

# Together

magazine

## MONEY

PANAMA  
PAPERS

## DESIGN 'IN OUT'

## TRAVEL

BIKING WALLONIA  
NICARAGUA  
TEL AVIV  
TASMANIA

## SUCCESS

TONY  
ROBBINS

## NUTRITION

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YOUR AGE

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## PERSONAL DEVELOPMENT

DECISION  
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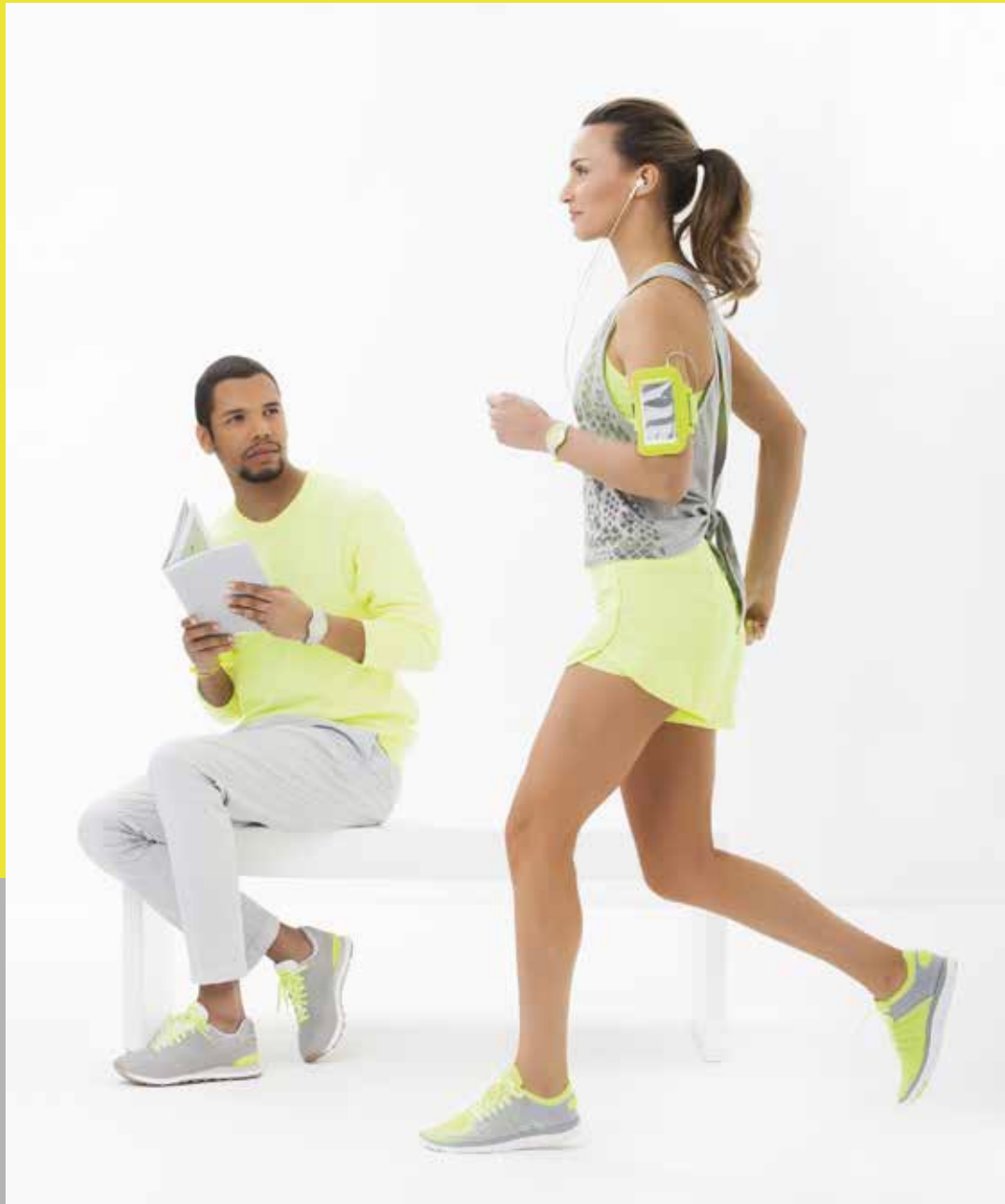
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## FASHION

MODELS SHOOT  
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INTERVIEW **Tom  
Hiddleston**

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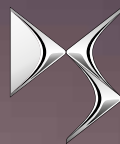


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## Editor's LETTER

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

### ON THE COVER



Tom Hiddleston stars in the  
dystopian film *High-Rise*

## MAKE WAFFLES NOT WAR



We may still be having the occasional four-  
seasons-in-twenty-minutes weather – sun,  
rain, hailstones, snow – but there's a general  
sense that the climate and the mood in  
Brussels has turned a corner: the town has  
begun to move on.

And yet people continue to arrive in front of  
the Bourse to pay their respects, in front of  
hundreds of candles, best wishes and  
condolences from locals and tourists alike  
– and a carpet of bouquets to rival the  
Grand Place's two-yearly floral spectacular.

A young man in my local café – which like  
many others has been hit badly by the  
sudden economic downturn caused by the  
events – has watched the number of clients  
dwindle dramatically. But he said: "It's what it  
is. We carry on and, no matter the situation,  
we just have to be positive."

I'll drink to that!

**Paul Morris**  
EDITOR



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**Together**  
magazine

PUBLISHER  
**David Mc Gowan**  
[david@togethermedia.eu](mailto:david@togethermedia.eu)

KEY ACCOUNT DIRECTOR  
**Renaud Philippart**  
[renaud@togethermedia.eu](mailto:renaud@togethermedia.eu)  
+32 (0) 494 64 67 93

ACCOUNT MANAGER  
**Caroline Dierckx**  
[caroline@togethermedia.eu](mailto:caroline@togethermedia.eu)  
+32 (0) 479 47 47 77

EDITOR  
**Paul Morris**  
[paul@togethermedia.eu](mailto:paul@togethermedia.eu)

ART DIRECTOR  
**Xavier Bostem**  
[carafe.xavier@gmail.com](mailto:carafe.xavier@gmail.com)

CONTRIBUTORS  
Sophie Bruno; James Drew  
Gerry Callaghan; David Deruytter  
Jeanie Keogh; Philippe Geluck  
Simon Leysen; Rachid Mallem  
Colin Moors; Paul Morris  
Responsible Travel; Sarbani Sen  
Delphine Stefens; Geoffroy van Lede  
Lesley Williamson

STYLIST  
**Nicholas Sirot**

ONLINE EDITOR  
**Paul Morris**  
[paul@togethermedia.eu](mailto:paul@togethermedia.eu)

FOUNDER  
**Jérôme Stéfanski**

**Together Media**  
Boulevard St Michel, 47  
B-1040 Brussels  
+32 (0)2 400 00 24  
[info@togethermedia.eu](mailto:info@togethermedia.eu)  
[www.togethermag.eu](http://www.togethermag.eu)

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Tasmania



**Wine**  
Back to nature

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**Jean-Michel Martin East**

Rue François Desmedt 96 - 1150 Brussels - Tel. 02 772 08 20  
[jean-francois.monteiro@jmmartin.net.bmw.be](mailto:jean-francois.monteiro@jmmartin.net.bmw.be) - [www.jmmartin.bmw.be](http://www.jmmartin.bmw.be)

**Jean-Michel Martin West**

Boulevard Industriel 125 - 1070 Brussels - Tel. 02 521 17 17  
[zakaria.aenaya@jmmartin.net.bmw.be](mailto:zakaria.aenaya@jmmartin.net.bmw.be) - [www.jmmartin.bmw.be](http://www.jmmartin.bmw.be)

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**Philippe Emond s.a.**

Route de Bastogne 394 - 6700 Arlon - Tel. 063 23 05 60  
[yannick.rosenbaum@emondarlon.net.bmw.be](mailto:yannick.rosenbaum@emondarlon.net.bmw.be) - [www.emond.bmw.be](http://www.emond.bmw.be)

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# Starring in Belgium



## Teho Teardo & Blixa Bargeld

This is a quite unique collaboration, an unexpected one between the Italian composer Teho Teardo and Blixa Bargeld, leader of Einstürzende Neubauten and former Bad Seeds. They worked together on *Ingiuria*, a theatre piece and a song for a soundtrack, *A Quiet Life*. Now they have produced an album, *Still Smiling*, where songs and more experimental pieces find a common ground. **1 June.** Ancienne Belgique. €24 [www.abconcerts.be](http://www.abconcerts.be)



## Explosions in the Sky

This American post-rock band from Texas has garnered popularity beyond the post-rock scene for their elaborately developed guitar work, narratively-styled instrumentals, what they refer to as "cathartic mini-symphonies" and their enthusiastic and emotional live shows. They primarily play with three electric guitars and a drum kit, almost purely instrumental. **7 June.** Ancienne Belgique. €27 - [www.abconcerts.be](http://www.abconcerts.be)



