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Yoga for fitness

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INTERVIEW

1

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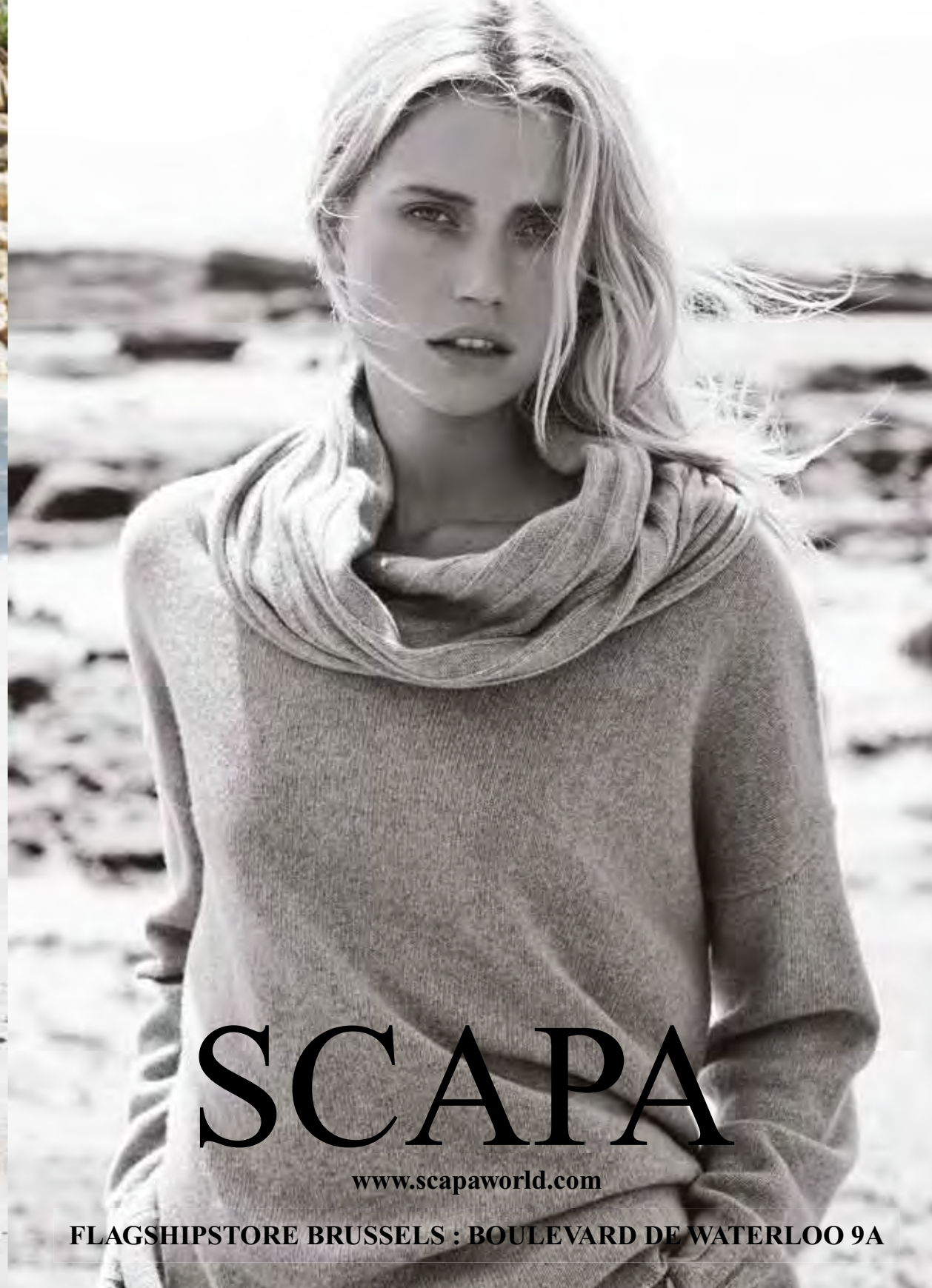
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Editor's LETTER

*Together:
Inspiring you
to reach your dreams...*

ON THE COVER



Rachel Weisz is starring in
Yorgos Lanthimos' *The Lobster*

George Burns – for those of you who don't know – was an American comedian, actor and writer. He may not have appeared to be the best advert for our and health pages – he was rarely seen without his trademark cigar. By his own admission, he bought the cheapest Cubans he could find.

There are many images of Burns and his fellow actors and comedians of his time, all impeccably dressed no matter what they were doing – they simply had style. The other thing about these pictures is that they always seem to be laughing. There's one particular photo of George Burns, Bob Hope and Jack Benny, dressed to the nines and in hysterics of laughter about a joke one of them had cracked.

The first time I saw it, it made me smile but it also drove me mad: which one of these masters of the great one-liner told the joke and what was it?

So, why mention this diminutive comic genius in these pages? Well, he could easily have contributed to our Personal Development section. He once said: "I honestly think it's better to be a failure at something you love than a success at something you hate." Well, it worked for him – he lived to be a hundred years old, despite those one-dollar Cubans.

Paul Morris
EDITOR



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Contents

NOVEMBER 2015

17 Editor's letter
20 Contents and Contributors
27 Starring in Belgium



31

Fitness
Yoga



35

Nutrition
The carbs debate

PERSONAL DEVELOPMENT

28 **Charity:** Movember
31 **Fitness:** Yoga
35 **Nutrition:** The carbs debate
39 **Personal Development:** Slowing down
43 **Technology:** Smart house
47 **Politics:** Talking Turkey
51 **Money:** The Big Crash



55

Luxury
Private jets



60

Fashion
Une Blonde Une Brune

LIFESTYLE

55 **Luxury:** Private jets
62 **Cars:** Mini Clubman
65 **Fashion:** Une Blonde Une Brune
68 **Fashion:** Young soul rebel
78 **Shopping**
86 **Beauty:** Mampering

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Marvelous Madeira



What's on
Belgium

LIFE OF LEISURE

93 Interview: Rachel Weisz
100 Travel: Marvelous Madeira
105 Travel: Shimmering Kiev
111 Hotels: Ermitage at Evian
115 Hotels: Pentahotel Brussels
116 Dining: The Bowery
121 Vin du mois: Sud-Ouest
122 Champagne: Nicolas Feuillatte
124 What's On Belgium
131 Maasmechelen shopping trip
133 What's on International
136 What's on Cinema: Bond's back
138 Le Chat: Supercat

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PUBLISHER
David Mc Gowan
david@togethermedia.eu

KEY ACCOUNT DIRECTOR
Renaud Philippart
renaud@togethermedia.eu
+32 (0) 494 64 67 93

ACCOUNT MANAGER
Caroline Dierckx
caroline@togethermedia.eu
+32 (0) 479 47 47 77

EDITOR
Paul Morris
paul@togethermedia.eu

ART DIRECTOR
Xavier Bostem
carafe.xavier@gmail.com

CONTRIBUTORS
Sophie Bruno; James Drew
Gerry Callaghan; David Deruytter
Philippe Geluck; Jeanie Keogh
Bob Monard; Colin Moors
Paul Morris; Karen Northfield
Gemma Rose; Delphine Stefens
Sophie Van Cruchten; Geoffroy van Lede
Lesley Williamson

STYLIST
Nicholas Sirot

ONLINE EDITOR
Paul Morris
paul@togethermedia.eu

FOUNDER
Jérôme Stéfanski

Together Media
Boulevard St Michel, 47
B-1040 Brussels
+32 (0)2 400 00 24
info@togethermedia.eu
www.togethermag.eu

For advertising sales rates please consult
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Cinema star interview: Emily Blunt

Together chats to Emily Blunt about taking on a Mexican hitman.

Emily Blunt has always had a relaxed attitude towards her cinema acting career.

10 things that will get you a six-pack
Aspria Personal Coach Sofia Beloka talks about improving our 'core'.

We all know the effects that prolonged sitting can have on our bodies, but if your exercise goals entail getting a shredded six-pack, here are 10 key things you need to know if you do a desk office job.

Do carbs make you fat?

Dietician Sophie Bruno delves into the murky debate about carbs (carbohydrates).

It is quite common nowadays to be confronted with strongly upheld dietary convictions such as "carbohydrates are bad for you".

Self-help: Taking it slow

Gemma Rose champions the slow movement

This morning I took 30 minutes to eat two slices of toast.

... read more on www.togethmag.eu

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Boulevard Industriel 125 - 1070 Brussels - Tel. 02 521 17 17
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Davo Tongeren bvba

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Starring in Belgium



Selah Sue

The 25-year-old Belgian artist returns to Forest National, having offered up a fabulous concert there four years ago. Sure to be an event packed with emotions, with international hits such as *Raggamuffin*, *This World* and *Crazy Vibes*. **5 December.** Forest National, Brussels. Tickets: **€35** www.livenation.be



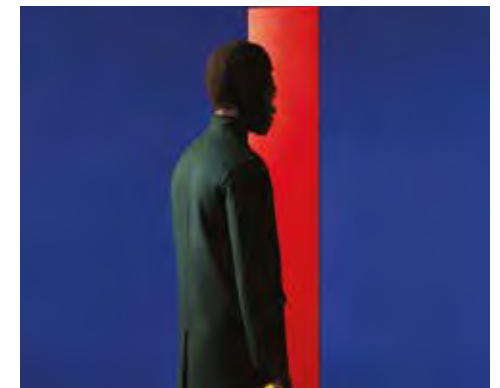
Lucinda Williams & band

Country folk rock's leading lady is back after almost ten years with a new CD... and a band. The American guitarist-singer from Louisiana resolutely takes her time, having released only 10 CDs since the late '70s. But since *Car Wheels On A Gravel Road* (1998) she's certainly earned a few Grammys. **25 January 2016.** Ancienne Belgique. Tickets: **€33** - www.abconcerts.be



Jason Isbell - John Moreland

Jason Isbell is an alt-country singer/songwriter/guitarist from Muscle Shoals, Alabama. Best known for his years with the Drive-By Truckers where he played with his then wife, bassist Shonna Tucker. Fellow American Moreland's songs have been described as "breathtakingly beautiful". **16 January 2016.** Botanique (Orangerie). Tickets: **€17** (presale **€14**) - www.botanique.be



Benjamin Clementine

At least for now is the excellent debut by this 'French Brit' who offers a mix of jazz and modern pop. Despite the CD title, it would seem that the enduring Benjamin is a stayer, having already sold out his visit to Les Nuits, for example. **9 December.** Ancienne Belgique. Tickets: **€28** - www.abconcerts.be

Remember, remember, it's Movember

Movember has come round again and the moustaches are growing



The Movember Foundation seeks to make a global contribution to men living happier, healthier, longer lives. This ambition underpins everything and is the driving force behind its campaigns, funding strategy and vision for the future.

The state of men's health is in a crisis. Simply put, men are dying too young.

Gender is one of the strongest and most consistent predictors of health and life expectancy. For men, this is not good news. On average, across the world, men die six years earlier than women.

Moreover, poor mental health affects men more than women: three quarters of suicides are by men. The World Health Organization estimates that 510,000 men die from suicide globally each year. That's one every minute.

The impact of prostate and testicular cancer on lives is substantial, with prostate cancer being the second most common cancer in men worldwide and the number of cases expected to almost double to 1.7 million cases by 2030.

Mo Bros and Mo Sistas from across the globe become a united voice every Movember, bringing vital funding and attention to the hidden men's health crisis.

**“ MEN ARE
DYING TOO
YOUNG ”**

This is not just an issue for men. In order to tackle the problem and work towards a world where future generations of men are not faced with the same issues as today, we need to take action at both an individual and community level. This means engaging men and women, businesses, sporting groups, community organizations, governments, health policymakers and healthcare providers in the efforts to reduce the current gender inequality in health outcomes.

Movember brings leading experts together from around the world to collaborate on solutions that will fundamentally change the way men are treated and supported. So check out the Belgian Movember website to see how you can help those moustaches grow for a very good cause.
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PERSONAL
DEVELOPMENT

Fitness

Yoga: The root of health

Yoga and instructor Karen Northshield explains
the physical and mental benefits of yoga



As a hatha yoga instructor I am often asked the question whether yoga is only for flexible people? It is true that we often see flexible bodies in classes but I want to say that physical yoga was invented to make all bodies (and minds) more flexible. The supple bodies we see (other than being naturally flexible) are shaped with practice and dedication over time.

Why is yoga so highly spoken of? Quite simply because, according to ancient wisdom and practice, it is the root of all physical and mental health. Yoga is much more than pretzel poses and gymnastics. It is also meditation, awareness, concentration, consciousness, wholeness and oneness. Yoga is for everyone, for all ages and physical abilities. There are no requirements or prerequisites other than being physically present during the practice. It is



“ BREATHING IS ESSENTIAL TO YOGA PRACTICE ”



known that regular practice provides overall benefits such as enhanced suppleness, relaxation and concentration. Over the long term yoga also reduces stress, facilitates sleep, enhances balance, strength, stamina and improves the cardio-respiratory and cardiovascular systems – it supports health overall.

