank* (1967) and magisterial *Deliverance* (1972) with the disappointing *Zardoz* (1973) and the quite frankly appalling *Exorcist II: The Heretic* (1977) and, while the critics warmed a little more to his version of Thomas Mallory's *Morte d'Arthur*, *Excalibur* (1981), Boorman was aiming to ensure that his next film would make a similar mark as his earlier masterpieces. *Money Into Light* (1985) tells the story of just how tough the process of “turning money into light” and back into money again can be, in riveting and dramatic fashion.

Boorman made an impressive casting decision at the outset – the film was based

“
BOORMAN'S
FILM AT
LEAST
REASSERTED
THE
DIRECTOR AS
BEING A
STIMULATING
VISUAL
STYLIST
”

on the true story of a father's search for his son, with Powers Boothe playing an American dam engineer in Brazil, whose son Tommy, later Tomme, is kidnapped by a rainforest tribe and raised as one of their own. Boorman had wanted C. Thomas Howell for the role of the young kidnapped boy who reaches manhood with the tribe, but he was unavailable, so he decided to cast his own son Charlie in the role, to considerable acclaim.

In the end, Boorman's film at least reasserted the director as being a stimulating visual stylist, with the traumatic three years he spent making it in *Brazil's* rainforests translating into ravishing scenery and Boorman's archetypally imaginative use of visuals. The film as a whole can be seen as a tribute to John Ford's *The Searchers*, with breathtaking imagery that compensates for its somewhat slender narrative.

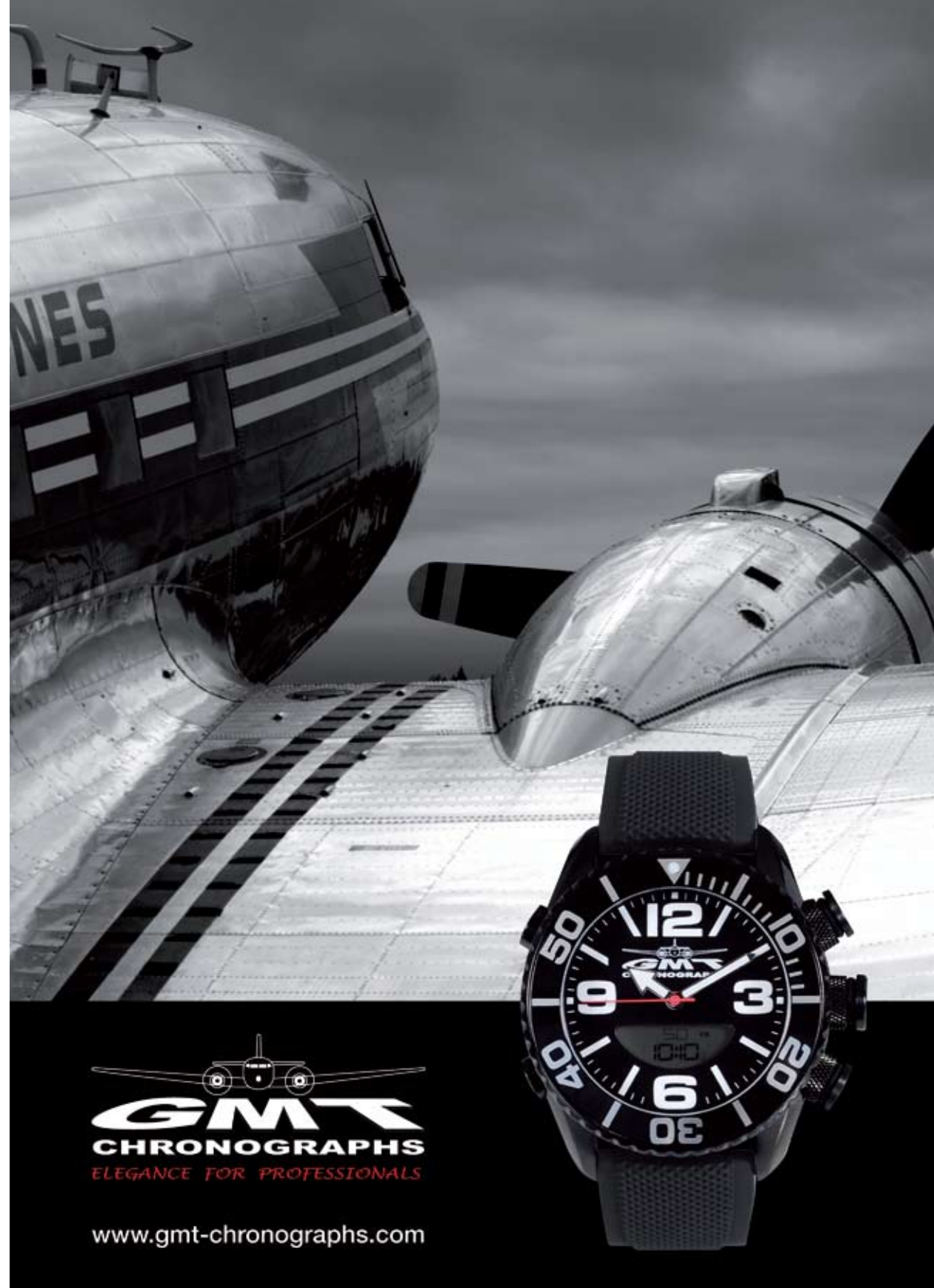
And the inspiration for Boorman's quotable quote and the book's title apparently came from the reaction of one of the local Indians involved in the making of the movie, namely his understanding, which he articulated to the director, of what Boorman and his team were doing.