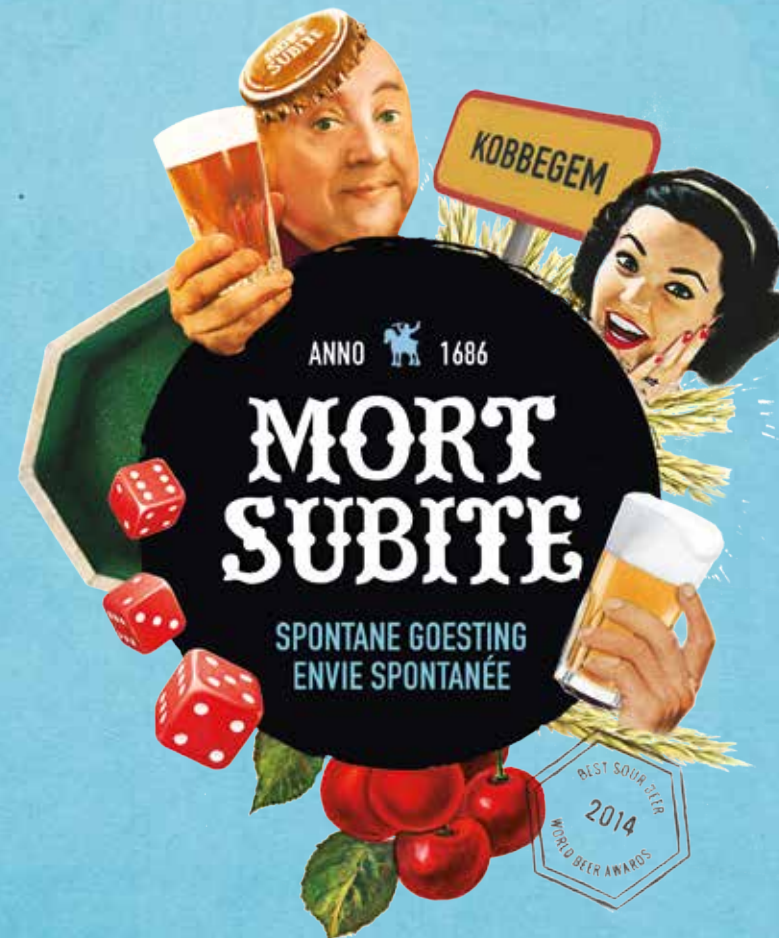
## Royal Headache

Part of the Australian punk garage rock scene, Sydney's Royal Headache combines an entirely unique blend of pounding garage punk and vintage soul vocals, to create catchy power-pop tunes performed at blistering speed. Their self-titled debut blasts through its 12 memorable tracks in 26 minutes in true punk fashion. **29 May.** Botanique. €19 [www.botanique.be](http://www.botanique.be)



## Julia Holter & Julianna Barwick

From Echo Park, Los Angeles, Julia Shammas Holter is a classically-trained keyboardist – the keytar is a keyboard or synthesizer worn around the neck and shoulders, similar to a guitar. Louisiana-bred, Brooklyn-based Barwick crafts ethereal, largely wordless soundscapes, all of which are built around multiple loops and layers of her angelic voice. **7 June.** Botanique. €24 - [www.botanique.be](http://www.botanique.be)



Bier met liefde gebrouwen, drink je met verstand.  
Une bière brassée avec savoir se déguste avec sagesse.



# Les Petits Riens: Nothing too small

**Paul Morris** looks at a charity that has a very high profile on the streets and in the shops

**T**he ASBL Les Petits Riens (Small Nothings) is a social enterprise whose mission is to support people in difficulty so that they gain autonomy in a sustainable manner.

For the beginnings, you have to go back to Brussels in the 1930s, when Father Edouard Froidure, a young parish priest, created playgrounds for disadvantaged children. In the same vein, he organized a collection of clothes and furniture to meet the demands of the families of various Brussels neighbourhoods. Les Petits Riens was born and, very quickly, furniture and clothes accumulated in the premises of the Rue aux Laines and Rue de l'Albanie. The success was remarkable.



After more than 75 years of change and modernization, the association remains faithful to Father Froidure's idea. He was one of the spearheads of the 'social economy', and this was long before we had a name for the concept. The association is proud to carry this legacy, while demonstrating inventiveness to meet new economic and social challenges imposed by poverty and exclusion today.

Les Petits Riens is just one of many initiatives of Abbé Froidure. Today, thirty associations are grouped in the Federation Abbé Froidure. Most of them are dedicated to fostering children in difficulty.

Their second-hand shops are present throughout the country and are open to all. Some stores specialize in clothes that combine style and a low price. In addition to their clothes, some stores offer all kinds of household items. They are an Ali Baba's cave, where you can hunt around to find the living room, toaster, bicycle or teaspoon of your dreams – many people go there for the sheer pleasure of bargain-hunting.

By buying, you support the ASBL's social projects, and your purchase is also environmentally friendly: by giving a second life to an object, you put a brake on waste and overproduction. In Ixelles, at the headquarters of the association, the biggest and best-known of the stores attracts an average of 600 customers a day. You'll find furniture, household items, flea market items, books, clothing, bicycles, large and small appliances. Beside this store, the Retro Paradise store offers a selection of vintage clothing specially selected for their quality. Also close by, the Baby Paradise offers everything for childhood at low prices. - [www.petitsriens.be](http://www.petitsriens.be)



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# PERSONAL DEVELOPMENT

Those against what is now commonly known as mass surveillance will rail against constant monitoring

PERSONAL  
DEVELOPMENT

Fitness

# Defend yourself

**Rachid Mallem** offers up helpful self-defence tips



**O**ver the past few years, martial arts have become increasingly popular, particularly self-defence training. This builds on the global approach of martial arts, which helps individuals to develop their capacity mentally, physically and even spiritually.

Preparing to be attacked looks scary, but learning self-defence techniques can provide you with a feeling of self-confidence and self-control, knowing that you'll be able to have the right reflex under pressure. The discipline of self-defence can be adapted to suit people of all ages, from the youngest to seniors. There are no specific target age groups – everyone

can learn something.

There are little things that can prevent being attacked and help you face certain situations in an effective way. For instance, think of taking out of your bag things you immediately need to avoid wasting time and creating a lack of awareness before getting into your car. If you feel someone behind your back, make sure no one has followed you before entering your house. We are always thinking about too many things at once, which prevents us from thinking about those easy reflexes we should have. What can I do to defend myself if I'm being attacked? And how can I prevent this situation in the first place?



**Let's go through some tips**

1. Look around you
2. Walk wide around building corners
3. React fast
4. Watch your drink
5. No issues... Run and scream!

**Home break-ins, carjacking, sexual assault**

In today's world, safety matters are becoming a higher priority for more and more people. There are so many situations that carry a risk of attack. We never know when it might happen, because we don't plan to be attacked so we must become more aware of our surroundings. Discover the benefits of learning self-defence basics and be prepared to protect yourself. You'll increase your self-confidence and learn something new at the same time. Self-defence skills improve our balance not only physically by strengthening the core muscles, but also mentally, allowing us to stay focused and in control of our bodies.

**No rules**

There are no rules. If you are in danger, in trouble or threatened, you should do anything and everything you can to get away to safety. Mobility and flexibility are important. At Aspria clubs, we offer our members and guests Functional and Mobility classes. The midsection (abs) is reinforced, and this lower back tonification increases the mobility of all muscles around your spine area. Moreover, thanks to core conditioning classes you will develop your 'explosivity' – you will be stronger and able to endure longer. You will not think twice if you have to react fast and run away.

**Your vocal chords**

Finally, use your voice as a self-defence tool. Do not hesitate to draw attention to your situation by screaming out: "Help!", "Police", "Back off!" "No!" Using these words are an excellent way of getting attention if you feel threatened.

And what if I have no choice but to fight back? The answer is: Yes absolutely. Fighting back is specific to some of the martial arts discipline such as (Taekwondo, Muay Thai or Karate).

*Rachid Mallem is Wellbeing Manager at Aspria Brussels Arts-Loi* 



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OF SELF-DEFENCE  
CAN BE ADAPTED  
TO SUIT PEOPLE OF  
ALL AGES ”**



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# Eat right for your age

Our nutrition expert **Sophie Bruno** explains how healthy eating is affected by your age range



**A**ge plays an important role in changing nutritional needs throughout a person's lifespan. In fact, what constitutes a healthy, balanced diet will be subject to slight variations depending on differing stages of life. Nevertheless, the core principles will essentially remain the same; a balance of diverse, nutritious, wholesome foods are focal to helping us look, feel and perform at our best, and to have a deeper, long-lasting impact from a health perspective.

## In your 20s and 30s

Healthy eating is not always at the top of the list of priorities when you are in your twenties. Research often reveals that 20-somethings consume a greater volume of fast food compared to other age ranges and often eat inadequate levels of fruit and vegetables. This is probably due to the fast-paced, frenetic lifestyle most career-oriented 20-somethings lead, where food becomes an after-thought to ensure survival in its most elementary sense,



## PERSONAL DEVELOPMENT

### Nutrition



instead of viewing nourishment as being synonymous with health and wellbeing. Nevertheless, the twenties are an ideal time in life to establish a healthy foundation for the rest of one's life.

Bone density accrual continues until the late twenties, which makes nutrition for bone health crucial to reduce the risk of developing osteoporosis later in life.

Skipping breakfast and the over-reliance on quick, convenience foods containing elevated levels of macronutrients may result in an inadequate nutritional status and weight complications. In the long run, these set of circumstances create the perfect storm for increasing the risk of developing chronic conditions such as heart disease, diabetes, cancer and high blood pressure, all of which represent the major causes of death in modern society.

Women who are considering starting a family should ensure they are consuming sufficient levels of energy, folic acid and minerals such as iron and calcium.

### **Making health and nutrition a priority**

#### **Calcium**

To ensure you are meeting the required calcium levels for good health, consume three servings from the dairy group each day. Calcium-rich plant sources such as broccoli, spinach, beans and dairy alternatives are also good options.

#### **Fibre**

This is an important part of a healthy, balanced diet. Fibre can help prevent the onset of chronic diseases and can do wonders for your digestive health. Opt for wholegrain bread, experiment with porridge oats at breakfast and discover whole grains such as brown rice, bulgur and quinoa. Whole grains will also deliver the all-important B-vitamins, which help to convert food into energy, allowing you to stay energized throughout the day.

Ensure you meet your five-a-day fruit and vegetable target. This will also contribute to fibre intake and boost your nutritional intake.



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### In your 40s

In their 40s many people take their good health for granted, whereby healthy eating and exercise are often neglected. However, as we advance in age, good nutrition and reversing the sedentary lifestyle trend begin to gain some ground in our list of priorities. A diet rich in antioxidants will promote cellular stability, staving off the ageing process and helping to protect against diseases such as Alzheimer's and certain types of cancer.