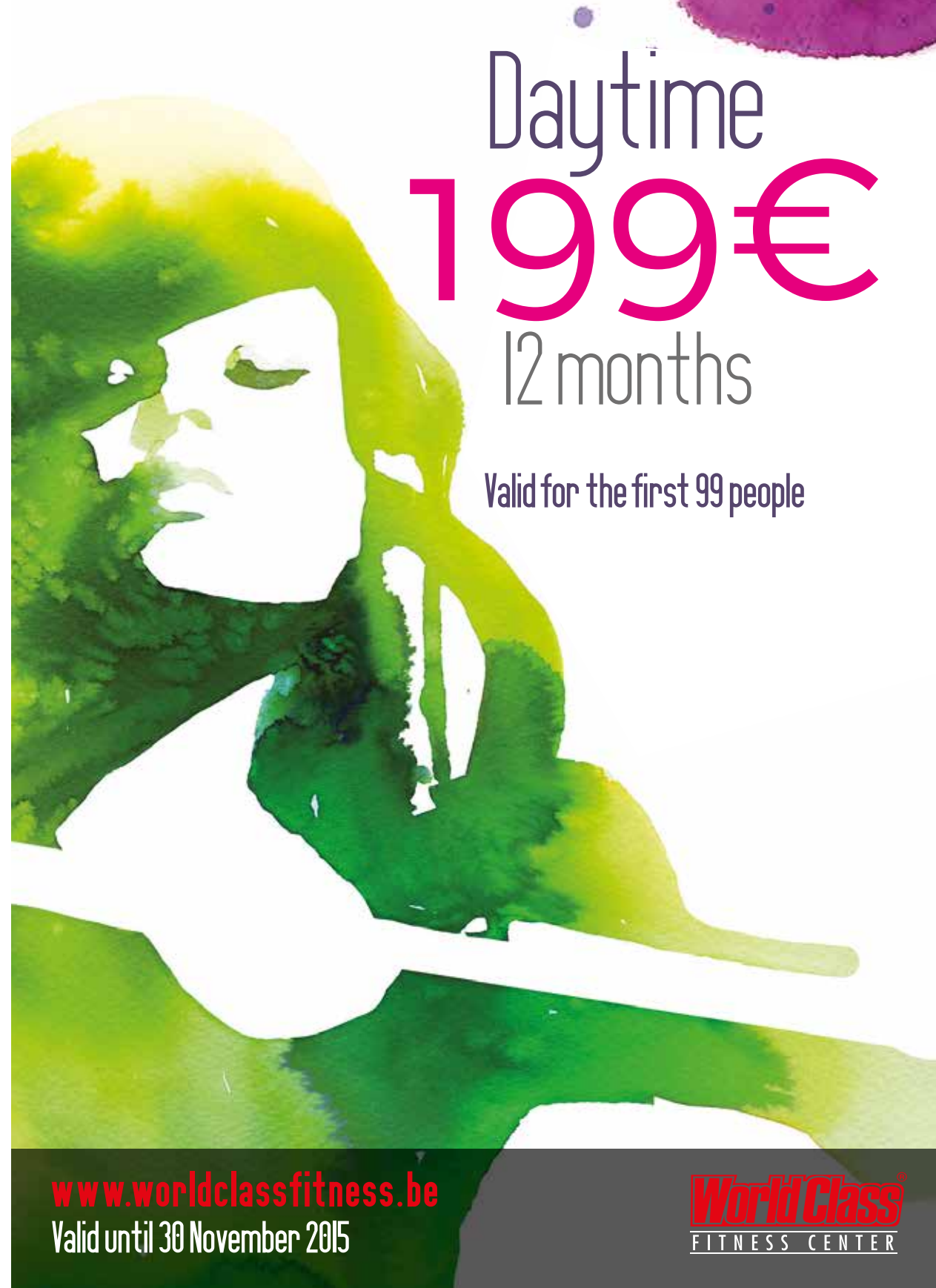
Experts recommend three types of exercise: cardio, strength and flexibility. Yoga in itself combines strength, balance and flexibility. So when you practice yoga, you are actually getting more of your time and money's worth. Like a pie cut in three equal segments, we should ideally engage in just as much vascular cardio and strength as yoga in order to maintain overall health. Many athletes, clubs and leagues turn to yoga to complement their training. The more flexible you are, the faster muscles recover, and you become less prone to injury and achieve better results.

How does yoga complement exercise? Overall health is enhanced when yoga is incorporated in a routine. It not only keeps the body and mind young, fit and strong, but it also reduces stress, acid and toxins in the muscles which naturally build up when under physical exertion. Yoga is as much a therapy as a prevention aimed at staying young and fit. Furthermore, the rate of injury is equal to none as the practitioner works with their own body weight.

Breathing is essential to yoga practice. As you focus on your breathing, it becomes deeper and more complete, fully oxygenating the bloodstream and regulating the metabolism. When engaging in certain asanas (postures) such as adho mukha svanasana (downward facing dog), the rib cage naturally expands, allowing breath to flow in and out of the lungs and into the individual ribs. Oxygen flows to the brain and evenly throughout the body. As breathing leads to body awareness, practitioners tune into their body and co-ordinate their actions in taking deeper and more conscious breaths, which slows heart pace. In the long haul, yoga can lower the risk of mild illnesses and diseases such as diabetes or cancer.

Yoga is 1% theory and 99% practice, so off you go on your mats! The more you practice the more of a difference you will notice overall.

Karen Northshield is a yoga and fitness instructor at Aspria, massage therapist and Personal Trainer. ●



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Food and mood

Dietician **Sophie Bruno** explains how to boost your mood and optimal wellbeing



Food plays an essential role in our life. Research shows that diet is strongly correlated with mood and cognitive function. Hippocrates was the first to suggest the healing power of food; however, it was not until the medieval ages that food was considered a tool to modify temperament and mood, although scientific methods as we know them today were not in use at the time.

Food embodies a powerful source for enhancing mental wellbeing. Many people eat in order to distract themselves from, compensate for or cope with negative affects such as stress, anxiety, frustration, fear, daily hassles, sadness, boredom, depression and fatigue. The foods consumed under these circumstances are sometimes referred to as comfort foods, as they are mostly indulgent in nature; such foods confer immediate satisfaction and psycho-physical benefits.

Research is mounting that food can be used as a tool to modulate mood as it comprises specific nutrients and bioactive factors that exert an important influence on cognitive functioning and mood.

Stress and mental health

Stress-related mental problems such as mood or anxiety disorders are the most prevalent and burdensome psychiatric ailments. According to the World Health Organization (WHO) almost

350 million people suffer from depression worldwide. As such, the pursuit to identify mood-enhancing food is of great value.

Nutrient and bioactive factors

Serotonin, a chemical messenger in the brain, has a direct impact on mood and wellbeing. It is also commonly known as the 'happiness hormone'. Serotonin is created from tryptophan, an amino acid present in the diet.

Carbohydrates promote the production and availability of serotonin, leading to temporary mood improvements. This suggestion has been used to explain 'carbohydrate craving' – eating sweet, comfort foods to boost mood. As such, consuming carbohydrates may boost mood.

Carbohydrates

The ability to concentrate and focus comes from an adequate supply of energy – from blood glucose – to the brain. Glucose is formed when carbohydrates are broken down in the body. Eating breakfast and regular meals containing some carbohydrate ensures an adequate supply of glucose in your blood. Insufficient blood glucose level, termed hypoglycaemia, can lead to weakness, tiredness and 'fuzzy mindedness'. This may happen due to a lack of consumption of carbohydrate-containing food. It can also happen with people following very restrictive diets or with erratic eating patterns. However, though glucose ensures good concentration



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“ HIPPOCRATES WAS THE FIRST TO SUGGEST THE HEALING POWER OF FOOD ”

and focus, once your blood glucose reaches the normal range, you cannot further boost your brainpower by increasing glucose levels.

Iron, Selenium, B vitamins

Micronutrients that should be considered as powerful mood enhancers include B vitamins, selenium and iron. Shortfalls in these vitamins and minerals have been shown to affect your mood, leading to tiredness, depression or irritability. As such, it is of paramount importance to consume a nutrient-rich diet, to avoid negative impacts on energy, mood and brain function.

Folate

Folate, a B-vitamin found in beans, citrus and dark green vegetables like spinach, affects neurotransmitters that impact mood. Deficiency can potentially result in depression, so ensure your stores are topped up.

Tea

Caffeinated black, green or oolong tea may elicit a more alert state of mind. Researchers believe theanine — an amino acid present in these tea varieties — may work synergistically with caffeine to improve attention and focus.

Omega-3s

Oily fish, such as salmon, fresh tuna, sardines and anchovies, will supply omega-3s — a key mood-boosting nutrient and one our bodies do not produce. Omega-3s alter brain chemicals associated with mood —specifically dopamine and serotonin, which are linked with keeping depression at bay.

Caffeine

Caffeine, found in coffee, cola and energy drinks, is often called a 'drug' as it acts as a



stimulant and can improve the feelings of alertness and counter the effects of fatigue. Beware, as overconsumption of caffeine may cause adverse effects of irritability and headache.

Blueberries

Blueberries are packed with antioxidants and anthocyanins. These nutrients are said to be great stress busters. Antioxidants combat free radicals, which may adversely affect memory.

Walnuts

The combination of omega-3 fatty acids and phytochemicals in walnuts are reported to have natural antidepressant effects in us. Walnuts also contain other compounds such as tryptophan, protein and folic acid that contribute to enhanced mood.

Chocolate

Chocolate has long been associated with enjoyment and pleasure. Chocolate may interact with a number of neurotransmitter systems including dopamine, serotonin and endorphins that contribute to appetite, reward and mood regulation. Chocolate is rich in antioxidants and it contains amino acid gamma-aminobutyric acid (GABA) that is said to reduce anxiety.

The interplay between food and mood is multifaceted: there are many ways that foods can affect our mood, just as how we feel has a large influence on what foods we choose. It is possible that the mood enhancing properties of food are due to a cumulative and synergistic action of nutrients. Some of the mood/food effects are due to nutrient content, but many are derived from existing associations of foods with pleasure and reward or deprivation. ●



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Overbooked agendas and tight deadlines often characterise the term 'work' in the year 2015. On the other hand, empty agendas without deadlines are devastating for an organisation, so it is important to find a humane way to deal with them. Our answer: mens sana in corpore sano! A cliché that has been confirmed by countless studies.

At Thermae, we know that relaxation is the best remedy against stress and fatigue, but a couple of hours of physical exercise also alleviate the mind! Therefore, Thermae Sports Merchtem has joined the list of already established centres (Boetfort & Grimbergen).

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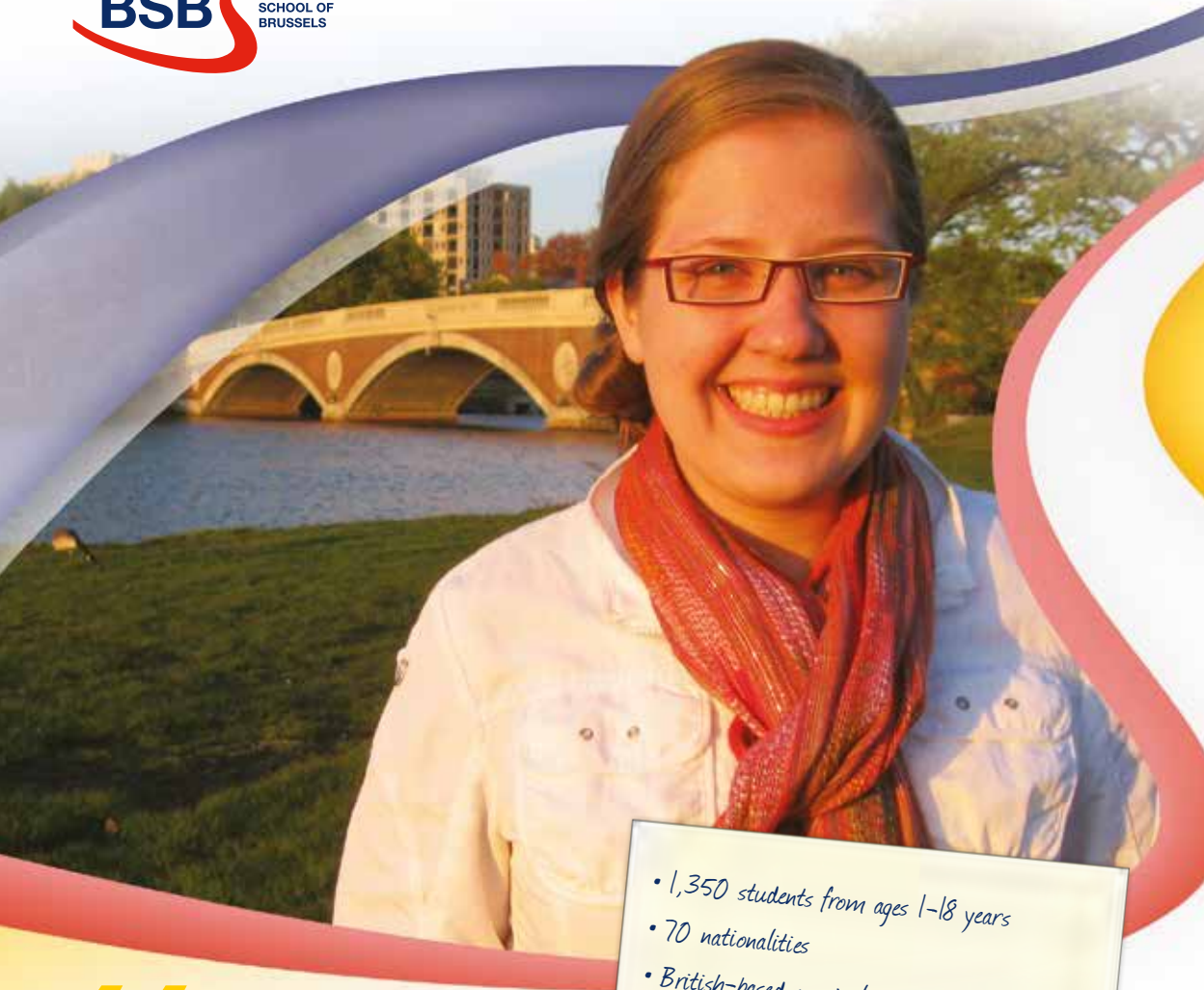
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Isn't it ironic?