And doubts that you may have about whether you will be interested enough in a movie made 27 years ago to read a book about its making should quickly be dispelled – in fact, the story is about so much more than this particular film. Boorman's account ranges over topics as disparate as Brazilian culture, the destruction of the Amazon, the gulf of many thousands of years that divides our culture from the rainforest natives, and modern man's loss of the mythic to add meaning to our 'civilized' lives in the West – a theme which, interestingly enough, also links *Emerald Forest* with his earlier films *Deliverance* and *Excalibur*. Boorman, while providing some details of the shoot, is nevertheless far more concerned with his own motivation, ideas, problems and solutions, and his insights into the creative process also provide startling contrasts between the natives' lives and our own:

“Tribal life follows unchanging patterns. I saw that for us, in our world, change is the only imperative: fashion, novelty, progress, news. We crave them. They feed us. Stasis is death and so we hurtle on, faster and faster towards... what? Film-making is an expression of that neurosis of novelty, that process of inventing impossible problems for oneself and failing to solve them... The Indians, with their music, dance and ritual, are constantly striving to escape their material lives into the spirit world. In making a movie we take the material elements of our society and transmute them into a stream of light flowing on to a wall, hoping that it will contain something of *our* spirit.”

From money, to light, to spirit – would that other directors were as profound about their art.

See more of James' reviews on Picturenose.com. ●





TOUTE LA FINESSE DU MAROC

BABDAR, un nom qui invite à lui seul au voyage. Basculez dans le somptueux décor d'un oasis ensoleillé idéalement situé au coeur du quartier Louise. Ici le décor est incroyable ! On se croirait dans un palais des milles et une nuits version moderne. Un mélange de styles parfaitement dosé. Bercés par la tradition hospitalière marocaine, vous vous laisserez enivrer par la carte égrenée de mets au raffinement oriental : pastilla de poulet à la cannelle et amandes, poulet aux citrons confits et olives vertes, kefta de Hanna tomate et coriandre, couscous de viande, de poisson ou végétarien,... et délices sucrés aux fruits et à la fleur d'oranger.

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ROB:

The Gourmets' Market

Sometimes when people claim they have a 'concept', it's hard to grasp exactly what it is but at the Rob supermarket in Woluwe-Saint-Pierre it's staring you in the face. It's a colourful food trove, from the humble spud to their own foie gras. The concept is that there are seven 'independent' heads of department: cheesemonger, butcher, fishmonger etc. "They buy and they sell the produce so they know it – they can vouch for it." Francois Pinchart is Rob's managing director and we sit in the restaurant overlooking the shop.