The metabolic rate – essentially the rate at which the body burns calories – will drop. However, the drop is minimal; the real reason why many people in this age bracket start to suffer from weight issues is due to the lack of movement. Excess weight, especially around the 'middle' is correlated with heart disease and diabetes. So start exercising and make a conscious effort to keep fit and be healthy.

A percentage of women in the 40s age range have low iron stores. Keeping the body well supplied with iron provides vitality, helps the immune system to function optimally and keeps the mind alert.

### What to eat?

#### Antioxidants

A diverse range of differing coloured fruit and vegetables should be on the menu as they are an excellent source of antioxidants.

#### Iron

Lean red meat is one of the most easily absorbed forms of iron. Aim to consume red meat once or twice a week. Fortified cereals can be a good option along with lentils, beans, pulses and plenty of green, leafy vegetables such as spinach, green beans and broccoli.

### In your 50s

Health problems, such as raised cholesterol, high blood pressure and type 2 diabetes are on the rise in this age group. As such, a low-

fat diet incorporating plenty of fruit and vegetables is the best way to counteract these conditions.

Moreover, the menopause will have a significant impact on this category of women. Symptoms will vary greatly and are linked to a decline in oestrogen levels featured in the menopause. This accelerates the loss of calcium from the bone, increasing the risk of osteoporosis and brittle bones.

### What to eat

#### Calcium

Consume three portions of low-fat, low-sugar calcium rich foods every day to minimize bone loss.

#### The Mediterranean diet

This diet comprises lots of fresh fruits and vegetables, delivering a spectrum of heart friendly vitamins and minerals.

#### Watch the fat

As we age, the body's energy requirement decreases. Body fat gets deposited when too many calories are consumed and

insufficient levels are burned. Include monounsaturated and polyunsaturated fats from nuts, seeds and their oils instead of saturated fat.

#### Omega-3 fats

Aim to eat 2-3 portions of omega-3 rich foods a week as these can help keep your bones and heart healthy due to their potent anti-inflammatory effects.

Continue to drink a couple of litres of water every day. Moderate caffeine consumption, as it can interfere with the amount of calcium absorbed.

Other anti-inflammatory spices such as cinnamon, turmeric and ginger confer many anti-inflammatory health benefits. ●

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# The decision-making survival kit

**Sarbani Sen** offers up a survival guide to help you make the right choices in life



**E**ver had to struggle with choices and find that extra creativity to handle unpredictable situations? Here are some easy and effective tools from the Access Consciousness tool kit.

Imagine you just booked a family holiday in a famous beach resort and the very first morning when you decided to go surf, all of a sudden a storm comes and heavy rain washes your plans away. As a result you end up stuck at your very sweet, yet chilly guest house with two adolescent kids and a seven-year-old!

If you are lucky enough not to have the kids with you, then you'll have time to do whatever you had brought with you 'just in case'. But if you're not alone, then it's the beginning of a

marathon of fulfilling activities you had not planned at all – since you initially came here hoping to go surfing. Welcome to your holidays.

*Tool number 1: **What else is possible here?***

It sounds silly, but try. Take a deep breath and just repeat the magic phrase in your head "What else is possible here?" and experience the almost instant magic. It feels like a little angel with a bow arrives above your head and shoots out an arrow that says: "Hey, why don't you try this for a change?". For me it said: "Why don't you go for a walk in the rain?" What? Are you crazy? There is a storm out there. And yet, there you are, in the midst of a wind and rain storm wearing your new warm earphones, great music and a warm outfit, and

you suddenly see yourself walking in the rain without really understanding why on earth you should go out in this weather.

While you're still wondering how inappropriate this is, you end up dancing your head off, feeling so much joy and enjoying the communion with the elements, the rain in your face and the music in your ears – enjoying the simplicity of it all. And it all feels like PURE

today? Let's go to the pool, please please please, Mom, please!"

*Tool number 2: **"Does it feel light or heavy"?***

Go to the pool? Wait a minute: how do I feel about this? Is it light or heavy? When you feel it's light, your body is happy and little bubbles of joy start spreading inside you. If that's how your body feels, then you can GO GO GO!



BLISS. Then you start wondering: How come I postpone these beautiful moments with myself? How stupid am I not

doing what makes me happy even if it has no logical reason? What more do we want? Communion with music and nature puts us in a trance: it fills our heart, our molecules and our whole body enjoys those moments and fills us with ease and space. Soothing.

Then after an hour of serious dancing and working out in the rainy countryside, you come back and feel so good. That's when the kids jump on you shouting: "What's next, Mom? Can we go out now? What are we doing

## “ WHAT ELSE IS POSSIBLE HERE ”

Whatever happens, at the worst you'll spend 3-4 quality hours with your kids and feel so proud and satisfied, at the best you'll even have a good time. Happy children happy mama and happy papa. When it's light, beautiful things flow. On the contrary, when it's heavy, our body seems to be stuck. Your breath becomes heavy and you feel like it drags your energy. It's quite easy to identify. After taking care of the kids you might even extend the fun and allow yourself an extra two hours on your own to watch an episode of your favorite series, read a book or chat with a friend. Just for fun and just for yourself!



**Tool number 3: "Where do I have to put my energy now?"**

Once dinner is over and the kids start to feel sleepy, the third tool becomes useful, since I still want to do something with my day, and I have some energy left. Don't be surprised if you come up with crazy ideas such as: "What would it take for me to start a new business that will be damn fun? How can I increase my income and make crazy money from tonight on? Or how can I change the energy at work and make it happen for my career? What more fun can we have with my kids and husband?" So many questions you can ask to change the energy and expand it, fill the inside with joy and feel even more space inside.

**Tool number 4: "What would an eternal being do?"**

This is a funny one. Try asking yourself this question as if you were immortal and nothing really mattered. See how energy shifts around the issue, how your decisions become lighter and less affected by circumstances, habits or what other people might say.

**Tool number 5: "Who does this belong to?"**

This is one of my favorites. Imagine you're in your holiday hotel, with the storm beating outside, and suddenly a bad mood starts to take over the happy family trip and all the people around. Well try asking yourself: "Who does it belong to?" If you ask yourself this crazy question, you might find out that some of what you feel does not belong to you – it might be pollution from your environment.

And as you start questioning it, you might observe that staff members at the hotel are totally stressed out because their boss is worried about finances and he's a very controlling person. That is why a bad energy is hanging on the place you decided to spend the next week! So what do you do in that case? Well quite simple actually. Try: "BACK to sender with consciousness attached." Now feel the shift. Is it lighter? Do you still have short

breathing and a weight on your shoulder and you don't know where it came from? If you think it is yours, then you can ask: "What shall I do with it?" or "what energy space and consciousness can be here so I can spend a beautiful evening with my family?"

Remember, if it feels lighter after you have sent it all home, it's not yours. If it still feels heavy, you may need to ask a few more questions. Sometimes when we accept a thought, feeling or emotion as our own when it isn't ours, it doesn't return to sender. So we have to 'uncreate' and destroy everything we did to accept the thought, feeling or emotion as ours. Acknowledging just how aware you really are creates greater ease and possibility for you, but it doesn't mean you have to do anything with what you are aware of. Just acknowledge YOU and your knowing!

## " LITTLE BUBBLES OF JOY START SPREADING INSIDE YOU "

And suddenly energy shifts! If the desire for fun and more excitement and joy is great and sincere, things shift. And suddenly EASE And JOY becomes

real – it becomes you, and everything around goes back to the default position of our life. ❶

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# Here's looking at you, kid

Our tech guy **Colin Moors** takes a look at how surveillance affects all of us

Snow mountain camera: Noel Reynolds



**R**esidents of Brussels, home town of *Together Magazine*, will no doubt have seen how, in the wake of the airport and Metro bombings, the police have been using technology to apprehend suspects and assailants. The most high-profile was the so-called 'Man in the Hat', Mohamed Abrini, who confessed his involvement following closed circuit television (CCTV) footage that proved his identity and whereabouts. Undoubtedly, this is a good thing to have happened, but some people are not so happy about the situation – captured terrorists notwithstanding.

## “ THE GENIE IS OUT OF THE BOTTLE ON THIS ONE ”

Citing Orwell's famous embodiment of control and power, Big Brother, those against what is now commonly known as *mass surveillance* will rail against constant monitoring, phone hacking by the authorities, speed cameras doing the work of the police and much more. The philosophical arguments are many – on both sides of the fence.

Possibly the most divisive of all mass surveillance techniques is the exponential growth of speed cameras, popping up like unwanted weeds along the roadsides of Europe. In the UK, they have been rebranded 'safety cameras' to try to soften the blow a little if you get caught. After all, you wouldn't want to be considered unsafe, would you? As far as I have seen, the French and Dutch have no such compunction – they are speed cameras and if you speed, you will pay.

Does speeding in a car cost lives? Yes, it certainly does. Are the speed cameras a measure toward a safer driving environment or another government method to extract money from the cash cow that is the motorist? It depends who you talk to. In the UK in 2000, then Prime Minister Tony Blair launched an aggressive anti-speeding campaign, citing a Transport Research Laboratory report (the snappily titled *Report 323*), which he claimed proved that speeding accounts for one third of all road deaths. By 2003, the speed camera network was cashing in £12 million (around €15 m) from motorists. But guess what? The figures cited were, shall we say, economical with the truth. The report actually concluded



that speed was a factor, but the figures were something nearer 7%.

Cameras can also be useful on the road. We've all been in a situation where traffic has slowed to a halt, sat around for 20 minutes and then inexplicably started moving again. Cameras can assess the volume of traffic and alter the phase of traffic lights and other signals accordingly. The result is an overall increase in the speed and flow of traffic through difficult spots.

The arguments for and against putting cameras in all public places are polarizing, broadly falling into the *For* camp who believe that 'if you have nothing to hide, you have nothing to worry about' and those *Against* who go by the words of Benjamin Franklin: "Those who give up liberty for safety deserve neither."