Gemma Rose's best intentions bring about the opposite outcome



“I'm very interested.” She stared at me intently, holding my gaze. A flush of both excitement and relief washed over me all at once.

“Are you sure you want it?” This woman was sending me all the right signals, but I was no fool: I'd been down that road before, only to be bitterly disappointed by the let-down.

“Yes. I want it as soon as possible.”

I had a good feeling about her. This was it. “That's terrific. I'll call the landlord right away.” I gushed.

I was elated. I had invested a lot of time and effort in advertising my flat. After many initial offers of interests and no-shows, I finally found someone to take it over. I could move out almost immediately.

Yet after that evening, I never heard from her again.

“Gawd, it's just like dating a woman,” my friend told me matter-of-factly the next day.

“What?” I asked, confused.

“Think about it,” he replied. “You went through all the stages. First, she comes over all hot and heavy, giving you the signs. Then you get all excited and go into high-energy mode by ringing your landlord, telling him you found the perfect tenant. You then call her, pressuring her into meeting your landlord as soon as possible. Stage three: you over-analyse and contact her again, this time trying to sell her your furniture even though you never intended to. Later, you panic, thinking that you've ruined your chances because you've pressured her. And all day today you've been on edge, waiting for her call: stage five.”

“She's gone.” He concluded.

I stared at him with resignation.

“Stage six: depression.”

He was right, it was like waiting to hear back for that second date, that I was so sure was going to come. Yet it didn't. I was left hanging and

**“ WHEN WE ARE TRYING
TO AVOID A TOPIC OF
CONVERSATION, WE END
UP MENTIONING IT ”**

instead of just letting him go, I was so desperate to avoid the worst that I would chase him up with an email, or text, or – when I've hit rock bottom – a call. But he was gone.

There is a psychological basis to these actions which cause perverse outcomes. I had fallen under the spell of ironic errors. Ironic errors occur when you do the exact opposite of what you intended to do. For example, why is it that when we are consciously and carefully trying not to spill something, we spill it anyway? Or when we are trying to avoid a topic of conversation, we end up mentioning it?

I came across the theory of ironic process or as Sigmund Freud described it, the “counter will” in the *Science Magazine* article How to Think, Say or Do Precisely the Worst Thing for Any Occasion by Daniel M. Wegner of the Department of Psychology at Harvard University. He writes about the fact then when we are under pressure or “mental load” and we are trying to suppress or ignore a thought or action, we are more likely to end up expressing or doing it. Normally this happens when we try to be socially desirable. For example, when respondents were asked not to think about an ex, they showed greater attachment or “psychophysiological” arousal to that ex than those that were allowed to think about their exes. It can also happen when we want to be seen as fair and impartial. I wonder if UK former prime minister Gordon Brown fell victim to such ironic effects during his election campaign, which is undoubtedly stressful. After respectfully exchanging views with a Labour supporter on immigration, he blurted out in the car that she was a “bigoted woman” when his



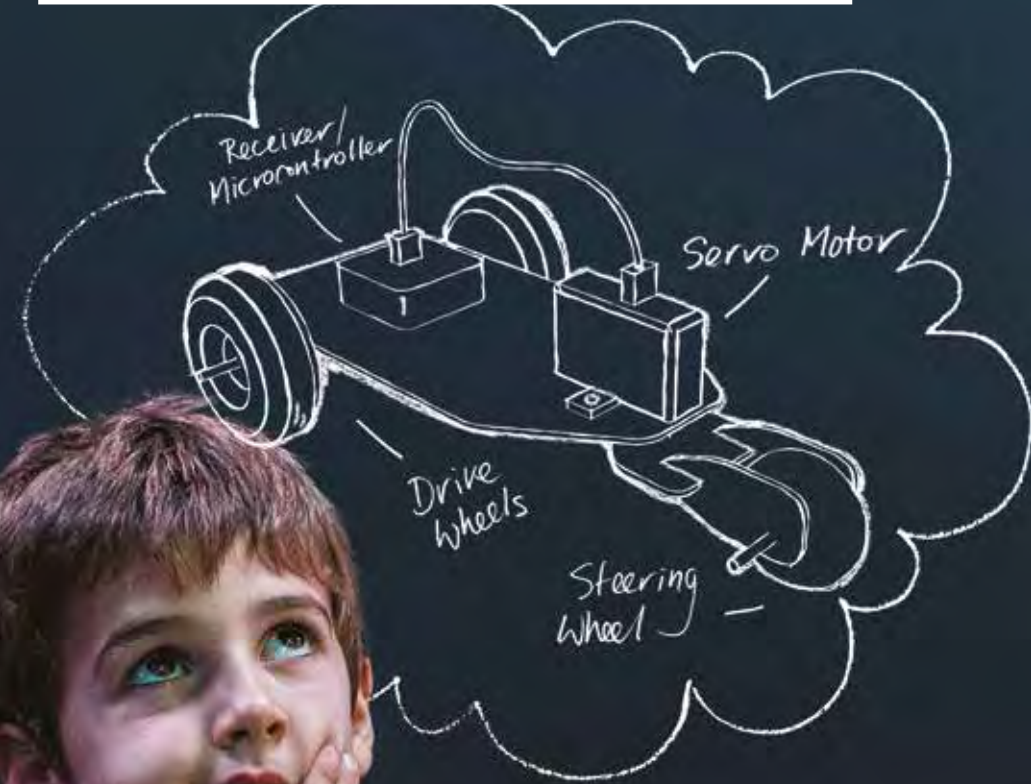
microphone was still on. As Wegner notes: “The desire to be fair and unprejudiced, exercised in haste or distraction, can engender surprising levels of bias and prejudice.”

By trying to find a new tenant under a time pressure that I had inadvertently set myself, I was attempting to achieve a self-imposed goal, which, according to Wegner, is another scenario that can be affected by ironic effects.

Thankfully, Wegner assures us that ironic effects don't happen too often and mostly when we are stressed or distracted. He mentions a couple of strategies to reduce their severity such as accepting things rather than trying to control them, or talking openly rather than being secretive.

Looking back, I should have played it cool with the prospective tenant and not have tried to force the outcome. If I had done so, perhaps she would have been the one. But just as the no-second date guy flaked out on me, I went on to meet a wonderful man. So maybe a better fate has met my old flat too? ❶

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PERSONAL
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Technology

Home is where the smart is

Colin Moors delves into apps that will make your life easier and more fun



Now we're officially in the future, with all the utopian and dystopian films and books uniformly failing to come true and provide us with hoverboards, flying cars and homicidal time-travelling robots, what can we expect in the not-too-distant future, the one in which certain ideas may well come to fruition? The 'next big thing' that's actually been hanging around for ages, is the automated home. With more and more products becoming available and with Google's slurping up of the home automation gurus at Nest for just over 3 billion dollars, controlling your home at the touch of a button while simultaneously on a conference call and getting a mani-pedi is a very real prospect.

In fact, the range of applications and options is now at an all-time high, and I hope to introduce you to some of the more natty applications without getting mired in too much tech speak. Believe me, once this particular rabbit hole has been entered, it can be a long way down.

Starting with the basics, it's probably best to kick off with something that will save you money and make you feel like James Bond just got domestic. Electrabel introduced their Smart Energy Box in 2012 in conjunction with Belgian automation innovators Fifthplay. For a reasonable price you can buy a smart control


ifthisthenthat

box, a special thermostat and four plug socket adapters that will allow you to control devices from an app on the mobile device of your choosing. How warm is your house when you're not there? You can take a look and adjust it as necessary, saving energy while enjoying the slopes of Chamonix or flip on your coffee machine or slow-cooker to ensure you have something nice to come home to after a hard day at the office. The app also feeds back the power consumption of any connected device, so you could learn which ones to turn off in order to stop them sucking up your euros on standby. With ongoing costs of a few euros per month, the savings are unlikely to be massive and the application is seriously geeky but this is hardly the point. It seems like an awful lot of fun.

For those among you who prefer Star Trek to spies, how about voice-controlled everything? Voice recognition has got a lot better in recent years and Microsoft's Cortana and Apple's Siri speech recognition modules can now do things like opening a document and taking notes without the fear of launching a nuclear attack on France. So, like Captain Kirk, you can walk into your living room and say "lights dimmed to 55%" and then command your home theatre/receiver system to play Barry White, then... well, you can see where it's going, surely? This is all possible today using a variety of free software. My personal favourite is CastleOS (www.castleos.com) which uses the sensor you get with an Xbox (the Kinect) to control a surprising number of devices straight out of the box. It's a little more complex than just plug-and-play for sure but if you can install IKEA furniture you can automate your home. Imagine having a drinks party and just being able to yell "drinks!" and have your whole house spring to life around you. Now tell me you don't want one.

That was the easy stuff. Now it gets a little more complex. As more and more services become available, it makes sense that there is some way of taming them all. Different manufacturers have different ideas about how you should use their equipment. Enter IFTTT (@IFTTT). Short for 'If This Then That', it kind of does what it says.

" IT MAKES SENSE THAT THERE IS SOME WAY OF TAMING THEM ALL "

Statements like 'open garage door' or switch on coffee machine' can be run separately via this free web service, or stuck together in what are called 'recipes'. Your phone will know where you are as long as the GPS is on, so you could set up a perimeter around your house so that when you reached a certain distance away, the coffee would go on, a little closer and the lights would come on, the heating would go up and the garage door would open. So, IF you are 1 km from home, THEN put the lights on. You can make it as complicated or as simple as you want. Or you could do what all the smart kids do and just use recipes that people have already made and tested from the IFTTT site.

Finally, in this whistle-stop tour of home automation, let's consider something else your mobile device can do – near-field communication, or NFC. If you're a resident of Brussels, you may have seen the posters at bus stops where if you hold your phone near them, they will open a web page with special offers. Well, that's NFC in a nutshell. What you may not know is that NFC tags, similar to the bus stop ones, are a few cents each. Attach a tag with a set of instructions to your door, and as you leave you could automatically lock the door, turn off all the lights, lower the thermostat and fire up the newspaper on your tablet.

These things are the tip of the iceberg, with many big names jumping on the bandwagon. Whether it's the 'new black' or last year's tech remains to be seen, but it will still be cool. ❶



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Talking Turkey

Gerry Callaghan discusses the implications of Chancellor Merkel's recent visit to Turkey

German Chancellor Angela Merkel is urging EU leaders to strengthen ties with Turkey in an attempt to halt the surge of refugees into Europe.

Merkel has vocalised her support to implement an EU-Turkey action plan which includes measures to strengthen the control of Turkey's border with the EU and facilitate the return of unwanted migrants, as well as aid to help Turkey handle the 2.5 million refugees living on its territory.

"I think we have used the crisis we are experiencing, through a very disorderly and uncontrolled movement of refugees, to again achieve closer cooperation on many issues, both between the European Union and Turkey, and between Germany and Turkey," Merkel said after meeting the Turkish Prime Minister Ahmet Davutoglu in October.

Understanding Europe's need for a deal to stem the flow of migrants, Davutoglu now has a strong hand to play. Shadowed by the not-so-ceremonial President Tayyip Erdogan, the Turkish PM has also demanded a liberalisation of the visa regime in 2016 for Turks coming to the EU, a €3 billion aid package and the participation of Turkish leaders in EU summits.

"How can we organize the accession process more dynamically?" Merkel asked, after talks in Istanbul with Davutoglu and Erdogan, "Germany is ready this year to open chapter 17, and make preparations for [chapters] 23 and 24," she said, referring to the chapter of the community acquis on economic and monetary policy, and the two chapters on justice, security and fundamental rights. "We can talk about the details," she added, but an increase in the speed of Turkey's

membership will undoubtedly fall flat on its face, as several EU countries are against the country joining. In fact, Merkel herself said, in a TV Interview at the beginning of October, that she was opposed to Turkey becoming an EU member. "Erdogan knows this," said the Chancellor.

Also, Cypriot President Nicos Anastasiades believes there's nothing as yet that will compel Cyprus to stop blocking talks between Europe and Turkey on certain policy areas, notably chapters that deal with justice and security, as well as the judiciary and fundamental rights. The President's remarks were echoed by the country's Foreign Minister, Ioannis Kasoulides, who made similar comments to Greece's state broadcaster ERT. The minister told the Cyprus News Agency that although "many other" EU member states want talks with Turkey to resume, Cyprus would stick to its position so long as Ankara is failing to meet its obligations. From the initial financial crisis to chronic bailouts and aid packages for many struggling EU economies, combined with a rise in far-right parties in national parliaments, and the prospect of a UK exit looming, the EU is being stretched dangerously thin. Sit the aforementioned crises alongside the current refugee crisis and it more than produces a bleak outlook for Merkel and the EU. At the moment the bloc needs the cooperation of the Turkish government, but is blissfully aware of the rising authoritarian tactics and violence perpetrated by the government.

The EU must now decide if there is any sense in doing a deal with a controversial government in Ankara, or whether to wait until the vote has passed and open talks with a legitimate government. In an open letter to to the German Chancellor, 100 Turkish academics said they



were "perplexed with the timing of your [Merkel's] decision to visit our country two weeks before the general election, at a time when Erdogan is violating the Constitution during a contentious campaign period, despite two consecutive reports of the OSCE regarding violation of his constitutionally required impartiality."

The letter highlighted the current government's violations which consist of discriminatory comments and practices on the basis of language, religion, ethnic identity and gender. It pointed at hate speech crimes committed by government members and arbitrary interference in the business community combined with the prosecution and threats of violence against journalists and academics and the imposition of media bans on terrorist attacks.