It's the very autonomy of these specialists that make Rob feels less like a modern supermarket and more like – despite its contemporary feel – an old-fashioned covered market. "Our customers don't seem to be in a rush, they take their time. 70 percent of them said that gastronomy

was their favourite thing to do. One new customer said that she felt like a child in a toy shop."

The 15,000 products – 350 cheeses, 1,800 wines – crammed onto the shelves are chosen by these very experts. Every two weeks they set time aside to try out, beef, fish, cheese, wine and much more, and only if it passes muster in these refined palates does it stand a chance of making the shelves. Rob's staff travels far and wide to hunt down new items that might come up to scratch. Though most of the produce is local – in season only game from the forests of the Ardennes and Luxembourg are available – they have the benefit of a twice weekly shuttle to the Rungis international market on the outskirts of Paris, frequented by the great and the good of the city's gastronomic fraternity. The market can trace its origins back to les Halles in the 12th century.

"Our shuttle really does make us unique in Belgium. For example we really liked a cheese from the French Pyrénées but the producer was naturally reluctant to come all the way to Brussels just for us. I was able to say, You don't have to, we'll pick it up in Paris."

The restaurant can seat up to a hundred diners and "of course, it's our produce they are eating, cooked here, and our baker makes the bread".

"Over the years the customer base has changed. From when it first opened in 1946 it served the rich people from the south of the city but the new customers are not so rich but still want to pay for quality. We have to wait seven years for our beef, where other supermarkets only have to wait for two years. These new customers like to cook for themselves but we have a kitchen producing ready-made meals. But one passion has

© Rob



been the common denominator through the decades: gastronomy."

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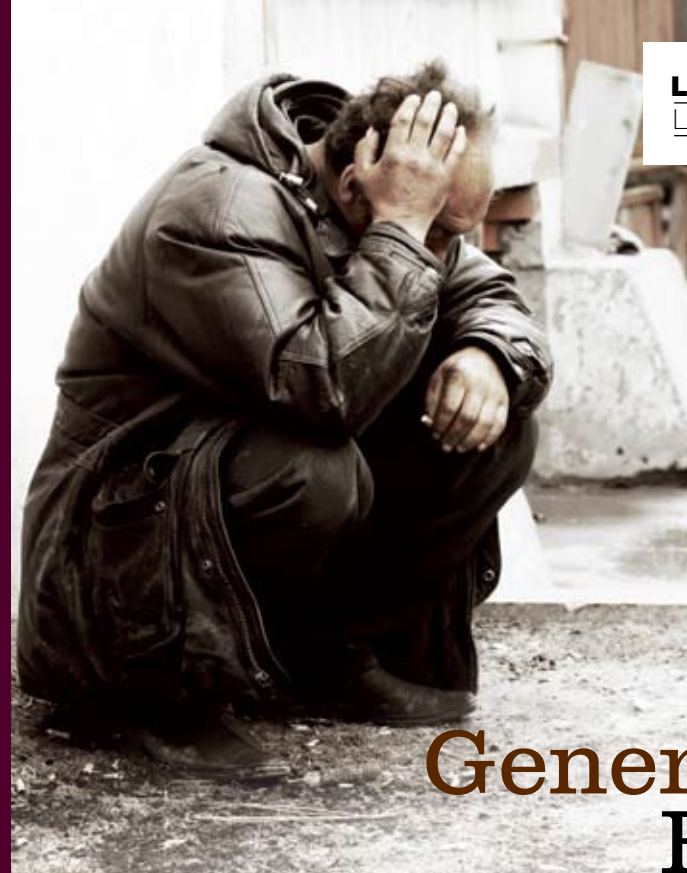
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Toute la magie de Noël

**LIFE OF
LEISURE**



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www.bozar.be

CHRISTMAS CONCERT

The National Orchestra of Belgium will perform an eclectic array of music with everything from traditional Puccini to Gershwin, world music and even sitar compositions from *Slumdog Millionaire*. *Bozar*. Tickets from €10.