CCTV monitoring of the public is useful in certain circumstances, such as the case cited above. Indeed, many criminals have been identified by cameras and brought to justice. Those who wish to see all cameras removed from public spaces often cite their right to privacy as the reason. This is an understandable stance. After all, you're just walking along the road, why should some cop in a darkened room somewhere else in town have the right to spy on you? Well, because it works both ways. The EU and US both have laws protecting the rights of the public to film or take still pictures of anyone or anything, provided they are on public land and not trespassing. These laws are somewhat shaky in places but are holding true for now. If the





Tallinn: CGP Grey


anti-surveillance protestors won the right to not be filmed in public, the reverse would logically follow. This would mean that the public had no right to film police or buildings without a permit. The genie is out of the bottle on this one, and there are no easy answers.

The argument about having nothing to hide is also something of a contentious issue. This is the point where we step into the murky world of state surveillance, such as famously contested by the hero/traitor Edward Snowden. This is probably the closest we'll get to a real Big Brother situation for a while, but the sheer size and ambition of certain governments to monitor our data should be setting alarm bells ringing, if only for reasons of personal privacy. Yes, I'm aware it contradicts what I mentioned above about CCTV but bear with me.

Buried deep in the Utah desert in the US is a \$1.5 billion installation that sucks in a huge amount of data from the internet. The word 'internet' is a key one in this conversation because it's not just data from the US they're monitoring. Americans, in fact, have some of the most stringent freedoms from snooping in the world – at least, they do on paper. Laws passed following Watergate and the disclosure of J. Edgar Hoover's rigorous spying on 'Communists', mean that permission to spy on anyone needs to be sought from a judge.

The internet blurs all the lines of data privacy by being a global architecture. That and the provisions of the Patriot Act of 2001, following the attacks on 11 September, work in unison to give the US government tacit reason to spy on whomever they like. The very fact that nobody has given them permission to do it is only outweighed by the fact there's not one government prepared to challenge them on it. I'm going to leave my tinfoil hat in the wardrobe, but do they really need all these data to prevent terrorism? And if so, why hasn't it worked? The problem is, we don't know.

You could probably put your hand on your heart now and say, "I have nothing to hide". This is fine and I'm sure a lot of you will continue to be model citizens. Let's just say that your hobby is collecting train numbers (some people do) and overnight, it becomes illegal – let's say it's for alleged national security reasons. Your name is probably now associated with several now-illegal groups. Do you give up the hobby you love, or continue illegally? You're one law away from being a criminal and suddenly you could be the one with a dirty secret.

Journalist and hacker Jacob Applebaum has a good challenge for anyone using the 'nothing to hide' argument: "Hand me your unlocked phone and pull down your pants". 



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# Panama papers: Comedy capers

Our money expert **Dave Deruytter** suggests that the future of your investments is onshore

**W**hen talking about offshore financial centres it is important to make a distinction between their services for companies and those for private persons. Indeed, the former, particularly larger companies, typically use legal means to optimize the taxation on their revenues via offshore centres. In the case of the latter, typically very rich individuals, this is more often not the case.

It is however understandable that the general public is not happy to read that well-known global companies, with multi-billion euros in income, globally pay single digit effective tax rates on their revenues.

The BEPS (Base Erosion, Profit Shifting) initiative of the OECD may bring change to that, but the tax competition between countries is putting a break on the speed and the extent of implementation and the expected results of BEPS.

Of course, in our globally connected, transparent and digital world, the general public



Jürgen Mossack © Jandrade 97

Ramón Fonseca © Jandrade 97

has the potential means to 'name and shame' the lowly-taxed international companies. When that starts hitting their revenues, these companies will tend to be less aggressive on tax planning.

Before talking about private investors moving their money offshore, here is a brief tentative history of offshore banking.

It is said to have all started with the neutrality of Switzerland after 1815. Many of the rich people at that time were looking for a safe harbour for their money amidst the political turmoil in Europe and the many wars. The Channel Islands, offshore from the UK, were



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## PERSONAL DEVELOPMENT

Money



also in the picture early on. They are at the origin of the name 'offshore' banking.

On the legal person side, the 1889 Business Incorporation Laws of Delaware, which relaxed the legislative framework for setting up companies, can be seen as the beginning of offshore tax structures for companies. The Swiss Federal Act on Banks and Savings Banks of 1934 was the start of the Swiss Bank Secrecy. It served a noble cause in the beginning: it helped some Jewish families to get out of Germany, before the Second World War started, without losing all of their assets.

From that basis, offshore banking and tax planning business grew into the multi-trillion Euro business it still is today, spread over many hundreds of offshore centres all around the world. By some estimates about half of the world's capital flows go through offshore centres, even as we speak.

Having said that, pressure is building up against companies and individuals who use offshore centres for tax evasion. The most notorious initiatives are the European Savings Directive of 2007, the US Foreign Account Tax Compliance Act (FATCA) legislation and recently the Common Reporting Standard (CRS) regulation and BEPS by the OECD. Indeed, in the earlier days, centuries and even decades ago, offshore banking served more noble and often purely economic purposes:

stable political and economic jurisdictions, more investment or planning options, choice in and competence for investments, lower costs, better legal system. Those advantages have been eroded substantially over the past decades given the substantial improvements on those fronts in many onshore markets.

Sadly, the number of cases with respect to hiding money or concealing ownership, 'Don't ask won't tell' schemes, have grown over time: criminal money (arms, drugs, people trafficking, theft etc). Also, lesser crimes rose: estate taxes not paid, income taxes not paid, home country legal or fiscal rules circumvented (forced heirship). Still the most common offence is to 'forget' to declare the offshore income in the country where one has his or her fiscal residency.

This brings us seamlessly to a short analysis of offshore banking from the perspective of private individuals such as you and me.

The key principle here is that every individual is typically required to declare his or her worldwide income in the country where he or she is a fiscal resident. Most often one is a fiscal resident in the country where one usually works and lives with one's family. Notorious exceptions are foreign diplomats and international civil or military servants, who are supposed to have kept their fiscal residency in their home country or in the country where they were a fiscal resident when they were hired. In general a private individual also has to declare income from offshore assets in the country of fiscal residence (onshore), if this is required by the laws and regulations of that country.

International information exchange is getting better organized. The latest addition is CRS on the first day of January in 2016. It consists of an automatic information exchange between the member states of the OECD according to a standard template. That does however not mean that the non OECD countries are completely off the hook. The OECD has lists of white, grey and black countries. And the Panama papers will give new impetus to





deciding on which country is on those lists and in what category.

With all of the above, a case can be made that the future of your private investments is probably onshore, not offshore. Unless your fiscal residency is in a politically and economically unstable country or jurisdiction, the current broad offer of banking and investments products, the stable laws and regulations and law enforcement systems, and the planning options using the local laws, provide for a large enough playground to manage your investments onshore.

Yet the investment (portfolio) theory claims that diversification leads to lesser risk and higher return in the longer run. So, it says, don't put all your eggs in the same basket and don't put all your money in the same country or jurisdiction. This is a valid option, so long as you don't 'forget' to declare all income in the country where you are a fiscal resident.

Keeping it simple is good advice. To have two countries to manage is already quite a hassle; if you add one more, the red tape increases substantially. The same goes for complex tax planning structures: as laws and regulations change all the time, your smart tax

## “ TEST YOUR PLANNING ON ITS LONGER-TERM VIABILITY ”

optimal structure today maybe tax suboptimal tomorrow. On top of that, legal fees to check the plan yearly and to update it when the law changes may not be worth the money or your sleepless nights. Be sure to test your planning on its longer-term viability. There is no value in 'short term gain, long term pain' plans.

If your capital is not more than a hundred to a few hundred thousand euros, the laws in the European Union guaranteeing savers up to €100,000 in capital per bank and per person should make you wonder about the use of having any money offshore at all. ❶



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# What has the EU done for us?

**Gerry Callaghan** gives a few pointers on the upcoming UK referendum



**T**he British people go to the polls on 23 June to decide if they, as a nation, wish to remain a member of the European Union. The decision comes at a time of turmoil for the 28-member bloc, with the increasing threat of terrorism, the burgeoning refugee crisis, the rise of far-right national parties, set amidst a stuttering economic backdrop. Frankly, the referendum provides yet another headache for EU officials. These headaches might give reason to UK citizens to 'run for the hills', but as I see it, it also provides a platform to show unity and stand together to

tackle them.

Before that time comes, however, the UK public will be bombarded with information from both sides. Nearly two years ago, the Scottish people went through the same thing, on deciding whether or not to remain in the UK. The Scottish people suffered from information overload. Everything came with an 'if' or a 'but'.

Every pro came attached with a con, and vice versa. That is because no one really knows what is for the best. And if they did, if a sound

algorithm could be established that predicted the future after such a decision, I'm pretty sure someone would find another that contradicted it. But that is the problem with making a decision based on projected future events – no one is right, and no one is wrong. And we only get to see the results of one of the choices.

Over the next few weeks, leaders of industry and high-ranking officials will be wrangling over the reason for their own personal choice, and try to convince you accordingly. The media will lambast citizens with every doomsday prediction possible. Sifting through this information will be no less than a monumental task for the average UK citizen, and not because of a lack of intelligence. Two different 'experts' could study, extensively, the arguments from both sides and come to a very different conclusion. That is the nature of politics.

So, first off, there is no 'correct' answer, and therefore no correct decision to be made. If, as a country, the UK decides to leave, then it will carry on. If it decides to stay, then it will carry on. Both choices are not definitive. Negotiations will be held after a 'Leave' vote, to secure the UK's access to the EU market, and the UK will move ahead under that new auspice. There will be times of financial market instability, but they will recover.

If it chooses to stay, then things will carry on much as they have. Either way, despite dire warnings, it will not be a disaster. If that is the

case, then economics shouldn't play such a large part in the decision the UK public make. No one side can tell you with absolute certainty what will happen, because what will happen will depend on many intricate decisions taken by politicians and, more importantly, you, following the vote.