The letter continued, "We are deeply concerned, because your visit will be seen both as support of a politician who takes an active part in a campaign despite the fact that he has sworn to remain impartial, and as endorsing the violation of the most important values of the European Union. We kindly ask you to raise

these matters of our concern during your meeting with Mr. Davutoglu and Mr. Erdogan. We are looking forward to your next visit, hopefully at a time when our democracy is not threatened by rising authoritarianism and violence," it added.

Notable by its absence is the EU's annual report on Turkey, which is produced around this

time of year. The publication of the report will be delayed as the EU's focus is currently on migration but there are concerns that the report is being watered down to appease Ankara. In last year's report on Turkey's progress, the EU

Commission observed "once again sharp contrasts" and said "further significant progress is needed on judiciary and fundamental rights" in particular.

Now Europe has a choice, follow Merkel's lead and agree a deal with this controversial government, with its increasing authoritarian behaviour. Or use the deal to apply pressure for reform of the political system in Turkey. The latter may change Turkey's political trajectory and make it more difficult for the AK Party to continue its consolidation of power. ●

“ THE LETTER HIGHLIGHTED THE CURRENT GOVERNMENT’S VIOLATIONS ”



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Money

Surviving the Wall Street crash?

Dave Deruytter asks who the winners were in the 1929 financial meltdown



The stock exchange crash of 1929 is to date still the most severe crash in history. After a bull run of about nine years, in two days at the end of October 1929 the Dow Jones index lost more than 10% each day, continuing to fall for about two months thereafter.

Before the crash there had been quite a few warnings that the market was heavily overvalued, not least from the Federal Reserve as early as February and from prominent investors later on. The final well-publicized warning that a crash was imminent came from financial expert Roger Babson in September 1929, but the dip in the stock market on September 18 was short-lived as banks and market makers stepped in to buy shares and support the market with success, but it wouldn't last.

A few people made money before the crash by selling an important part of their investments, as they were able to keep their greed in check. Bernard Baruch was one of them. He was also able to keep his fortune for the rest of his lifetime and stayed a very well-respected individual and advisor to many presidents. Another one was John Raskob. Though he lost part of the money he made before the crash

later on, he still had enough left over to develop the Empire State Building.

After the crash there was mostly deep misery for all investors. Actor Groucho Marx's wealth was so heavily connected to the stock market that he had to sell his luxurious Hollywood home. But the less wealthy investors, many of whom had borrowed money to invest, lost everything and were heavily indebted. They had to sell their homes and cars at a price well below their value.

The winners in the aftermath of the crash were generally very quiet as they saw the misery of the crash spread all over the country and, later on, all over the world. Still, fortunes were made during the downfall of the stock market. Jesse Lauriston Livermore had already made big money from the 1907 crash by short-selling (selling shares you do not have in the hope to buy them back cheaper later) and did it again in 1929. In the former crash he earned \$1 million, and in the latter \$100 million. That is worth several billion dollars today. Yet he lost most of that fortune in later years.

Banker Albert H. Wiggin short-sold his own portfolio when his bank was buying those shares to try to stabilize the market. He made a

fortune. In those days such insider trading was not yet formally forbidden.

Irving Kahn borrowed money from a relative to short-sell a mining company called Magma Copper and doubled his money in the crash. In the late 30s, he started co-operating with Benjamin Graham, one of the inventors of securities analysis and of the concept of 'value investing'. One of Ben Graham's pupils at university was Warren Buffett, well-known for his investment company Berkshire and Hathaway.

Only a few industries kept doing well. The cardboard industry, for example, thrived because it diversified by investing in real estate. After the initial two-month crash, the stock market recovered for five months into early 1930, before sliding again almost continuously for two years and two months until almost 90% of the peak value of the stock market was wiped out. It took just over 25 years to reach the 1929 peak of the market again at the end of 1954.

The famous economist Milton Friedman eventually found the reason for the Great Depression that lasted for 10 years in total. It was the collapse of the banking system during three waves of panics over the 1930 to 1933 period. So neither the Stock Market crash nor a weak economy was the chief cause for the decade of depression. They are considered to be merely typical events of economic cycles.

Authorities learned from the crisis by building a Chinese Wall between deposit seeking banks and investment banks, and later on by tackling insider trading and adding increased transparency to the markets.

In the 2008 financial crisis the authorities were quick to ring-fence the banks to protect depositors and keep liquidity for the real economy going. That was key to a rather fast recovery of the stock markets and the economy. But by adding the new liquidity measure of Quantitative Easing (buying huge

amounts of financial assets, mainly bonds) it needs to be seen how this can eventually be unwound and what effect that will have on the economy and the financial markets.

Today the risk of a major stock market crash maybe more present in the less mature or less transparent markets, like the Chinese domestic financial market for example, which suffered a severe crash a few months ago. The country is still recovering from the shock, and regulation, transparency and insider trading aspects still need to be fully sorted out. The once rich Middle East markets are also to be monitored given the drop in income these countries are earning at the current oil prices –less than half their peak price for quite some time.

For investors such major financial crashes teaches you to keep your greed in check, not to borrow to invest and to diversify your investments as suggested by the portfolio theory: diversification not only leads to less risk, but also to higher return in the longer run.

Keep some cash for a rainy day. Dare to take the opposite view of the market. Be patient and do not let emotion rule your investment decisions.

Know who you are: a short-term trader or a long-term investor?

A trader goes for speed. When a position increases in price he buys more. When it loses he sells quickly.

A long term investor is guided by patience. He buys when an uptrend confirms. He sells when the bull runs out of steam.

But the typical investor may be better served by one or a few well-managed mutual funds that take the day-to-day management of his investments out of his hands. Morning Star ratings may guide you there.

Finally, do not forget to enjoy your money too. There is some truth in the saying: "You are only as rich as the amount of money you spend." ❶

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Car

Mini Clubman 2015: Mini, maximized

Bob Monard runs the rule over the latest member of the Clubman family



How she has grown! And just look at those little chubby cheeks! What a beautiful child!

Such compliments, normally paid by happy parents to their daughter, are equally applicable to the Mini Clubman Vintage 2015 – and that's 46 years after the birth of the Mini Clubman Estate, which first hit the road back in 1969.

She graced the roads until 1982, and was relaunched in 2007 as the Clubman that is still immediately recognizable among all her peers with her right-side door access to the rear seats.

And the newcomer offers a whopping six access points: four doors for driver and passengers as well as two doors for the trunk, the capacity of which ranges between 360 and 1250 litres, the opening of which is controlled from under the bumper.

The driving position is very different from that of its previous incarnation – the tachometer is housed at the northern hemisphere of the

steering wheel, speed and GPS are head high, while the large central-disc dashboard environment focuses the display of vehicle functions, infotainment, phone and navigation.

The seats are impeccably tailored, and the cabin is particularly neat, with soft leather and plastics and perfectly designed storage space. While Mini is the generic name, its length and width have been increased respectively by 27cm and 9cm, while the wheelbase has grown 10cm – she deserves the label Maxi as much as her glorious ancestor of 1969, as it is now 4.253 metres long, 1.8m wide and its wheelbase reaches 2.670m.

Another new addition is the electric brake, and an automatic 8-speed Steptronic. Under the hood, there are three petrol units: A 1499cc 3-cylinder and 102hp for the One, a 1496cc 3-cylinder and 136 hp for the Cooper and a 1998cc 4-cylinder and 192hp for the Cooper S, with 119-147 grammes of CO2 per kilometre. And there are three diesel models: A 1499 cc 3-cylinder 116 hp in the One, and a 1998cc



4-cylinder 150hp and 190hp for the Cooper D and Cooper SD. Concerning CO2, one can expect 99-122 grammes depending on the version.

The Mini driving modes are three-fold: in addition to MID, the SPORT mode and the GREEN mode are activated via a rotary switch located at the base of the gear or selector levers. There are also numerous driver-assistance systems: parking, reversing camera, driving assistant with active cruise control, collision and pedestrians presence warning with brake function, a road-signs reader, fire assistant and anti-road glare visor and, of course, a Mini Connected infotainment program...

The road test was as comfortable as you would expect – if the interior appears trendier and cosier, the driving is no exception. The smoothness of the transmission is very tasty: no bluntness whatsoever, both acceleration and deceleration. Comfort is key, and the car is particularly serene on winding roads – the

Clubman is now a family with style.

Its radical new look moves on brilliantly from its predecessor – if the bow exhibits subtle advances, the stern opts for more imposing horizontal LEDs that have replaced the humble vertical optics of yesteryear. Another special addition are the brake lights optics being integrated into both bumpers and spoiler – original, no? Better yet, the alarm indicator is to be found at the connection end of the antenna, which is screwed in at the rear of the roof.

Only two regrets: not being able to depress the accelerator because of draconian speed limits on Swedish territory and, secondly, the absence of a successful diesel engine in our region.

And all this in a price range from €21.940 to €29.790. So? Well, the Clubman has been rounded and expanded to offer a more comfortable and subtle interior for its occupants but, like a teenager passing into adulthood, its DNA (the uniqueness of its style) has not changed one iota. The Mini's honour is safe. **1**

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LIFESTYLE

Fashion

Une Brune Une Blonde

Jeanie Keogh caught up with Emilie Pinet, a very successful Belgian fashion entrepreneur



Cheeky, edgy Made in Belgium accessories label Une Brune Une Blonde has been creating quite a tinkle in the Benelux area since its launch three years ago by young Charleroi designer Emilie Pinet.

Une Brune Une Blonde is part rocker, part glamour, classic meets funky, Chanel meets punk. The label is a contradiction in feminine terms, a one-style-fits-all approach that adds refreshing verve to staid fashion rules. Throw mystery together with whimsy, mix sultry in with demure and out comes a stereotype-defying fashion mash up that dares women "2B" both brunette and blond, girl and woman alike.

Pinet – a brunette, but that's incidental – first fiddled with beads and baubles at a jewellery design school in Liege and then in Namur. It

didn't take long for the bubbly (yet refined) 35-year-old Walloon native to branch out into scarves, stoles, capes, wraps and clutches which ended up becoming an even bigger part of her business.

"A woman never goes anywhere without a scarf," she says, conspiratorially.

And Pinet never goes anywhere without Une Brune Une Blonde creating a buzz. Her wholesale supply events draw buyers from across Belgium and Luxembourg, the brand's Facebook page has over 4,500-plus likes, stars at Cannes have been seen adorned with her pieces and all the major fashion mags have given Une Brune Une Blonde the respectful once-over.

Fashion

The key to her growing success is in devoting her time to researching trends.

"I'm always on social networks, at expositions. With the Internet, we can really travel a lot to see what's happening in Rome, Spain, in the capital fashion cities. My strength is really in that I am avant-garde, on the look-out for what is cool, easy to wear; things that we don't see everywhere, for example, what I'm doing with top of the line faux fur."

Although faux fur might be a faux pas in luxury fashion circles, Pinet believes this will become an outdated attitude once people cotton on to the impressive innovations of the textile industry.

"I find it sad to work with real fur when you can see the incredible quality of faux fur coming out on the market," she said.

Her faux fur scarves are fun, and predictably, multi-faceted: picture leopard with a flash of neon on the flip side; or sexy combinations of jersey on top, satin underneath. Same goes for the jewellery: long, chunky necklaces and bracelets that are a jumble of dog tags, iconic Chanel chain-links and tassels.

What Pinet is trying on now is creating an online Une Brune Une Blonde fashion movement.

"I think that people are starting to know the Une Brune Une Blonde product based on my personality: what I like, who I am, what's on my social network sites. I'm really working on creating something that isn't seen anywhere else. I don't copy people. I do my own thing. I let people copy me. As soon as people copy me, I do something else."

A Jill-of-all-trades, Pinet designs and produces the entire collection as well as managing the Charleroi workshop, sales and the online store.

"I do everything myself. I play the role of the brunette and the blond at the same time," she says, laughing. "As soon as I have an idea or a product, I put it to the side. I draw it, ask the workshop to make it for me, and when I feel it is time to present it, it goes on the market."

When she's not designing and managing the business, Pinet holds events for retailers at her showroom – opened only a year ago – or takes her (pirate's) booty around the country to present her wares at industry expositions. Une Brune Une Blonde is exclusively business-to-business.

"I present the whole collection to professionals, people who come to see it and make orders for their own stores."

But as Pinet's signature style begins to turn more heads, individual consumers are now tracking the latest Une Brune Une Blonde collection through the website and then going on a treasure hunt to a boutique that carries the label.

"I'm starting to open the business to individuals so that they can see Une Brune, Une Blonde, check out everything I do, know what's available and then go and buy it at the shops where it is being sold."

As for Pinet's politics, is important that Une Brune Une Blonde remain authentically Belgian.

"I think it's important to push Belgium, to put our country front and centre and promote what we can do here. Belgian designers have a lot of potential and the fact that we can create a Made in Belgium market when you hear about all the people who go to China to bring things back to sell here, or go to Paris to source their material, I find it sad."