BEN X THE MUSICAL

The award-winning film of a lonely autistic boy who is bullied at school and loses himself in a virtual world of video games has been transformed into a musical. *Capitole Gent* on **January 3-4**. Tickets from €5.

www.capitolegent.be

ENNIO MORRICONE

Famed for his musical scores for the Spaghetti Western movies and in total about 400 film scores, Ennio Morricone will be coming to Antwerp to direct renditions of his compositions. *Antwerp Sportpaleis* on **December 22**. Tickets from €25.

www.sportpaleis.be



PETER PAN THE NEVER ENDING STORY

Aside from the lovable cast of characters from the original story by J.M. Barrie, Music Hall's musical version features acrobats, stuntmen, magic tricks, live animals and flying boats. *At Forest National* from **December 21 to January 6**. Tickets from €24.

www.musichall.be

GRAND' PLACE, BRUSSELS

Replacing the traditional Christmas tree, this modern take designed by French firm 1024 Architecture lights up the Grand' Place. The installation is entitled ABIES-Electronicus and stands over 80 feet tall. Best of all, you can climb it to get an excellent view of one of Europe's finest winter displays.

© 1024 Architecture



© Pierre Bolle

THE WIZARD OF OZ

The classic tale from Frank L. Baum of the orphan Dorothy from Kansas who is seeking a wizard she hopes will help her return home after she gets lost in a cyclone will be brought to stage by ARS Lyrica at Cirque Royal in Brussels on **January 12**. Tickets from €13.

www.cirque-royal.org

BIG BANG

The biggest bang at the Belgian coast on **New Year's Eve** is a dance party hosted by *Kursaal Ostend*. This year's edition sees performances from hot DJs Murdock and TLP. Tickets from €2.

www.bigbangostend.be

ANIMA ETERNA BRUGGE ROMANTIC STORIES

Brugge's Concertgebouw's resident orchestra performs Saint-Saens animal portraits *Carnival of the Animals* and Modest Mussorgsky's *Pictures at an Exhibition*, a series of dark folktales originally set to a suite of piano music but performed here as the orchestrated version by Maurice Ravel. Tickets from €12.

www.concertgebouw.be



© Music van Vlaanderen

EIN ABEND IN WIEN

Capitole Gent will host a stage spectacular of dance to music from the Strauss dynasty, Milloecker and Zeller, telling the story of a young girl discovering love at a folk party in the small town of Grinzig. **January 10**. Tickets from €39.

www.capitolegent.be



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What's on INTERNATIONAL

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

GEMMA RAY

British musician, singer-songwriter Gemma Ray will be performing a repertoire of her pop-noir classics at *Berlin Volksbuehne* on **January 1**. Tickets from €22.70



© Eric Weiss

www.volksbuehne-berlin.de

SHY'M

Voted best Francophone artist in the NRJ 2012 Music Awards, French pop singer Shy'm will be performing at *Bercy in Paris* on **January 4**. Tickets from €35



© S. Chersaux

www.bercy.fr

© Jean-Baptiste Mondino and Johannes W. Berg

THOMAS DYBDAHL

Norwegian singer songwriter Thomas Dybdahl, who has been likened to Nick Cave will be crossing the Øresund, to perform his eclectic range of songs at *Copenhagen's VEGA* on **December 22**. Tickets from 250 DKK.



www.vega.dk



© Peter Miller

HILARY HAHN

Grammy award winning violin soloist Hilary Hahn from America will be performing at *Luxembourg's Philharmonic* on **January 9**, presenting short pieces composed especially for her as well as pieces by Bach, Corelli and Fauré. Tickets from €15.

THE DUBLINERS '50TH ANNIVERSARY TOUR'

A live concert interspersed with video footage & photographs of the band throughout their 50 year history. They are one of the greatest bands ever to come out of Ireland. **December 29th & 30th** Dublin's Vicar Street. Tickets €39.50.