## “ NO ONE REALLY KNOWS WHAT IS FOR THE BEST ”



*The High Authority building in Luxembourg - Photo © Borsi112*

For me, the decision will not be based on imaginary premonitions of the future, but I will base my decision on mere milestones of the past – a hint of a 'gut' feeling about the future.

I will jump on the Monty Python bandwagon and ask, "What has the EU ever done for us?"

### Single market

Citizens live under the free movement of goods and people throughout the continent. It gives EU businesses unchecked access to a 500 million population.

In total, that is the largest single economic market in the world, and the destination for half of all British exports. This attracts many international companies to use the UK as a base to enter the market, and it also provides UK businesses with an expanded marketplace. However, this does put British business at loggerheads with other European companies who are in direct competition.

And, if the UK decided to leave, there are options to follow the Norwegian, Icelandic and Liechtensteinian decision to join the European Free Trade Agreement, and the European Economic Area, thereby granting access to the single market. The only difference here would be that Britain would not be represented at the



World Trade Organization in 1998 - Photo © World Trade Organization

EU level legislative process, possibly missing their chance at making amendments for the benefit of the UK. They would, however, regain their independent seat at the World Trade Organization (WTO), where the trading rules are effectively set, rather than being represented by the European Commission, as they are now.

#### Environment

An often overlooked milestone of EU policy is in the environmental sphere. It is EU directives that have forced the sewage out of British bathing waters and cleaned up our beaches. It's legislation from Europe that is reducing the pollutants from our vehicles. It's the EU that is championing renewable energy and protecting our wildlife. Our environment doesn't stop at the border. It is a delicately balanced entity that is finely tuned and endless. Decisions taken in one country have an effect on neighbours.

Whether it is dumping into our oceans or polluting our air, these things need to be tackled transnationally. However, for others, the environment is there to be exploited, and it's 'EU red-tape' that is hindering us from getting the most from our resources. For them, the EU is costing business billions in unnecessary hindrances to UK industry.

#### Peace

The idea that two countries from the EU will go to war again seems absolutely ridiculous. At the beginning of this 'European project', the coal and steel industries of central Europe were interlinked to avoid a repetition of the failures of the past. Since the Second World War, despite the troubles in the east, Europe has enjoyed nearly 60 years of uninterrupted

peace. That's something without precedent in our history. However, for those voting to 'leave', the democratic principle will be argued in this regard. They will say that the phenomenon is not confined solely to Europe. Democratic governments who engage in trade do not go to war with each other either. Therefore, if the UK leaves, there is still no risk of a European war breaking out.

## “ A MONUMENTAL TASK FOR THE AVERAGE UK CITIZEN ”

As you can very much see from the all-too-short round-up above, each and every reason to stay comes with a valid and countering reason to leave. The decision now rests solely with the British people. What I will say, though, is so long as your vote is not cast in anger against someone or something, but in support for something, then we really have nothing to worry about. Sit back and enjoy democracy in action. ①

Photo exhibition

# DISPLACED

Parlamentarium, 3 March – 1 June 2016

## WOMEN REFUGEES AND ASYLUM SEEKERS IN THE EU

The project showcases all the principal stages of the gruelling journey undertaken by women refugees in Europe: the arrival by boat to Greece; the train journey across several countries, among which the Former Yugoslav Republic of Macedonia (featured in the photos); and the final arrival and processing of asylum requests in Germany.

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**Jeep**

# Tony Robbins: Unleash the Power Within

**Paul Morris** looks at the impact a highly successful motivational speaker can have on an audience

Photo © Randy Stewart



**T**here appear to be an increasing number of personal trainers, coaches, gurus, etc., but one of the most successful and enduring is Tony Robbins. Robbins is an American motivational speaker, personal finance instructor and self-help author. He is well-known from his infomercials and self-help books, *Unlimited Power*, *Unleash the Power Within* and *Awaken the Giant Within*. He has become a phenomenal success – in 2007, he was named in *Forbes* magazine's 'Celebrity 100' list. *Forbes* estimated that Robbins earned approximately \$30 million in that year.

Together's publisher David McGowan chose the slogan 'Together: Inspiring you to reach your dreams' and he is a big fan of Robbins, whom he has seen in action several times. David found Robbins through listening to Robbins' tapes at a time in his life where he needed direction. More recently a friend mentioned that she was going to see him live at his *Unleash the Power Within* (UPW) show. And so David went along and was blown away, and he had found a way into the personal development world that has been a large part of his life ever since.

In April, he planned another trip to London to catch the latest Robbins show – and that's what these events truly are, as Robbins is always in motivational, evangelical form. The atmosphere in the hall becomes something that you would expect at a rock concert: and Robbins is the Mick Jagger on the stage. Tony holds UPW only five times a year – 1 in Europe, 3 in the USA and just once in his favourite country, Australia.





## “ THERE ARE INTENSE MOMENTS SUCH AS WALKING ON FIRE ”

It's a very personal thing, how one reacts to this kind of very direct, highly positive coaching. But this time David invited some of his Brussels friends to go with him – they had never been to a motivational event so they headed there with mixed emotions. They had read the sales pitch:

*Create your Breakthrough - Unleash the Power Within is a live 3 ½ day event with Tony Robbins designed to help you unlock and unleash the forces inside that can help you break through any limit and create the quality of life you desire. Learn how you can surpass your own limitations to achieve your goals and improve the quality of your life.*

But were they prepared for the high octane, emotional days that lay in wait as the Eurostar left Midi station? More of that later.

On the internet you can find images for '74 quotes by Tony Robbins', that's nearly as many as William Shakespeare who died 400 years ago. Some of Robbins material is not as old as that, but it is based on old-fashioned principles with a modern, do-it-now twist. They include:

“Setting goals is the first step in turning the invisible into the visible.”

“Stay committed to your decisions, but stay flexible in your approach.”

“It is in your moments of decision that your

## “ IT TALKS TO YOUR BRAIN, YOUR BODY AND YOUR SOUL ”

destiny is shaped.”

“Success is doing what you want to do, when you want, where you want, with whom you want, as much as you want.”

David's personal favourite is: “Live with Passion”.

This summary shows what participants (including David's friends) were going to expect during the ‘4 Steps To Transformation’.

### STEP 1: THURSDAY – TURN FEAR INTO POWER

#### Firewalk

Countless Firewalk people have attended his world famous firewalk weekend event, *Unleash the Power Within*, to completely overturn their health, career, finances – every area of their lives.

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### STEP 3: SATURDAY – BREAK THROUGH TO YOUR NEW LIFE

#### Transformation day



Photo © Randy Stewart

Now the only things that are holding you back are the inner conflicts that prevent you from taking consistent action. On this day, you'll learn a step-by-step process for modelling the best strategies to consistently achieve any result you desire.

### STEP 4: SUNDAY – THE POWER OF PURE ENERGY

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Whether your life isn't at a point where you want it to be – or your life's great but you want to take it to another level – NOTHING compares to the high energy impact of thousands of people joining Tony Robbins live.

And how did David's friends react to the experience? It safe to say, they were also blown away.

#### Claire

The experience was intense, energetic and eye-opening. Tony manages during those four days of “incubation” to put you in an extreme diversity of emotional states. Beyond the things you might have heard/ known, the energy power that Tony conveys is simply unique. He increases the level of consciousness of ones' limits, manages to go deep into your fears and especially creates the correct positive state of mind to drive the changes that you initiate.

Being in a positive environment and mindset, surrounded by 8,000 people is extremely powerful. It was so brilliant that I took immediate actions after those four days, my envy of learning increased by far and I dove into lots of new management personal development business books. I changed some food habits, increasing my diet with energy food and cut all the rest, created more rewarding moments for myself with morning meditation and positive thought. I was not prepared for this immediate “willingness to change” some things, which can become a big achievement.

#### Eric

I was sceptical at first and felt some reluctance due to the feeling that is in some kind of cult. I





Photo © Steve Junveison

should have taken a picture of me before, during and after and I would have seen the evolution. The seminar or whatever you call it was a revelation, a kind of rebirth, discovering myself. An exceptional moment that nobody can ever take away from me...

There are intense moments such as walking on fire and great emotions that made me relive painful moments, but also joyful ones. I left there lighter and not only in weight.

Since then, I have applied meditation, morning sport, two litres of water per day and a suitable diet before applying other important actions. I physically feel the new energy in me and in others too.

Tony Robbins really changed my life. You rock!

#### Sophie

I had already opened the Pandora's box of NLP (*Neuro-linguistic programming*) last year and knew how powerful it is. So, I was very curious to see how one person was practicing it with so many people (a little too much for an agoraphobic person as me!)

This experience is unique, fantastic: it talks to

## “ THE ENERGY POWER THAT TONY CONVEYS IS SIMPLY UNIQUE ”

your brain, your body and your soul. You come out of the seminar with more knowledge, more tools (practical and easy to use), more energy and also with more of yourself. You take it all back home with you, and it shines on everything and everyone around you right away, in a very nice way!

According to my previous experiences: not sleeping enough and feeling so energetic was related to falling in love! It can now also apply to spending four amazing days with about 8,000 thousand very lucky people and one very special person: Tony Robbins.

Asked to sum up seeing Tony Robbins in action, David McGowan said: “Outstanding.”