That would be the fiery redhead in her talking.

www.unebruneuneblonde.com 



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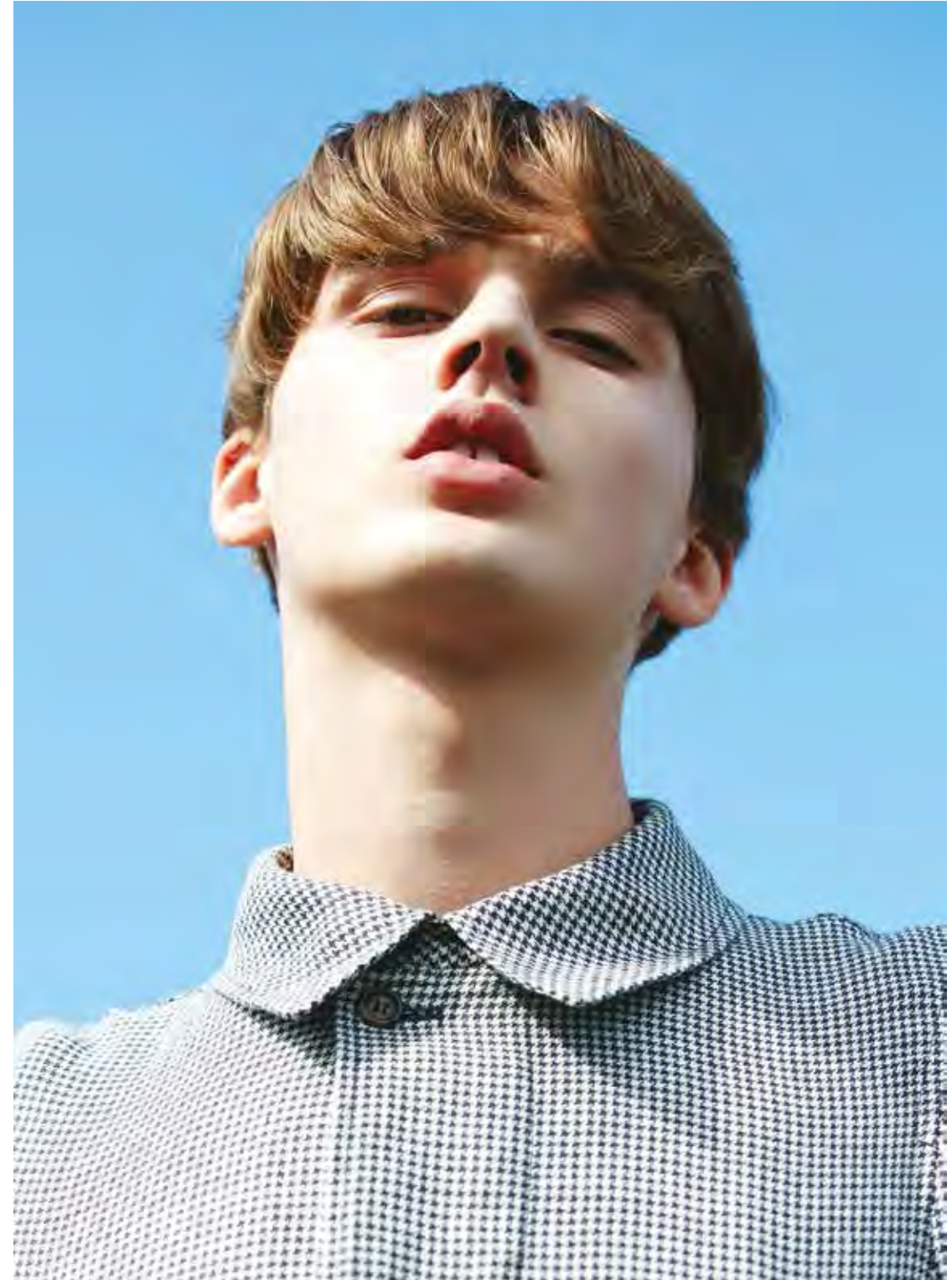
Trousers and jacket: Cos
Polo: Fred Perry



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Trousers: Paul Smith
Ring: Sarah Esther



Polo: Fred Perry
Jacket: Cos
Trousers: Cos
Socks: Happy socks
Shoes: Paul Smith



Trenchcoat: APC



Total look: Hermès
Socks: Happy socks
Shoes: Hermès
Jewellery: Gregory Georgescu



Shirt: Lacoste
Jacket: Hackett
Trousers: Tommy Hilfiger



Pullover: Diesel
Trousers: Eureix by Brax
Socks: Happy socks
Shoes: Paul Smith
Coat : Hackett



Coat: Lacoste
Top: Hermès
Trousers: Cos

Shopping



Sioou

For Sioou, artist Chloé Manceau drew four beautiful feathers with watercolour pens to make temporary tattoos for autumn/winter: €7
www.Sioou.com

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Vanessa Tugendhaft

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www.monnierfreres.fr

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LIFESTYLE

Shopping



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ICE in city

Released this month, the new model has 12 digits and a model with only two major figures, 12 and 6 and indexes 'stick' that accentuate minimalism. Bracelet in leather and nylon: **€129**
www.ice-watch.com

Maurice Lacroix

Nearly 10 years after its last presentation, the famous Maurice Lacroix Elios Collection is being relaunched in an elegant and classic design, powered by a high-quality Swiss quartz movement and equipped with the Maurice Lacroix characteristics such as the sapphire crystal with anti-reflective coating and a stainless steel case water-resistant up to 5 bar. The Elios Chronographe: **€695**
www.mauricelacroix.com



Scapa
 Little beige bag from the Belgian upscale luxury brand: **€429**
www.scapaworld.com



Bell & Ross Tourbillon

The BR-X1, a high-tech chronograph with sporty looks, which is as robust as it is sophisticated, marked the arrival of a new Bell & Ross line and the beginning of a whole new chapter in the saga of the brand: The BR-X1 Chronograph Tourbillon rose gold. Limited edition of 20: **€158,000**
www.bellross.com



Mont Blanc Emblem Intense

Mont Blanc's masculine fragrance begins with a splash of aromatic clary sage and cardamom mixed with sparkling grapefruit, which, right from the start, give the impression of a strong and charismatic fragrance full of contrasts. Fresh, green and frozen violet leaves are wrapped in cinnamon to provide elegance to the composition. The base features intense woods and tonka bean. 60ml: **€57**, 100ml: **€80**
www.montblanc.com



Jimmy Choo Illicit

Seductive and mesmerizing, Illicit is a sexy scent. A totally unique olfactory experience, where the comforting shade of ginger flirts with feminine notes of rose and sophisticated nuances of jasmine, before evaporating to reveal the signature fragrance: a gourmand combination of honey and amber. Eau de Parfum Spray 100 ml: **€105**, 60 ml: **€75**, 40ml: **€49**. Perfumed Shower Gel 150ml: **€24**, 150ml: **€26**
www.jimmychoo.com

Cartier Déclaration

A perfume for a man who is sure of his choices, his feelings. An unforgettable fragrance filled with emotions. A true icon of masculine seduction, Déclaration eau de toilette pioneers the concept of a fresh spice fragrance. Cedar wood, waxed wood, fig and cardamom are the key notes of this great romancer whose heart is carved out in the curve of the bottle. From 30ml: **€43.50** up to 200ml: **€120**
www.cartier.com



LIFESTYLE

Shopping



Bulgari

The extraordinarily precious nature of the musks of Goldea and their regal, sensual, luminous aura mirror those of gold. This game of reflections and multiplied echoes between olfactory matter and precious matter are the very essence of Goldea. Bath & shower gel (200ml): **€43** - www.bulgari.com

Tollet Jewellers

From the Simbolo Collection by Tollet. Ring in white gold and diamonds – crimped 'illusion' style, which puts extra sparkle in the diamonds. Price on request. www.tollet.com



Girard-Perregaux

1966 Collection is now available for the first time in steel (40mm). The new star of the collection mixes styles and genres – male-female and classic-contemporary – but maintains the iconic aesthetic and manufacture movement of the 1966 line. www.girard-perregaux.com


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Mampering

Big boys don't cry but they sure moisturize according to our beauty expert **Delphine Stefens**

Davidoff Cool Water Eau de Toilette (€72.12/125ML)



More and more men are adopting an elaborate grooming routine from exfoliating before shaving to moisturizing afterwards. Add a firming cream here and a depuffing eye gel there and you've got 'mampering'.



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Force Supreme Youth Architect Cream by **Biotherm** (€74/50ML)



Revitalizing Gel and Anti-Fatigue Eye Serum by **Clarins** (€49.50/50ML)



Purifying and regenerating Emulsion Pure by **Yonka** (€35/50ML)



Body Fuel All-In-One Energizing Wash for body and hair by **Kiehl's** (€22/250ML)



Vichy Thermal Water (€8.75/150ML)



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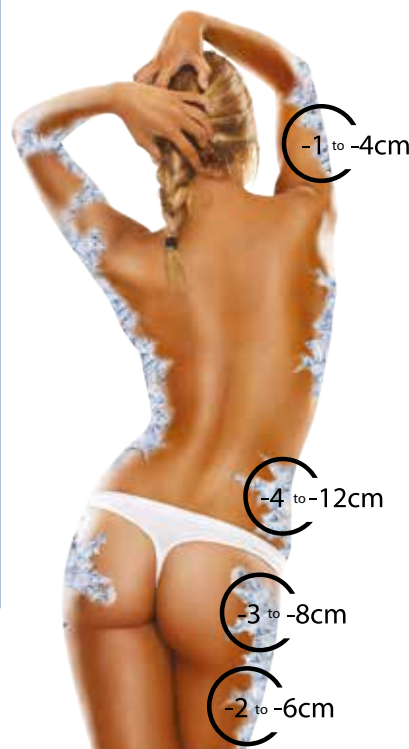
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LIFE OF LEISURE

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Advertorial

Grand Ladies Day: Christmas edition

Relieve the stress this Christmas at a very special event

The final week leading up to Christmas can be very fraught, and sometimes it's difficult to just kick back and relieve the stress. Grand Casino Brussels Viage just may have the answer for you – if you're a lady.

The recent 'Grand Ladies Day: Bond edition' went down a storm as a lot of enthusiastic ladies sipped cocktails, got their hair and make-up done, learned how to mix the best cosmopolitans and much more. We hope to see all of you at the next Grand Ladies Day on Saturday 19 December, an edition dedicated to the magic of Christmas.

If you are finding it hard to choose between doing your last-minute Christmas shopping and enjoying some ME-TIME with the Grand Ladies Day, don't worry – you don't have to choose at all since this Christmas edition starts at 14:00, giving you plenty of time to do your Christmas shopping in the morning. And in case you didn't find what you were looking for during your morning shopping spree, you will be able to browse and purchase our partners' products at our beauty fair.

You're not really big on all those fairy lights and Christmas trees? Want to bet that our Sexy Santa Claus will change your mind? He doesn't even expect you to be a good girl! So, don't forget to bring your wish list because you might just get lucky!

Thanks to best-selling author and health coach Martine Prenen, you don't need to be nervous



about your festive Christmas dinner. She will happily share her tricks with you for the preparation of healthy, balanced and affordable meals. She can also give you tips on how to make some ME-TIME for yourself during this busy time of the year.


Discover the latest trends in the fashion world at the various stalls of our partners. Get your nails done or get make-up advice from professionals. Afterwards you can enjoy a special three-course ladies dinner thanks to the Royal Ticket formula.

And we close the evening in style with an after party which goes on until one o'clock in the morning.

Saturday 19 December, 14:00-01:00.

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**LIFE OF
LEISURE**

Interview

Rachel Weisz: It's all about drama

*Together caught up
with an actress who
likes to 'stalk' directors*



As an actor, Rachel Weisz operates a slightly different approach to the tried and tested method of waiting by the phone for a job. A more dogged approach.

"At this stage," she says, "I pursue filmmakers who I admire, who I want to work with. That's how I operate. I devise a way to make it happen. Doesn't necessarily work out all the time though."

An Oscar-winner for her stunning performance in *The Constant Gardener* nine years ago, Weisz enjoys a status that allows such foolhardy antics.

It's exactly why the Londoner, best known for *The Mummy* franchise, *Bourne Legacy* and *The Lovely Bones*, found herself the romantic foil in Yorgos Lanthimos' excruciatingly beautiful and bonkers *The Lobster*.

As the Short Sighted Woman, Weisz provides a humane solace for Colin Farrell's David, recently separated from his wife who escapes from a hotel where singles are coerced into finding a partner or risk being transformed into an animal.

Ludicrously inspiring, it's the level and diversity of work the 45 year-old actress has always desired, some 20 years after her breakthrough in Bernardo Bertolucci's *Stealing Beauty*.

And with upcoming roles in Paolo Sorrentino's *Youth* and a lavish retelling of M.L Stedman's novel, *The Light Between Oceans*, clearly Weisz has no plans to return to the Hollywood machine.

Which makes sense seeing as her personal life is so intrinsically played out in front of the paparazzi lens as Mrs 007. Though the level of discretion exercised by Rachel and husband of four years, Daniel Craig, means fans and well-wishers know very little about the superstar's existence behind closed doors.

Typically beaming in a black and white nautical striped sweater, dark jeans and minimal make-up, the mother of nine-year-old Henry Chance (with director Darren Aronofsky) is polite yet always guarded as she gives her interpretation and opinion of the new film and what drove her to participate.

She also explains her stringent privacy when it



comes to Craig and how it dictates their lives, her career goals for her son and the pressures of finding love.

Together: So Rachel, what attracted you to this 'unusual' film?

Rachel Weisz: It was Yorgos, first and foremost. I love his film *Dogtooth*. It was such an enthralling masterpiece and a psychological challenge so I basically sought him out until he gave me a job. I stalked and hounded [laughs]. I approached him with a script, and we got talking and it sort of opened up the channels of communication.

Which script?

It never got made. But we got talking more, and he told me he was working on a script which didn't have a name. He emailed it to me and I thought it was just remarkable. Extraordinary but when I spoke to him about it, I thought it's wonderful but I don't know how to play this character. And he didn't seem to mind [laughs] he didn't encourage me to do it. I simply bowed out.

So how did it all work out then?

I knew I wanted to do it, I wanted to work with

him. I always knew that. I had to. What I wanted more than anything was to be putty in his hands. There was no traditional sensibility on the pages, no psychology and I found that intimidating and liberating. There was a freedom there for total interpretation, personal interpretation. That's what this whole story is about. And to be a part of his first English language film with this international [cast], I mean, look, you have, Lea Seydoux, Michael Smiley, Ariane Labed, Colin, the list goes on and on. It's testament to Yorgos and the allure he exudes.