© The Dubliners

www.ticketmaster.ie



© Belloblock

KENDRICK LAMAR

American rapper Kendrick Lamar, whose debut album *Section 80* ranked as one of the top digital hip hop releases last year, will be performing at *Hammersmith Apollo in London* on **January 20**. Tickets from £26.

www.livenation.co.uk

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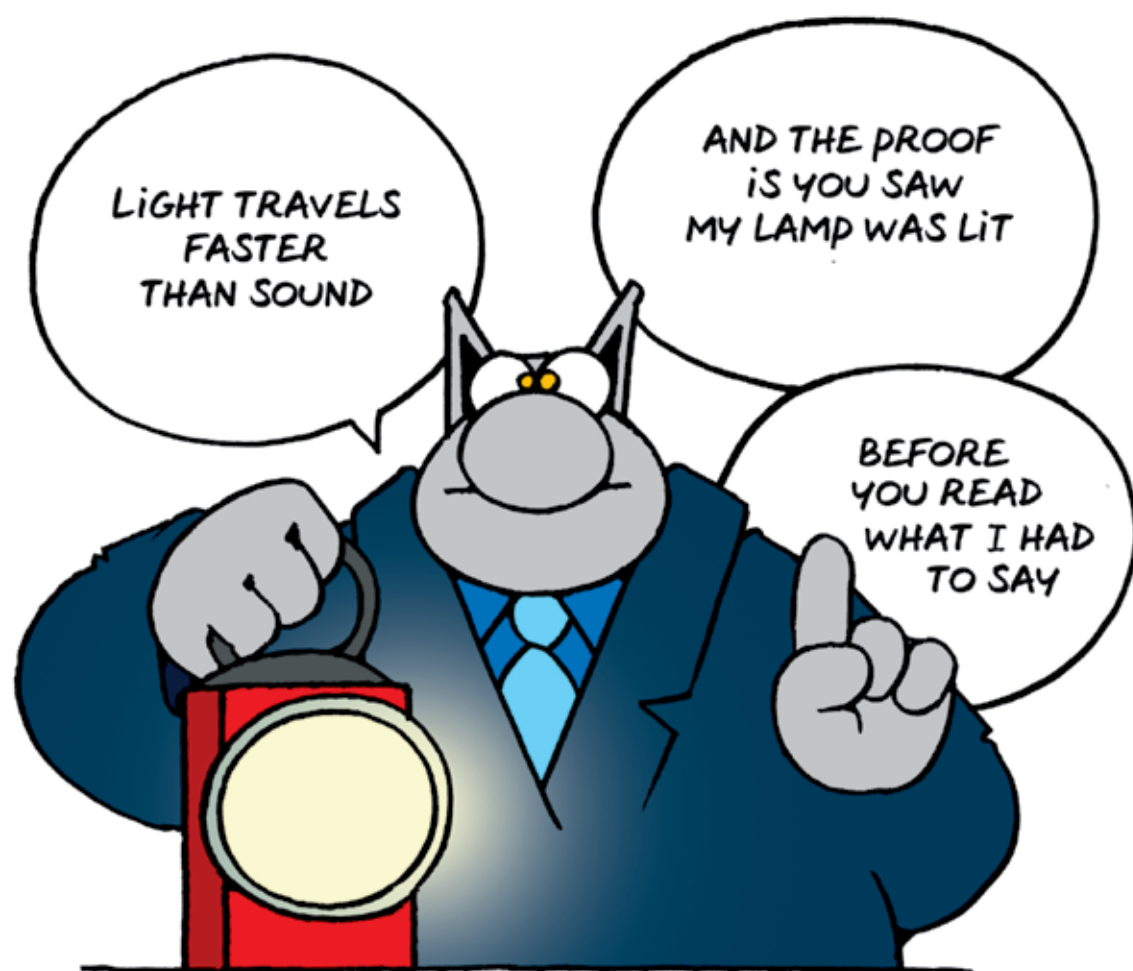
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LE CHAT by Philippe Geluck



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