1

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# LIFESTYLE

*The latest trend is indeed to apply several facial masks at the same time*

## LIFESTYLE

Luxury

# Private helicopters: Luxury in the air

**Paul Morris** browses the luxury catalogues for the best civilian helicopters on the market.

**L**ast month we showed you some of the luxury private islands on offer around the world. But how can you island hop and visit the neighbours for a cuppa? You'll need a helicopter... and not just any old helicopter.

produced to date. It is widely used by police and ambulance services and for executive transport. Depending on the specifications, it costs between **\$4 million** and **\$6 million**.  
[www.airbushelicopters.com](http://www.airbushelicopters.com)

### Airbus Helicopters H135

The Airbus Helicopters H135 is a twin-engine civil helicopter produced by Airbus Helicopters (formerly known as Eurocopter). It is capable of flight under instrument flight rules (IFR) and is outfitted with digital flight controls. Since 1996 more than a thousand aircraft have been







## Airbus Helicopters H145

This twin-engine light utility helicopter can carry up to nine passengers along with two crew, depending on customer configuration. The helicopter is marketed for passenger transport, corporate transport, emergency medical services (EMS), search and rescue, parapublic and utility roles. In 2014, the EC145 was rebranded as the H145 by Airbus Helicopters. Military variants of the helicopter have also been produced under various designations, such as H145M or UH-72, and have been used for training, logistics, medical evacuation, reconnaissance, light attack, and troop-transport operations. **\$6 million.**

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



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The legendary S-76® helicopter is a medium-size commercial utility helicopter and operates successfully in more than 40 countries on five continents, fulfilling its many missions in the varied environmental conditions found worldwide. This VIP helicopter for civilian use can seat up to 12 passengers, but the four-seat configuration offers complete luxury. **\$12.95 million.**

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### Sikorsky S-92

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Art-Director: Nicholas Sirot

Hair & Make up: Onna Napier and Mimi Sanchez

Models: Tamina@Unomodels, Izarbe@View Management, Josiane@BlowModels

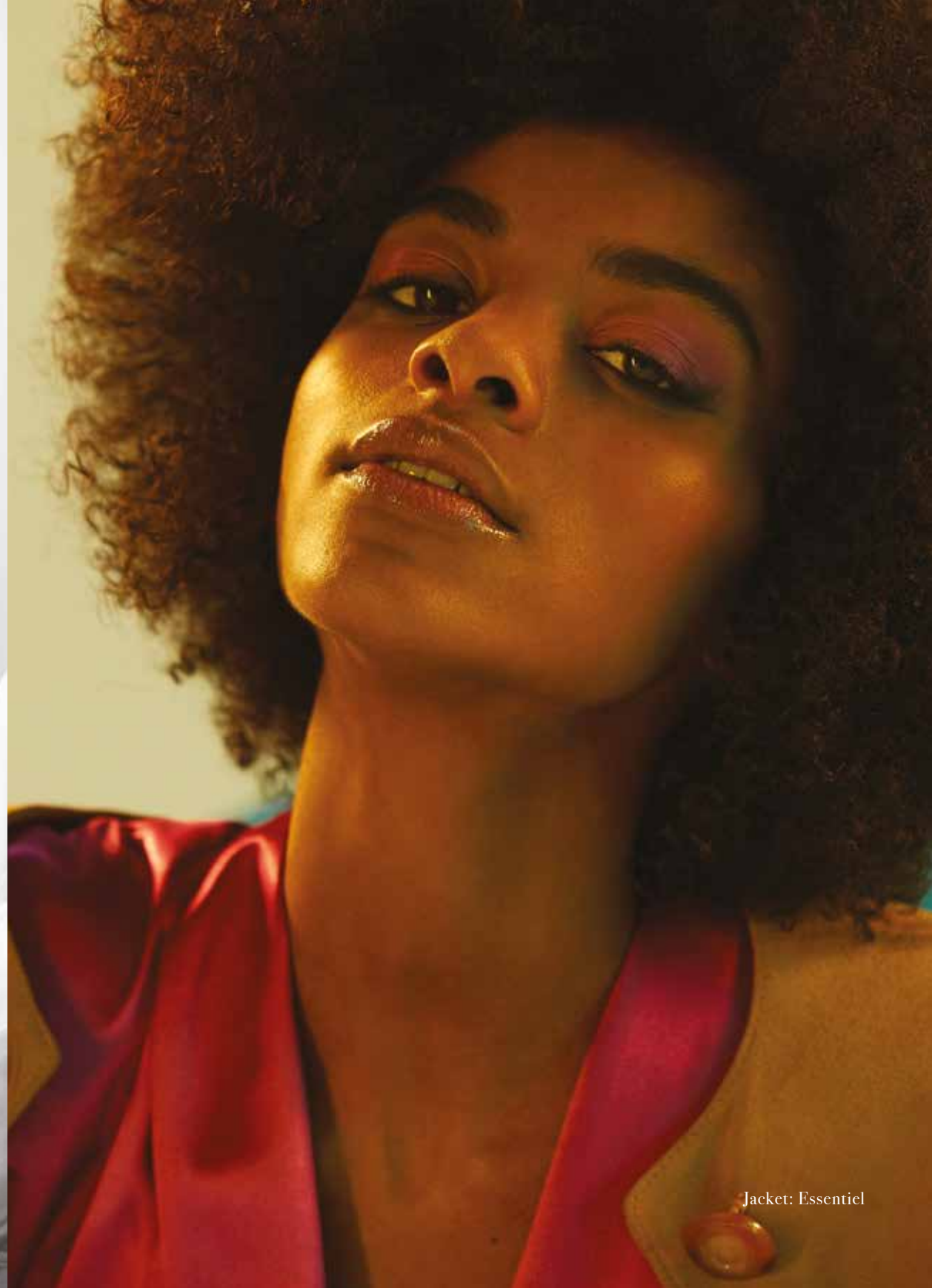


White T-shirt: H&M





Top: Morgan  
Trousers: Cos



Jacket: Essentiel



Shirt : Cos  
Earrings: Peace



Top: Urban Outfitters  
Jacket : Marie by Marine  
Head-Flower: Marie by Marine





Bomber: Kilo shop  
T-shirt : H&M  
Shorts: Adidas



Jacket: Levi's



Total look: Kilo Shop



Overalls: P  p   jeans



# Thanks be to Krjst

**Jeanie Keogh** discovers a young Belgian team who are undefinable

**Y**oung Belgian design team Krjst have, since their early beginnings in 2012, proved to be a creative smorgasbord of talent, skill and, most recently, innovation. Erika Schillebeeckx and Justine de Moriamé started out as fashion designers, but they didn't want to be hemmed in by running Krjst as a clothing label, so they've launched a studio concept with a more collaborative, multi-media approach.

Speaking at the Krjst display at Sophie Carrée press agency's showroom, Schillebeeckx says: "Since the beginning we've worked more on collectives with other artists than as designers creating our own label. Even if the central work is design/creation, it's important for us to look further afield and begin to work with clients outside the fashion world in different sectors."

The two have just marked Krjst's new "anything goes" artistic direction with their latest exposition 'Inception' at Brussels gallery Atelier Relief. One look at their work and it is clear from the panoply of services they offer – print design, fashion design, photography, brand image – that there is very little these women cannot create. That and they will not be defined.

Schillebeeckx explains: "We're new in this environment, but what we're sure about is that we don't want to put ourselves in a box or be defined by this or that: fashion label, artist, etc. We want to stay open and at the same time create our place using all that we are."

New they might be, but these enfants terribles of Belgian design have already worked on projects for McAlson, Eastpak, Huawei and have outfitted Stromae for a photo shoot. They



## “ PEACE AND LOVE RORSCHACH FOR OUR TROUBLED TIMES ”

also exhibited at Bozar last year during the fashion exhibit 'The Belgians' and designed a Minnie Mouse-themed display for Disney's 60<sup>th</sup> anniversary last year. Another Star Wars helmet design project with Disney is also in the pipeline for this May.

"All these collaborations really reassured us in the sense that the studio was the right direction to go in," says Schillebeeckx. "When we were involved with these projects, we felt the most creative. We found we were truer to our own identity."

While the twice-yearly fashion week circuit still holds appeal, their current focus is the intersection between art and technology and all the possibilities this hybrid of opposite forms allow.

"There is a side that is more plastic that we are discovering at the moment: video, 3D printing, which is new on the market. The mix of craftsmanship and technology was there since our early start and continues more than ever and, according to us, this cross between the two is what creates the most touching and strongest images," says Schillebeeckx.

Their long-term vision is to become a collective of collaborators which acts as a one-stop artistic shop for clients. It is also a smart financial decision as it keeps the clothes on their backs during what can often be a painfully long process to gain recognition, although their label is doing quite well in the Asian market, most notably in Japan.

"Commercially and economically, it's a less complicated way to create than fashion week which is every six months. Now we have short-term contracts so that allows the whole



### Interview

team to have a safety net to have a more solid business," she says.

They're not shelving the men's and women's wear collections, but have rather trimmed them down to under 20 pieces per season from their original 40 pieces per season. The Fall/Winter 2016/17 Inception collection was inspired by their current process of rebirth and renewal, but also marks a return to themselves and the unique aesthetic that nourishes each of them creatively. After that, it's about symbiosis.

On the designers' mood board during the brainstorming phase were images of explosions, churches and mosques, things breaking down, and flowers. Schillebeeckx described it as a contrast between violence and the poetic.

She points out that this all took place before the attacks in Brussels, but notes it was going on elsewhere in the world, which had influenced them.

"There is always this element of religion or the culture of belief (in our work) that we feel strongly about. We already had in the collection this balance between chaos and serenity. That's what we're talking about when we talk about the hippie world meeting religion, this confrontation. It's the city turning in on itself... What's the Latin phrase? To the city and to the world."

Schillebeeckx walks me along the rack of the Krst collection, pointing out de Moriamé's 3D printed and hand-painted designs displayed on both the clothes and on paper wall hangings. The prints are kaleidoscopic, layer upon layer of visual origami. What starts as a swarm of hummingbirds becomes a horned otherworldly animal or a moth.

Call it a peace and love Rorschach for our troubled times. ●



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MARTIN&MARTIN

LIFESTYLE

Shopping

# Spring!

It seemed as if it was taking its own sweet time in arriving, but the season of rebirth is finally with us. We have put together some suggestions for jewellery that goes with spring colours.