I mentioned to Colin that I see this as a romantic comedy of sorts, and he didn't quite agree. What do you think?

Yeah, I see it as a romantic comedy. I do. Yeah. He didn't? I can understand but again, all part of Yorgos' psychology of the story and the ultimate sense of open interpretation. Certainly not in the traditional sense, not in what one would expect of a romantic comedy. It's dark and deep and unusual but ultimately, about... there's the man and woman trying to find love against all odds. In a very dark way.

For me, the overriding theme was

**“ I THOUGHT IT'S
WONDERFUL BUT I
DON'T KNOW HOW
TO PLAY THIS
CHARACTER ”**

loneliness and wanting to find love.

Oh yes, that's right. I think, it's something most of us, if not all of us, crave. But it's so difficult and it's never easy, is it? There's so many obstacles, so many mistakes to be made. So many learning experiences.

The pursuit of love and happiness and togetherness can be challenging. Trying. So when you do find it, you know it's so precious. I don't know, it's a tricky topic to discuss – it's different for everyone and I've been faced with so many questions like this recently. Love, finding love, it's tough and exhilarating and heartbreaking.

Is there a pressure in society to couple up?

[laughs] I really don't know. Like the film, that is all up to your own interpretation of society itself and its ideals when it comes to relationships.

You and Daniel have both been incredibly guarded about your relationship since you married, will you ever get to a feeling of not caring about who knows about your relationship?

Nope, still the same level of privacy and secrecy [laughs].



**“ THERE WAS A
FREEDOM THERE
FOR PERSONAL
INTERPRETATION ”**

But you've worked together [*Betrayal on Broadway*] and appear relaxed on red carpets.

When there's something to celebrate like an award or work, I'll accompany him to a red carpet, he'll accompany me. If it's for work, something one of us has been working on, we'll be there together. It's as simple as that. But no, our private life is private.

As Mrs James Bond, is it difficult to have a life, especially with *Spectre* out soon?

It's an incredibly easy thing to have – you just stay private. There's not anything particular [one does]. I love New York, and there are two or three restaurants that if we went to these restaurants, we would get caught by paparazzi outside. There are about 300 million other restaurants to eat in so we just choose not to go there.

So I kind of feel like, on the whole, maybe there are people who get constantly hounded and it's not their fault but on the whole it's about going to meet paparazzi. I go and meet them on a red carpet. I go meet them outside the Mercer Hotel in New York and that's where they will be. There's a contract, if you want to get snapped, go there.

There's places I avoid where paparazzi are although sometimes they find you, but that's life. Saying that, that



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kind of intrusion is pretty easy to avoid..

Henry, nearly nine-years-old, what does he make of your career?

Not interested in my career. Totally, couldn't be less interested.

You once said you'd recommend acting to someone who couldn't think of anything else they wanted to do with their lives? When it comes to your son, would you discourage him if he wanted to follow in your footsteps?

It's his life to do whatever he wants with it, but I would definitely say the same thing to him that I would say to strangers, which is that if you can think of anything else to make you happy, do that for sure. I would tell him how hard it is to be successful at it, yes. For sure, but it's his life.

Was there a point in your career when the rejection was getting to you and you were ready to throw in the towel?

Many times, yeah many times. In my twenties for sure, yeah. I can't remember exact dates and years but there were definitely times when I thought about giving it up after one too many

knock backs. I never followed through, I never found a proper job [laughs].

Your big break came with Bertolucci's *Stealing Beauty*. Was the early success exciting?

It was the first film I was ever in so it was a really big deal. It was really wonderful to be cast in a film made by Bernardo Bertolucci, one of great auteurs of 20th century cinema. It was a pretty unbelievable thing to happen. I remember auditioning for him with Liv Tyler, and it was kinda tremendous to get a job, let alone a job with Bertolucci. So yeah, pretty awesome time.

You mentioned before that you have no formal training in acting and that your career has been a constant learning process. Were there other movies where you learned more than others?

Every movie you learn something. Something I really enjoyed was doing a Michael Winterbottom film called *I Want You*. I felt like I learned a lot.

Any plans to do more directing or producing down the line? You did that short a few years ago [*The Thief*]?

“ IT’S AN
INCREDIBLY EASY
THING TO HAVE -
YOU JUST STAY
PRIVATE ”

I'd like to write something and act in it. I don't really think of myself in any other genre, other than drama. I have to think of it like that because I don't know how to act a genre, do you know what I mean? It will be an indie drama, I treat everything like it's an indie drama, like this movie.

You won the Oscar in 2006. Do you feel like a peak has been conquered, and now you don't have to concern yourself with awards anymore?

It's an incredible thing to happen and it came incredibly unexpectedly. It was an amazing thing to happen but it didn't make me feel that I can rest on my laurels, that I've arrived somewhere. You know, I hope to be, God willing, touch-wood, acting when I'm an old lady. For me, it's a constant learning process. I never think I'm going to get somewhere where I think I've figured it out.

It's a constant, elusive thing to keep plugging away. Though it's lovely to get the recognition.

①



Madeira: Seductive nature

Jeanie Keogh spent some time on a delightful Portuguese island



Madeira's seductive nature lulls and entices like the island of Sirens did Odysseus. A majestic volcanic rock of some 700 km² juts proudly out of the sea 900 km from the coast of mainland Portugal and 590 km from the coast of Morocco. Arriving, you feel you've been enveloped by a thriving micro-culture of charming customs. What awaits discovery are: world-renowned Madeira wines, sledding down hilly streets in monte sledges led by *carreiros* shuffling and steering with felt-soled shoes, dense spice sugarcane honey cake *Bolo de Mel* that must be broken and not sliced for reasons to do with preserving the colour and texture, the honey/

rum-based party drink *poncha* and funny traditional hats that resemble the Teletubbies headpieces which give the locals a spritely air.

After a harrowing landing at Funchal airport (it is one of the most difficult runways at which to land), getting into Funchal takes 30 odd minutes. Once there, check out the vibrant local market with flower sellers in their Madeira finery and fish mongers displaying a cornucopia of the sea's offerings. Close to the market is the street with the painted doors, a creative tribute to the 2010 flood. A short walk away you'll find the docks where you can jump on a boat and go on a dolphin safari. *Rota dos Cetaceos* tours

guarantees that if you don't see dolphins you can go on a second trip free of charge. Nearby is the cable car which takes you up to the tropical gardens of Monte.

If you come in for the weekend, there is enough to see and eat in Funchal to keep you occupied and sated. More so if you stay at the design hotel *The Vine* in the centre of the city, which boasts a 360-degree view of the city from the

where there are incredible vistas of exposed crags and, way down below, the feathery line where sea foam meets the shore. It is a stellar place for hiking as there are short walks along *levadas* (man-made waterways) or longer hikes that link up so you can traverse the whole island if you felt up for a multi-day journey.

Our highly knowledgeable guide from Mountain Expedition took us to *Pico de Areeiro* (traveller



rooftop bar and pool, and book a vine therapy session (a massage which includes wine... very Bacchic sounding). If relaxing is the name of the game, go for a stroll along the waterfront, look for the mini Sydney Opera House-like tents and park yourself under them for some famed scabbard fish or tuna steaks at *RISO* and take in the breathtaking coastline views.

Driving out of the city, you'll pass staggered vineyards and banana plantations as you wind around cliffs. If you head inland instead of following the coast, the steep ascent will take you up through the grey-green dappled light of eucalyptus forests until you pass the tree line

alert: bring a jacket, it's chilly) to a lookout where you can see the highest mountain, *Pico Ruivo*. He also plucked native fungi off a tree and encouraged us to take some home for their healing properties. Indeed, it makes quite a delicious, refreshing tea. For the more extreme sports and adventurous types like trail runners, paragliders, mountain bikers and climbers, the island is an unpopulated haven. Madeira hosts a yearly ultra trail marathon race, purportedly one of the most challenging in the world, that this year will draw over 1,300 runners.

Depending on what you look for in a vacation, the greatest appeal is that Madeira island

proper does not have sandy beaches. For some, the upshot of this is that it isn't overrun with the twenty-somethings party crowd, making it a brilliant getaway for couples, retirees and families. For those who like the sensation of finding sand in every nook and cranny of the body, neighbouring Porto Santo island is the place where you can find particle grit galore. It is but a short two-and-a-half hour ferry ride away. But with or without sand, there are some

In Calheta, there is a new gem of a concept hotel that opened this spring and it is, in itself, a holiday destination. The Saccharum hotel, interior designed by Madeira's own Nina Andrade Silva, is a veritable, self-contained paradise. Silva has incorporated into her design elements of the sugar cane factory that used to stand but a few hundred metres from where the hotel is tucked into the hillside. (Wouldn't you

**" THE STEEP
ASCENT WILL
TAKE YOU UP
THROUGH THE
GREY-GREEN
DAPPLED
LIGHT "**

great places to swim on Madeira if you want to get your mermaid/merman on. The most notable are the natural pools (aqua natura) at Porto Moniz on the northwest side of the island. The ocean waves splash over the break-wall and pool in a man-made reservoir. It's a lovely place to beach yourself and listen to the surf crash.

As for places to stay, there is an hotel just above the natural pools with a great, if small, restaurant and reasonably priced rooms, all of which overlook the ocean. Admittedly, the weather on the north side of the island can be patchy, so sun chasers should be forewarned that here is not the place to work on your tan lines.

also like to know that back in the day, Madeirenses used to trade sugar for Flemish paintings). The Saccharum is rated 4-stars but is easily a 5-star establishment. The suites are mind-blowing but even the standard rooms impress with understated swank. The spa is quite state of the art as well, and, as part of an early-bird special, it's free until the beginning of next year.

There is much more to say about this enchanting island and it's down-to-earth, friendly people but that would ruin you discovering its delights for yourselves. **1**

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LIFE OF
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Travel

The winds of change

Lesley Williamson discovers golden domes, shimmering spires and bohemian spirits of freedom



The capital of Ukraine is a surprising destination to be explored in autumn, when the season transforms autumn leaves into striking hues of golden yellow, red and amber. The city centre that staged Ukraine's revolutionary demonstrations and protests has awoken to a beautiful and serene existence. After the political turmoil that shook the country in 2014 and affected its entire tourism industry, a visit to its glowing capital is a powerful and overwhelming insight into the wind of change blowing over Ukraine. When you think of a city break away, Kiev doesn't instantly spring to mind. However, back in 2012, tourists and investors were flocking to the city and Ukraine stood proudly as the 8th most popular tourism destination in Europe, welcoming 23 million visitors that year. No wonder really. The 'Mother of all Slavic nations' is steeped in history and rich in culture and culinary delights.

Meet the locals

'Babushkas' are the stronghold of the nation, and the best place to interact with them is local markets. The influence of the former 'friendship of nations' is particularly obvious in lined-up street food stands held by these hard-working ladies wearing colourful headscarves. Their resilience, endurance and wise outlook on life is an immense source of inspiration, offering a local experience that plunges us into an entirely different world.

Former centre for craftsmen and merchants, Podilskiy, one of the oldest parts of Kiev, is an ideal starting point. Home to the imposing soviet-era structure Zhytniy market, it is a feast for all senses, teeming with jostling babushkas displaying home-grown vegetables and all sorts of pickled, potted or dried berries and nuts. For a country that has been no stranger to famines, it produces in its rich and dark soil some of the



most flavourful fruit and vegetables.

At the entrance of the covered market, we meet Natasha, our local guide and University Professor of Tourism dedicated to sharing her passion for her city's history. Although the first impression of austerity on the faces of passersby and the absence of spontaneous smiles is undeniably noticeable, Ukrainian hospitality is sincere and generous. Natasha is a perfect example of emotionality, a carefree and humorous attitude typical of urban Ukrainians.

With a strong desire to highlight the monumental political changes that rocked her country after the 2014 uprising, Natasha begins her tour in front of St. Michael's Golden-domed Monastery. A showcase of the new military equipment handled by young soldiers on the esplanade is a clear hint of cautious optimism hanging in the air of a country embroiled in a military conflict. Like a whole generation of Ukrainians, Natasha is not bogged down with political correctness, and her inability to take things lightly is reflected in the way she emotionally recalls the sacrifices of protesters killed by the crushing force of riot police. Hundreds of young men's portraits, honoured

with flowers and candles in a public tribute to the nation's heroes, stand as poignant evidence that a newly independent country is emerging from its Russian legacy, timidly establishing its own unique identity.

We enter the spectacular dazzling blue monastery, built in 1713 by architect Rastrelli, with its soaring domes, mosaics and bright paintings, a fine approach to the smells, sounds and ancient traditions of the Orthodox Church.

We head across the boulevard to Kiev's oldest standing church, Saint Sophia's Cathedral, a true masterpiece of art and architecture built in Byzantine style and transformed in the baroque period. Built in 1037 by Prince Yaroslav the Wise and modelled on Hagia Sophia in Istanbul, this majestic 13-cupola sanctuary opens up a magnificent world of buildings, a museum and treasures of rich mosaics and frescoes, almost intact a millennium later.

Religious devotion is striking throughout the city's churches, and the UNESCO World Heritage Caves Monastery is its spiritual heart. Even though we try to escape from the usual things to do on this trip, the must-see Kiev-Pechersk Caves Monastery, perched on the



“ THE 'MOTHER OF ALL SLAVIC NATIONS' IS STEEPED IN HISTORY ”

pictorial hills of Dnipro River turns out to be a spiritual, yet spooky experience. Not recommended for the tall or claustrophobic, we descend with candle light through a network of ancient underground tunnels and chambers connecting coffins of mummified monks' relics, revealing glimpses of blackened hands and fingers. Headscarves and long skirts for women are compulsory for worshipers and visitors alike.