Photo © Iris Velghe

## Vanessa Tugendhaft

For her collection Idylle, the creative Belgian jewellery designer has returned to her original famous pink, which has become like a second skin. It includes necklaces, bracelets, earrings and rings. Pink diamonds and white, yellow and pink gold. La Rose ring. **€1,035**  
[www.vanessa-tugendhaft.com](http://www.vanessa-tugendhaft.com)

## Louis Vuitton –Blossom Collection

The Louis Vuitton website gets poetical as spring arrives: "There is a word to describe the moment nature stirs from its winter sleep, the fragile and fleeting moment evoking the irresistible rebirth of beauty, the moment when a flower opens to greet the pale light of spring and herald the fertility of the fruit trees. That word is 'blossom'. And Blossom is now the name of a new Louis Vuitton jewelry collection inspired by the flowers on Monogram canvas."  
[www.louisvuitton.com](http://www.louisvuitton.com)



## Boutique Anamar by Marina Anouilh and Sabine Schoen Aleksic

This Brussels boutique is a treasure trove, where you can discover unique pieces of jewellery, fashion, leather goods and one-off decorative pieces for your home. Chosen for their beauty and their quality, they have been brought back from all over the world. The selection includes well-known designer labels, hand-made jewellery, printed silk scarves, striking sandals and elegant hats. Bracelet Etke Willa in braided glass beads in leather. **€240** - Anamar on Facebook



## Loulou de la Falaise

Loulou de La Falaise was a fashion muse and designer of fashion, accessories and jewellery associated with Yves Saint Laurent. Ariel Ravenel currently leads the Loulou de la Falaise brand, continuing her work. These glass paste parts are gold-plated and completely handmade in Paris by artisans. Gold-plated stud earrings in glass paste.

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[www.loulou-de-la-falaise.com](http://www.loulou-de-la-falaise.com)



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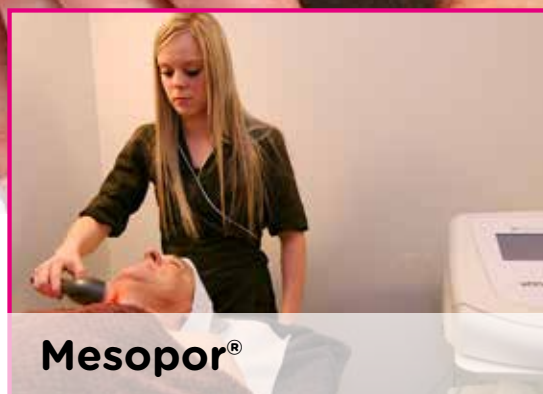
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# Multimasking

Our beauty expert **Delphine Stefens** unveils the mysteries of the art of multimasking

**W**omen are said to be good at multitasking. Whether you agree or not, they sure are fond of multimasking. The latest trend is indeed to apply several facial masks at the same time but in different places according to one's needs. Imagine smothering a moisturizing mask on your dehydrated cheeks while another targets your oily T-zone and maybe a third lifts your neck. Sounds time-efficient yet complicated? Don't worry; you can also indulge in a high-tech sheet mask. And if in the meantime you use a mask for your hair, it still counts as multimasking.



Advanced Night Repair Concentrated Recovery Powerfoil Mask (4 pcs)/**€106.54** by **Estée Lauder**.

Vitamin-Rich Detox Mask (**€19.90**) by Bio Beauté by **Nuxe**.



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Biotherm Wonder Mud (**€55.50**) by **Biotherm**.



Cilantro & Orange Extract Pollutant-Defending Masque (**€34**) by **Kiehl's**.



Clear Improvement Active charcoal mask (**€25**) by **Origins**.



Turnaround revitalizing instant facial (**€53.80**) by **Clinique**.



Smooth Mask (**€43**) by **Morrocanoil**.



# Home design: Take the in out

**Paul Morris** takes a look at some design companies who can transform your home this springtime

**T**raditionally, we take a look at our house once spring arrives, and as we do a spring clean, it occurs to us to perhaps freshen up the furniture – everything from a new sofa to what we decorate the table with when guests come round for a party in the garden or on the terrace. Here are some designers that suggest you can make a dramatic impact by moving the indoors... outdoors. Some of the designers attended the recent Salone di Mobile in Milan ([www.salonemilano.it/en](http://www.salonemilano.it/en)).



## Ethnicraft

Headquartered in the Belgian town of Boom, Ethnicraft aims to make furniture that "evokes a sense of emotion, by the warmth and naturalness of the core material, with solid wood that adds a sensitive touch to the furniture".

The rationality of the collection lies in the functionality, simplicity and quality of the furniture, contributing to the power and pureness of the designs.

A blank canvas for creativity, the Window collection, by internationally-renowned designer Constance Guisset, borrows the elements of the intriguing cabinet of curiosities and translates it to coffee and side table forms. A resilient glass top allows a transparent view inside the table, where décor pieces or personal items could be displayed. Switch up the ornaments or add to the content as you like – the possibilities to expand your imagination are endless.

The window side table is 47 x 40 x 36 cm and costs **€289**. The simple side table, also made of solid oak is 55 x 55 42 cm and costs **€269**.  
[www.ethnicraft.com](http://www.ethnicraft.com)



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“ SHE ALWAYS WANTS TO WORK WITH  
THE DESIGNERS TO CREATE A  
COLLECTION WITH THEM ”



#### Kudu Home

Thandi Mbali Renaldi, a half South-African/half British entrepreneur based in Brussels, has launched Kudu Home, an online store specializing in design and decoration from the African continent. Kudu Home is like a treasure house of rare objects, artefacts and designer accessories, all carefully selected.

She is constantly on the look-out for designers on the African continent to collaborate with. She's not happy just to go to Africa to buy a finished collection – she always wants to work with the designers to create a collection with them.

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## LIFESTYLE

Deco



### DesResDesign

After a long winter there is nothing more splendid than relaxing in the garden on a summer's day with birds singing, sun shining and wine glasses sparkling. The moveable outdoor feast has been enjoyed for centuries, from medieval hunting feasts, to Renaissance country banquets and Victorian garden parties.

The term 'wicker' encompasses all objects weaved from natural materials, including rattan, reed, cane and raffia. Modern versions often combine natural and synthetic fibres for durability, such as this stunning rattan collection based on old drawings from historic designs, they have authentic charm but are made to last for decades. Rattan dining table **£799**.

For larger garden parties the straw bale and leather benches are perfect for extending the seating whilst keeping a very cool and rustic vibe. Benches **£1,160**.

These oak platters are perfect for serving a mezze of dishes for a gathering to pick and mix with. **£95**.

Creating a table-scape is another part of the overall pleasure, and outdoor dining calls for something robust, informal yet still exquisite. The country vintage collection is perfect for this. An earthy, romantic mix and match treasury of reclaimed oak platters, vintage style glass dishes and ceramics in organic and muted tones that just sit beautifully together however they are combined. [www.desresdesign.co.uk](http://www.desresdesign.co.uk)



## Hästens

Hästens' first generation of bed makers, Pehr Adolf Janson, laid the groundwork for the spirit of master craftsmanship when he was awarded his journeyman's certificate in 1852. Back in those days, saddle makers were also mattress makers.

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The firm's slogan is "Fulfilling dreams since 1852". Sweet dreams, it appears...  
[www.hastens.com](http://www.hastens.com)



## Fast Spa

Fast Spa is an Italian design company specializing in the design and production of aluminum furniture for outdoors, and it has just launched the JOINT collection, designed by Riccardo Giovanetti and the NIWA collection designed by Robby & Francesca Cantarutti. JOINT is a seating system for outdoors with great compositional freedom. Sofas, armchairs and coffee tables with soft lines are framed in extruded aluminum and supports in painted die-cast aluminum. Seatbacks and arms in expanded polyurethane are fixed to the base through an internal structure. It comes with customizable removable covering with a rich colour palette available to upholster the seat and the seatback. The use of aluminum gives an intense identity to outdoor furniture.

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



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# LIFE OF LEISURE

*Stunning empty Pacific beaches, rainforests in the clouds*

Photo © Yasemin Yenilmez

LIFE OF  
LEISURE

Interview

## Tom Hiddleston: Keeping it honest

*Together* met up with an intelligent rising star to chat about movies, psychology and real love



**I**t's not often you meet someone who earned a double-first in Classics at Cambridge. It's even rarer when you meet a movie star with those credentials. But that's the kind of gravitas that gives Tom Hiddleston an added edge whenever he takes on a role. Best known for his continuing role as the villainous Loki in Marvel Comics' *Thor*/*Avengers*' franchises, the British actor has also distinguished himself in films ranging from last year's horror flick *Crimson Peak* to Woody Allen's *Midnight in Paris* (as F. Scott Fitzgerald).

But now he's about to be seen in his first true tests as a leading man in the upcoming sci-fi drama *High-Rise*, based on J.G. Ballard's eponymous 1975 dystopian novel. Set in a retro 1970s futuristic world, Hiddleston delivers arguably the most inspired performance of his career as Dr. Robert Laing, the newest resident of a luxury London high-rise. Soon he finds himself drawn into the macabre class warfare taking place inside the vertiginous 40-storey high complex whose tenants divide into violent tribes amid a general breakdown in normal codes of human conduct. For Hiddleston, the film is yet another leap forward in his screen ambitions.

"It's such a privilege," Hiddleston says. "But I never quite feel that I'm there yet. Maybe that's the predicament of being creative - you always feel that the centre is somewhere else. I don't think I'll ever be satisfied. I'm always chasing, I'm always thinking how can I do better, how can I expand, how can I communicate something more deeply or profoundly."

Directed by cult British filmmaker Ben Wheatley



(*Kill List*), *High-Rise* co-stars Jeremy Irons as the building's decadent architect, Anthony Royal, whose dream of creating a "crucible for change" descends instead into a chaotic cauldron for orgies, violence and death. The cast includes Sienna Miller, Luke Evans, and Elisabeth Moss.