The views over the city's startling scarlet, purple, gold and orange shades, blazing across Kiev's three hills and sweeping into the valley are breathtaking. Rising from these leafy hills are two memorial centerpieces: a gigantic Brezhnev-era Motherland statue bearing sword and shield, casting her all-encompassing eye over Kiev and the 'Friendship of Nations Monument', a concrete rainbow arch over the Dnipro river.

A way of life

To savour cornerstones of Ukrainian cuisine, we sample a hearty borsch, a slow cooked beetroot soup with dill, potatoes and cabbage served with sour cream and soft, garlicky buns. The scrumptious chicken Kiev is a staple of Soviet catering, although its exact origins seem to have been lost somewhere behind the Iron Curtain.

To build up appetite and clear the palate, Ukrainian customs involve ritual shots of pure vodka throughout the meal. An engaging social tradition that loosens up conversations around

emerging patriotism and hopes for closer ties to Europe among Ukrainians, struggling to come to grips with years of stagnation, corruption and domination. Fear of the authorities has given way to a sense of freedom and willingness to speak up against them. Public disillusion with the system's inability to implement real anti-corruption laws and employment seems to be the driving force behind the people, prone to individual initiative and a newly-found craving for personal achievement.

Today in Kiev, the air may still be warm with summer's breath but the winds of change signal that a new season is arriving. Just like autumn is the quintessential period to illustrate features of transitions, to some extent, tourism and the international community's recognition of this fascinating travel destination illustrate the support we can give to societies aspiring to prosperity and peace.

Getting there: Ukraine International www.flyua.com

Tours of Ukraine : Leading tour operator for transportation, hotel bookings and excellent tours with qualified multilingual guides www.arktur.ua

To stay: Bontiak Hotel bontiak.com is conveniently located close to St Sophia and good value for money.

To eat: Ukrainian specialties and authentic atmosphere: www.pervak.kiev.ua ; Live music and the best steaks in town tarantino.kiev.ua ❶

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For the moment, the holiday trend appears to be to go away more often during the year, but also to shorten the length of your stay. So, that's more frequent short trips, but there's only one option for cancellation insurance, which is now annual, particularly as travel agencies offer great promotions for those who book well in advance, without thinking or knowing what might happen in the six to nine months before your holiday! As a holiday is certainly a significant financial investment, Europ Assistance pro-actively responds by offering NoGo, cancellation insurance that offers financial protection against any contingencies that may prevent you from departing or force you to interrupt your trip.

When the sky falls

You may not like it, but many surprises can occur before or while you travel. Perhaps you missed your flight because of traffic congestion due to an accident? Your visa is refused? One of your children has to take unexpected exams? A new work contract? A parent or other relative is hospitalized? Your car is put out of action due to an accident a week before your departure?

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L'Hôtel Ermitage in Evian: An elegant, cosy location for mother and baby

Sophie Van Cruchten kicks off autumn
with a mother-and-baby treat



Sunday, 18:00, Geneva Airport. My eight-month-old baby Achille and I had an appointment with James, our driver who would take us to Evian. Direction Hôtel Ermitage for our Baby & Mother Programme. We were really looking forward to it since there is no better way to start the autumnal months!

Sitting comfortably in a beautiful German sedan, we had a pleasant journey of a little less than forty minutes under the beautiful sun of the Indian summer.

We arrived at the hotel in the early evening, where we were immediately directed to the restaurant La Table. The trip had opened my appetite! Chef Michel Mottet and his team concoct recipes stamped with French flavours that change with the seasons. For me it was to be the Arborio Risotto with nutmeg and black truffle squash. Succulent! Achille, meanwhile, enjoyed his traditional bottle just before going to bed

Then we reached our spacious room which offers a magnificent view of Lake Geneva. It is very comfortable and everything is set up so that you feel at home. The staff had really thought of everything! The little bed for Achille, a bathtub, a bottle warmer, a changing mat and - so cute - his little white bathrobe matches mine.

After a pleasant first night and a good breakfast, we took the very practical free shuttle to get to the Baby Resort. Our programme started on Monday morning. Achille met Audrey, a professional child care specialist who will look after us during the three-day treatment in her 'Baby, show me a sign' workshop - and I get an introduction to baby massage. My little prince deserves nothing but the best!

The workshop is a unique method of initiation into sign language that can help you communicate with your baby until he or she begins to talk. It makes it all work through games, songs and rhymes. So there I was



singing Achilles a song about a large stag and mimicking the forest animals. For the first few seconds, I could see he was wondering what I was up to, but then he found it very amusing. As did I – it's very interesting. I also learned signs to explain to him to go to sleep, to wash, to eat, to say thank you, say hello etc. After the session, we went for a massage. Achilles is like his mum: he loves a massage!

Baby Resort is a veritable little cocoon of wellbeing, where babies have a cosy space fully adapted to their needs, respecting their rhythm and their age.

During the afternoon, it was mum's turn to be pampered at the Quatre Terres spa. While I enjoyed my personalized treatments (scrub, wrap, drainage massage, facial, belly massage (very useful after delivery), Achilles was being spoiled by nursery nurses and tasting made-to-measure meals prepared by the restaurant chef.

Between the different treatments, we also took time to enjoy the indoor pool (we are in October and the outdoor pool is now too cold), the room and a good breath of fresh air. The tea I enjoyed on the sunny terrace overlooking the hills by the lake reminded me that nature is omnipresent here.

During these three days of pure relaxation, we were treated like royalty.

Achilles clearly can't wait to come back here. From the age of three he can enroll in the Kid's Resort and later in the Teen's Resort where he will enjoy new adventures while I put my feet up.

The appointment is duly noted...

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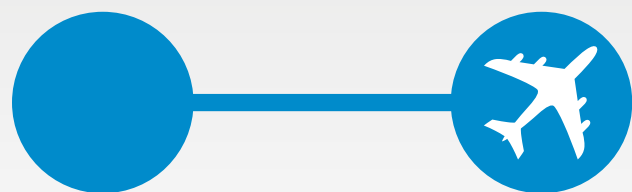
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Travel

Pentahotel Brussels City Centre



Renowned for its very contemporary style, Pentahotels has now set up in the Belgian capital. The hotel is located in a central location in the middle of one of the trendiest neighbourhoods in the city, close to Avenue Louise, Brussels' temple of fashion.

The brand is represented by 27 hotels in Europe and Asia. The centrepiece of this luxury 202-room establishment is the Pentalounge (a registered trademark) – it is a hotel lobby, reception, bar and café combined, designed as a gathering place for hotel guests and locals. Far from walking into an anonymous hotel lobby, guests arrive in a stylish club and register at the bar. The ultra-cool club transforms effortlessly from casual gathering place by day to a club at night. The lounge includes billiards,

Sony Playstations and a free WiFi service and is open 24 hours a day, seven days a week. It is destined to become one of the most popular places to meet, hang out and have fun in the Belgian capital.

The spacious rooms bear the design hallmark of famous Italian architect Matteo Thun. The rooms are equipped with a 42-inch flatscreen TV for the ultimate home theatre experience, free on-demand pay TV with sports and premium movie channel, and free Wi-Fi is standard.

Pentahotel Brussels City Centre

Chaussée de Charleroi 38 – 1060 Bruxelles
02 533 6666
www.pentahotels.com

Down by the Bowery

Colin Moors savours haute cuisine in a high-fashion concept store

Tucked away in a large concrete edifice on the Chaussée de Louvain is the SMETS concept store, a place for ultra-modern and trendy items of clothing, home accessories, furnishings and more in nearly 4.000 m2 of floor space. An afternoon's retail therapy in such a large space is sure to work up an appetite, so it's very convenient that there's a top restaurant right above you. With easy ingress and egress to the shop floor, Bowery is just the place to relax after a hard day's shopping, or for a lunch break in between.

We were offered the tasting menu, which I thought was an excellent way to discover what the chef could do. Happily, the man himself came to every table to make sure all the diners were happy – a nice, old-fashioned touch in so modern a setting. I use 'modern' in a good way, as there's nothing here that jars the senses or distracts from the food. The décor is elegant yet chic and understatedly classy. The only issue I had was the practically unusable butter knife – pretty but impractical.

After our apéros came two amuses-gueules, one was fresh crab, crème fraîche and caviar, the other a rather strange sounding (but glorious tasting) foie gras mousse with black truffle. It was around this time I realized that the stops were being pulled out on this menu and something special would be waiting in the wings to knock our socks off. The olive oil marinated salmon with caviar and a fresh chervil paste and sun-dried baby tomatoes was indeed a very good opening gambit, fresh and lively but subtle and clean on the palate.

Then, just after taking the waiter's recommendation of a rather unusual but well-



balanced Rhône red, the star of the show arrived: Sirloin of

Australian Wagyu beef served with the lightest velouté on a bed of rice-sized pasta, done just past al dente. Happily, no choice was given to how we wanted our meat cooked. It came blood-red in the centre and dissipated into pink toward the edge and was finished to perfection with a glorious nut-brown sear on the outside. It was, quite simply, the best piece of beef I have ever eaten in Belgium and quite possibly ever.

Pudding was nice, a cleansing sorbet and meringue affair, the only issue with which appeared to be that it was stacked a little high and suffered from the pull of gravity as it was served. Small worries, really.

So, next time you're out shopping on the Chaussée, you could always go for a burger or some frites somewhere. You could but don't you think it would be a bit rude not to try Bowery?

Bowery

650 Chaussée de Louvain,
Brussels
www.bowery.be



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Advertorial

La Vigne: Fine cuisine in a mythical venue



Ideally located among the greenery, facing the Mellaerts ponds and surrounded by 650 vines, the new management of the restaurant La Vigne welcomes you to a mythical place in the heart of Woluwe-Saint-Pierre. This beautiful building has been entirely renovated, and you can eat and drink in a place that has space in abundance, with high ceilings and plenty of elbow room. And, no matter where you look, the glass walls offer views of the local foliage.

The restaurant

The menu has the classics – succulent steaks and shrimp croquettes – but also innovative dishes for you to discover. Enjoy your meal in the spacious circular dining room or, weather permitting, on the wonderful 180° terrace, facing south with panoramic views of the ponds.

The bar

Upstairs, you'll find a very cosy lounge bar, once more with window walls with a view – a glamorous and chic venue for you and your friends. It has its own entrance so it's an ideal place to rent for all manner of parties.

Location

La Vigne is located between Tervuren and Schuman, easily accessible by car and by public transport – it's only a few steps away from the Tram Museum.

La Vigne

368 Avenue de Tervueren - Brussels 1150
Restaurant opening hours

Monday to Thursday: 12:00 - 15:00 to 18:00 - 22:30
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LIFE OF LEISURE

Wining

In the footsteps of the pilgrims

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his latest fine wines

You are on
the road, a
stone's
throw from the
Pyrenees. Dreaming
of tapas and
corridas across the
border, you bump
into Santiago de
Compostela's
pilgrims on the way.
The Atlantic wind is
blowing in your back,
the mountain range
stands still and... the
vineyards are
everywhere!
Welcome to the so-called Sud-Ouest (South
West), a wine region sparkling with diversity.



went on holiday
some time ago.

A mess of a choice

Knowing the
situation, no need to
say how different
sub-regions or grape
varieties are. 30
"labels of origin" and
plenty vin de pays
make up the lion's
share, uniting red,
white, rosé, sparkling
or sweet wines. In
the red corner,

leaders are those attached to Cahors, Madiran
or Bergerac : a powerful taste, full of spices that
define them. In the white corner, light wines
dominate with floral or fruity tastes, especially
on the Jurançon and Gaillac labels.

The extent of varieties is so large that above the
classical ones (Cabernet Sauvignon or Merlot),
you can find several names which would
surprise you. In red, négrette or fer-séradou are
quite common and likewise in white with names
like gros manseng, courbu or baroque.

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Influences are plural

Generally, the wines from Sud-Ouest take
advantage of an oceanic climate, like the
famous red beverages from its Bordeaux
neighbor. Actually, this part of France is far
wider than expected. Framed by Bordeaux and
Toulouse from west to east and by Bayonne
and Aurillac from south to north, the
landscapes and the soils bring diversity.

That's why in the north-western part winter is
coming... softly and rainy. Summer is breathing
water. The celebrated Bergerac was born here
and raised on terrace-like plantations. Escaping
to the west (and its Côte de Millau), you will face
drier weather and autumn will be as hot as hell.
Eventually, approaching the mountain sides, the
sun is shining, clouds are hiding and the rain

Nicolas Feuillatte: A discerning palate

Together samples a
champagne with a history



Nicolas Feuillatte was an exceptional man in every respect. With his sense of daring and innate entrepreneurial spirit, throughout his career he has perfected the art of transforming his ideas into pure genius. Having made his fortune in the United States, he decided to create champagne that would reflect his own personality: hedonistic, and with exacting standards when it comes to the quality of the experience that he delights in sharing. And it is from this tiny spark that his greatest achievement would flourish. Often found in the company of the who's who of society, he decided that the Nicolas Feuillatte brand must in the first instance be able to satisfy the most discerning of palates, in order to appeal to a wider audience. The champagne he created was elegant and sophisticated and an immediate hit with an exceptional group of A-listers, amongst them Jackie Kennedy-Onassis and Lauren Bacall.

Nicolas Feuillatte's success is based upon its dynamic brand image, instilling the champagne with a thoroughly modern appeal. The non-elitist, straightforward aspect of its character greatly appeals to those who share a more liberated view of champagne.

And the champagne?

The Must-Have Collection is perfect for celebrating those impromptu moments – a range of champagnes suited to every palate and every occasion.

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27 &
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What's on Belgium



Ocean Film Festival World Tour

At the Ocean Film Festival World Tour our vision is to inspire you to explore, respect, enjoy, and protect our oceans. Film is at the heart of the Ocean Film Festival World Tour and we aim to share the best films from around the globe with our audiences. It screens over two hours of the most inspirational, educational and entertaining films related to the ocean from independent film makers around the world. **26 November.** Parnassus, Ghent. Tickets: **€16.50**



Alberto Corazón, Miquel Navarro & Manolo Valdés – 3 views

Capa Escultura is proud to present its new space in Brussels (Rue de la Madeleine 59) on the occasion of an exceptional exhibition which will run from October 29, 2015 until 31 January 2016. Capa Escultura, Brussels. www.capaesculturas.com



The Brussels International Festival of Film (FIFB)

Five days of cinema, as the large family of Belgian and international cinema gathers in Brussels. A moveable feast around the city, it will feature short films, Belgian fiction, feature films from around the world, unpublished documentaries, tributes to filmmakers that have moved us, theme parties, retrospectives... all of this punctuates this first edition of FIFB. **17 to 21 November.** Various venues. www.fifb.be



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WWW.FIFB.BE

LIFE OF LEISURE

What's on



Varekai

Cirque du Soleil's Varekai is a critically-acclaimed production that has wowed over eight million people worldwide since it first premiered in Montreal in 2002. Since then, Varekai has visited more than 72 cities in 20 different countries around the world. Deep within a forest, at the summit of a volcano, exists an extraordinary world where something else is possible. The sky lets go a solitary young man, and the Varekai story begins. **2-6 March 2016.** Lotto Arena Antwerp. Tickets: www.lotto-arena.be



Theater Op De Middag

The Centre for Fine Arts invites you to discover theatre that makes you laugh, think, cry or dream. A dynamic group of directors, actors and actresses attack modern topics that are closely related to the world of young people but everyone can be inspired by theatre that addresses the major issues of today's society. Each performance will be followed by a discussion with the director or one of the actors. Until **15 March 2016.** BOZAR. Tickets: www.bozar.be



2CELLOS

Croatian duo Luka Sulic and Stjepan Hauser, 2CELLOS, are best known for re-imagining pop and rock songs arranged for their cellos. Aside from a huge YouTube following, their main focus has always been playing live, appearing at prestigious venues and events such as Madison Square Garden and the Emmys in L.A. The Croatian duo has toured extensively with Sir Elton John. **31 May 2016.** Cirque Royal, Brussels. Tickets: www.cirque-royal.org

Snow Queen casts her spell



New version of Snow Queen set to wow Belgian audiences

It has been performed all over the world and now Snow Queen, Hans-Christian Andersen's much-loved fairy tale, is coming to Brussels and the rest of Belgium.

Written in 1844, the story has always been a delight to young and old alike. The story is, in fact, one of Andersen's longest and most highly acclaimed stories. It is regularly included in selected tales and collections of his work and is frequently reprinted in illustrated storybook editions for children.

All the different versions, ranging from theatre, opera and cinema, have merely served to increase the popularity of the story, which, amazingly, was written in only five days. The most recent Disney adaptation introduced the story to a whole new generation and was hailed as a real triumph. Soon audiences all over Belgium will be able to enjoy the latest production of a story that continues to enchant audiences.

Taking inspiration from the original tale as well as later versions, the Brussels-based Classical Productions and the Opera National d'Ukraine will, from next month, stage a brilliant and original spectacle. Calling on the skills of the

Ballet of the National Opera and artists from the National School of Kiev Circus – where the principal stars of the famed Cirque du Soleil began their careers – Russian choreographer Alla Rubina Davidovna weaves a dynamic story.

Amid snowy backgrounds, the digital images are quite sensational as are the breathtakingly beautiful costumes. Not only do the 40 artists, dancers, mime artists, actors and acrobats give the adventure a coherent and complex structure seldom achieved on stage, but the intimate moments in the story are sure to remain in the audience's memory.

The little ones will no doubt be impressed by the spectacular scenes such as the appearance on stage of the Snow Queen while the main thread of the story, in the tradition of the great Marcel Marceau, is taken on board by a charismatic and fantastic mime artist. This is real pre-Christmas treat for grown-ups as well as children so catch it while you can. Cirque Royal (**22 November**), Aula Magna, Louvain la Neuve (**5 December**), Theatre Royal, Liege (**21 November**), Ostend Casino (**28 November**), Mons Grand Theatre (**6 December**) and Namur Theatre Royal (**10 December**).

www.classicall.be

ARTISTIC DIRECTOR:
CHRISTOPH HAGEL



ARTISTIC DIRECTOR
CHOREOGRAPHER:
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Together bus party shopping spree



We have organized a special party bus to take you out to Maasmechelen Village and join us for a glass of bubbly.

On 27 November, The Shopping Express shuttle to Maasmechelen Village leaves Place du Luxembourg at 14h30 and will stop in Bertem at 15h00 to pick up those who cannot get to Place du Luxembourg. It leaves Maasmechelen at 21h00 (arriving back in Brussels at 22h30).

'Black Friday' is the day when there are extra special sales at Maasmechelen, and you will have access to the VIP area, where food and drinks will be provided.

Maasmechelen Village – Chic Outlet Shopping

Maasmechelen Village is one of the Collection of Chic Outlet Shopping® Villages by Value Retail. Founded in 1992, Value Retail is the creator and operator of Chic Outlet Shopping®, a unique concept in outlet shopping. As developer and operator of the Chic Outlet Shopping® destinations, Value Retail is the only company to specialise exclusively in the development and operation of luxury outlet shopping destinations. Home to 1,000 outlet boutiques of the world's leading fashion and lifestyle brands, the Collection offers an unrivalled luxury outlet shopping experience for discerning shoppers in what have become tourist destinations in their own right.

To reserve your seat email david@togethermedia.eu, with the email title 'MMV party bus'. www.maasmechelenvillage.com

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Christmas
AND A HAPPY NEW YEAR



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VOS DECORATIONS SUR MESURE
UW DECORATIES OP MAAT

**MONT
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What's On International



Sepik: Arts from Papua New Guinea

The first exhibition in France to be devoted to the arts of the peoples of the River Sepik in Papua New Guinea, this exhibition at the Musée du quai Branly brings together 230 works from its own collections and from those of 18 European museums.

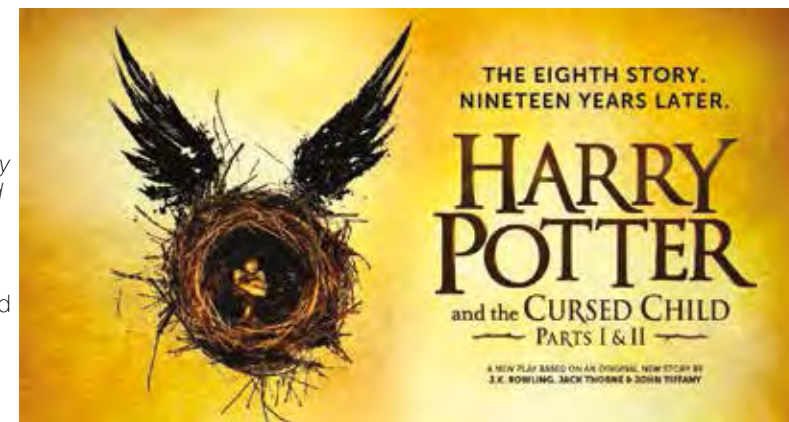
The Sepik is the longest river in Papua New Guinea. It is situated in the north of the island and covers a distance of 1,126 kilometers before it discharges into the Pacific Ocean. The people have evolved in a world where every object lends itself to being sculpted, engraved or pictorially represented by animal and human figures or abstract motifs. Musée du quai Branly, Paris.

Until January 31st 2016.

www.quaibrnly.fr

Harry Potter and the Cursed Child

Based on an original new story by J.K. Rowling, Jack Thorne and John Tiffany, *Harry Potter and the Cursed Child* is a new play by Jack Thorne. It is the eighth story in the *Harry Potter* series and the first official *Harry Potter* story to be presented on stage. While Harry grapples with a past that refuses to stay where it belongs, his youngest son Albus must struggle with the weight of a family legacy he never wanted. As past and present fuse ominously, both father and son learn the uncomfortable truth: sometimes, darkness comes from unexpected places.



Harry Potter and the Cursed Child is one play presented in two parts, which are intended to be seen in order on the same day (matinee and evening) or on two consecutive evenings. Palace Theatre, London.
www.harrypottertheplay.com

What's on

GLOBALE: Infosphere

Today, people live in a globally interconnected world in which the biosphere and the infosphere are interfused and interdependent. The Earth is surrounded by a layer of gases which we call the atmosphere. It is the product of photosynthesis, of algae working for millions of years, converting light energy from the sun into air. Evolution's answer to the atmosphere was the lung. Thus the atmosphere is essential for most living organisms, including people. For around 150 years now, we have been surrounded by an infosphere, as well.



The Infosphere exhibition presents an overview of art in the era of the digital revolution and its social consequences. In addition, it provides insights into the new data world – whose existence has been finally brought home to the general public, through the NSA affair. ZKM Gallery, Karlsruhe, Germany.

Until 31 May 2016.

zkm.de/en



Madrid en Danza

For three weeks, Madrid becomes the European centre of dance thanks to this veteran festival which presents the public with the latest on the international, national and local dance scene, through a programme that breaks away from the traditional.

Each year, Madrid en Danza aims to combine

the new and the consolidated, through a programme that includes leading figures from the world of dance and emerging new hopes. Although the main objective of the festival lies in introducing new aesthetics and themes in national dance, Madrid Danza also includes an international section, focusing on various areas in each edition. Various venues across the city. www.esmadrid.com/en

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What's On Cinema

Picturenose.com's **James Drew** represented *Together* at an OMEGA Watches' private film party for a bit of Bollinger and Bond. 007's bubbly of choice went down a treat, but what about the movie?



Suffragette

A British historical period drama directed by Sarah Gavron (*Brick Lane* (2007)) and written by Abi Morgan (*The Iron Lady* (2011)), *Suffragette* focuses on the early members of the British women's suffrage movement of the late 19th and early 20th centuries. Starring Carey Mulligan, Helena Bonham Carter, Meryl Streep, Ben Whishaw, Brendan Gleeson and Anne-Marie Duff, this threatens to be big, serious and probably damn fine. 106 mins.

The Program

A 2015 British-French biopic about shamed cyclist Lance Armstrong, directed by Stephen Frears (*Tamara Drewe* (2010)) and starring Ben Foster as Armstrong and Chris O'Dowd as Irish sports journalist David Walsh. It is based on Walsh's book *Seven Deadly Sins* – Walsh became convinced that Lance Armstrong's performances during his Tour de France victories were fuelled by banned substances, and he began hunting for the evidence to expose him. 103 mins.



Black Mass

An American crime film directed by Scott Cooper and written by Mark Mallouk and Jez Butterworth, based on the 2001 book *Black Mass: The True Story of an Unholy Alliance Between the FBI and the Irish Mob* by Dick Lehr and Gerard O'Neill. With an ensemble cast including Johnny Depp and Kevin Bacon, it tells the tale of James 'Whitey' Bulger (Johnny Depp), a small-time gangster and leader of the Irish-American Winter Hill Gang in the mid-seventies, who controlled almost all of the organized crime within South Boston. 122 mins.



Spectre (2015)

Taxi for Bond?

Oh, dear. It had to happen eventually, I suppose – long-running discussions with my nearest and dearest about how Daniel Craig is so obviously the best Bond since Connery, and how her choice of Roger Moore as 'Best Bond Ever' is, well, a bit silly, were obviously going to haunt me in the end, and it has now come to pass.

Spectre (2015), Sam Mendes' second stab at the franchise, and Craig's fourth, is without doubt one of the most stupefyingly boring attempts at Bond since 1962; but why, why, why?

Well, it begins badly enough – an entirely inconsequential pre-credits 'action' sequence set in Mexico on the 'Day of the Dead' leads into what is without doubt the worst James Bond title song since, well, since whenever. Clutching my Picturenose partner for support, praying that it was just bound to get better, we were to be ever more disappointed – in perhaps recognizing that this may well be Craig's last turn as Bond (because he is a complete wimp and can't even finish the five films he originally signed up for), Mendes has decided to take Bond aficionados and novices alike on a would-be whirlwind tour through the entire canon of films that has preceded this one.

Hence, we have the opening that references *Live and Let Die* (1973), the on-board train battle that is so *From Russia With Love* (1963), and, and...

All of which would matter not a jot if, at any point, we were made to care for any of the characters, Bond included. We are not. We are so not, and that is poor, for a film of 160 minutes.

For those who may not be aware, the film's title refers to the sinister organization first referenced in Ian Fleming's original books, and which has not appeared in the 'official' Bond films since whenever, due to a copyright wrangle. Well, it's back now, and the bad guy, played by Christoph Waltz (normally, to be fair, a sure sign of excellence) would appear to have a more than tenuous link with Bond's past. Ulp!

Except, as I say, by the time that this is revealed, as well as whomever Waltz's character may actually be, we have long since ceased to care. Reference to previous Bonds? By the score. Funny jokes? More than a couple. Exciting action sequences? Well, whatever...

Never thought I would catch myself saying this but, Mister Craig, if this is really the best you can do, time to go. I thank you. 160 mins.

More quality film reviews at Picturenose.com

Supercat



LE CHAT by Philippe Geluck



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C'est aussi faire découvrir à la nouvelle génération que bien manger ne prend pas plus de temps. Que partager de bons plats crée de meilleurs moments.

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