Currently starring in *The Night Manager*, the superb TV miniseries adaptation of the titular John Le Carré spy novel, Hiddleston will next be seen in *I Saw the Light*, a biopic about fabled country & western singer Hank Williams.

For our chat in Toronto where *High-Rise* made its world premiere, Tom Hiddleston was wearing a blue suit and looking very dapper. Noted for being the consummate gentleman, he was delightfully earnest, polite, erudite and thoughtful in conversation, as befits a man who, prior to studying at Cambridge, attended Eton where he was in the same class as Prince William and Eddie Redmayne.

He is currently single albeit looking for the right woman: "I think falling in love is the same as it's always been. It's surprising, it's shocking and it's chaotic and it's as beautiful as it's always been."

"The heart is uncontrollable, you can't legislate who you fall in love with... I think real love is about acceptance and truth and vulnerability – it's when you accept someone for who they are."

**Together: Tom, your career has taken off in recent years with your playing Loki in *The Avengers*' films and now playing the lead in several new movies. How does it feel?**

Tom Hiddleston: I am so grateful for everything that has happened to me. I never really expected to be in this position and to be able to reach large audiences with my work and have fans who are chanting "Loki, Loki!" I'm surprised and delighted at the same time.

**How do you deal with the increasing scrutiny that your life and work are receiving now as compared to four or five years ago when you were still a**

**relatively unknown actor?**

I'm still in the process of adapting to this new context, but I haven't tried to change how I behave. I try to be myself at all times and not try to create a false public image. When I give interviews, I try to be as honest and direct as possible.

I don't see the point in trying to pretend to be someone else. But I try to speak my mind openly, and I hope that people come away with a real sense of who I am as opposed to the characters I play, even though, of course, you still need to keep some things about your life private.

**Let's talk about *High-Rise*. This film takes audiences on a very wild ride and will doubtless spark controversy. What drew you to the project?**

I love J.G. Ballard's writing, his outlook on the world and the book in particular. Anyone who reads his work will see how extraordinarily prescient he was when it comes to the human race's obsession with technology and our readiness to outsource our needs to machines and devices. In 1978, Ballard also predicted the industrialization of the moving image and the emergence of social media and YouTube.

He understood long before anyone else how technology would itself create a new brand of mythology and alter human psychology and the way we think about ourselves and interact with each other. The building in *High-Rise* is an extension and manifestation of how technology begins to consume people.

**Much of the film's power appears to lie in its ability to capture Ballard's destabilizing effect on his readers?**

That was certainly one of the objectives. One of the most remarkable qualities to Ballard's writing is his daring when it comes to placing his characters in some form of dystopian extremity.

He's also very careful not to intentionally manipulate your feelings towards the characters or create any sympathy for them. He doesn't do that. He simply describes the demise of the building and the inhabitants'

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slide into chaos.

**Do you see *High-Rise* as a cautionary tale?**

We're being warned about our attachment to technology and our reliance on machines and where that is taking us. Ballard saw us entering this void where technology is now our source of interaction with the world rather than other human beings. There are inherent dangers in how far technology can reshape not simply the way we communicate and interact with each other but how we conceive of ourselves.

**How do you prepare to play a character in this dystopian setting?**

First, I played some extra games of squash (to prepare for his scenes playing squash with Jeremy Irons). I also spent a day with a forensic pathologist, and he took me into his workplace where I watching autopsies being performed. Visiting the pathologist and seeing a human body cut open was fascinating and disturbing. I called Ben (Wheatley, the director) and told him he should come by one day and he said, "No thanks!"

**What was it like for you to watch autopsies being performed?**

At some point it became very difficult to keep watching human bodies being opened up and all of our human engineering being exposed. What was probably most interesting is how a pathologist proceeds with his work and goes about his job like a mechanic taking apart a car engine, except in his profession he's taking apart a human body trying to determine the cause of death.

**Is this the type of research that can be very important to how you get into the spirit of the story you're going to be exploring as an actor?**

Doing the research is one of the things I love and one of the most joyful parts of being an actor – to give myself an intellectual and imaginative context in which I can place myself. That was especially important in a film like this and this particular kind of world that Ballard is describing where ordinary motivations and psychology do not necessarily apply.

**Did your time spent observing autopsies help prepare you for the scene in the film with the severed head?**

I suppose it wasn't necessary, but I felt I needed to see it first hand for myself before doing the film. That scene is a very important metaphor about removing the masks we put on as members of society.



“ IT’S  
SURPRISING, IT’S  
SHOCKING AND  
IT’S CHAOTIC ”







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## LIFE OF LEISURE

Interview

### “ I HAVE A GREAT FASCINATION FOR HUMAN PSYCHOLOGY ”

**What about the film's depiction of orgies. How do you find working within that kind of context?**


When it comes to orgies, I think people are entitled to their passions! (Smiles) I haven't personally participated in any, but I like the way Ballard attempts to break down the veneer of civilized behaviour and throw his characters into very extreme physical and psychological situations. The film follows that vision in showing how human beings are only one neighbourly argument away from killing each other and entering into brutal and barbaric behaviour.

**Do you enjoy going from playing extreme characters like Dr. Laing in *High-Rise* or Loki in *The Avengers* films to playing a real-life character like country singer Hank Williams in your other upcoming film, *I Saw the Light*?**

That's the beauty of being an actor. I believe that we start out in life being born clean slates and then in the course of things we all have the innate capacity to turn into many different types of individuals. We can be good or bad, nasty or noble. Acting involves throwing yourself into many different types of people, and there's a cathartic effect in that. What is remarkable about this kind of profession is that an actor over the course of a career can play both Romeo and Iago. You can go from playing Shakespeare's greatest lover to playing his greatest sociopath.

Villains are often the most interesting to explore because often you find they have the most complex and twisted personalities. Being an actor involves approaching your character from the perspective of both an anthropologist and psychologist. You're constantly digging around to discover what motivates them.

**Most actors confess to being obsessive observers of the human condition. Would you fall into that camp?**

I have a great fascination for human psychology and the contradiction between the self we project to the world and our underlying inner identity. I like exploring human vulnerability and what makes people tick behind the facade! 





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**The nice climate** between April and October makes it possible to take a step back and let the good life that rules the island take over.

No matter if you like a sporty holiday, discover the culture in the footsteps of historical figures like Napoleon, Columbus and Pascal Paoli or to just relax, **all types of holidays** are possible: individual car or motorcycle tours, beach holidays, local guesthouses, cruises, organized bus tours, mountain hikes...

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Tel. 02/395 87 85 – [info@corsicatravel.be](mailto:info@corsicatravel.be)



# Paradise Rediscovered



**W**hen bored in a train or plane, try picking a country at random and visualize the first scene that comes to mind. For Fiji that would probably be palm trees and white sandy beaches, for Brazil it might involve a rainforest or a beach with scarcely clad, but rather charming, ladies. For Nicaragua, however, the picture is more muddled. For many of us (the ones with a few more miles on the clock), the first thing that comes to mind is blurry news footage of men in camo gear in the jungle and chain smoking CIA operatives training guerrilla fighters.

Yet, this is Nicaragua no more. Now probably the safest country to travel in Central America, Nicaragua is one of the few countries I would advise to anyone to visit **now**. It still feels unspoilt, undiscovered and people display a kindness that is not akin to waiting staff in the US but actually real kindness. This is a country that has, literally, emerged from the ashes and has so much to offer.

### From culture to ash surfing

Whilst on the topic of ashes, Nicaragua is the only places where you can ash surf off the side of a Volcano. But this is only the start of the diversity the country has to offer: stunning empty Pacific beaches, rainforests in the clouds, a warm culture and untouched colonial architecture, all in a single country.

### A new level of luxury

If there is one place that exemplifies the renaissance of this Central American paradise, it is Mukul. The brainchild of Don Carlos Pellas, one of Latin America's most prominent business people, it was built to be a flagship of new Nicaragua. And a flagship it is.

If you have ever wondered where NY business tycoons and Hollywood A-listers, the likes of Morgan Freeman, Scarlett Johansson and Catherina Zeta-Jones, holiday, search no further.



## LIFE OF LEISURE

### Travel

Mukul is a boutique, luxury resort in a private bay on the Pacific Emerald Coast that combines relaxed 'Nica' lifestyle with perfect service. Each of the only 37 guest accommodations offers space and privacy and overlook the Pacific Ocean. Whether you stay in one of the beach villas or 'bohios' high up on the cliffs, the view and level of comfort will be second to none.

The resort feels relaxed and friendly but every detail is thought through and you can feel that it caters to a very demanding clientele. Federico, the General Manager at the reins of this bit of paradise actually grew up in Brussels and has given a unique cachet to this resort that is guaranteed to make you feel special.

#### The perfect break

Whether you just feel like hanging out on the virtually deserted beach, hitting the surf, going out on a day trip to Granada, fishing, getting pampered at the award-winning spa or indulging in some of the finest ceviche you have ever tasted, you will find what you need at Mukul.

A challenge to players of all skill levels the David McLay Kidd designed Guacalito Golf Course seamlessly melds Mother Nature's contours of terrain while at the same time preserving the delicate, breath-taking environment that makes Nicaragua's Emerald Coast special.

#### Up and coming

Nicaragua has yet to become a mass tourist destination, which is one of the aspects that makes it disarmingly charming, but it is definitely up and coming and properties like Mukul help drive its rebirth. The first tourists to come back to Nicaragua were backpackers but if you feel like a bit (or a lot) more luxury, Mukul is simply perfect. There is a reason why the report is running out of space in its trophy cabinet and getting rave review from the Fortune Magazine and other Condé Nast Travellers of this world.

#### How to get there

The owners of Mukul had an airport built so the above mentioned clientele can land their private jets within a 30 min drive from the resort. If A Gulfstream 550 or Falcon 9X is slightly above your budget, a local region airlines will fly you to the Emerald coast in a Cessna 8 seater from San José in Cost Rica and BA recently started flying from Gatwick to San José. Admittedly, quite a trek, but you will not be disappointed. ①



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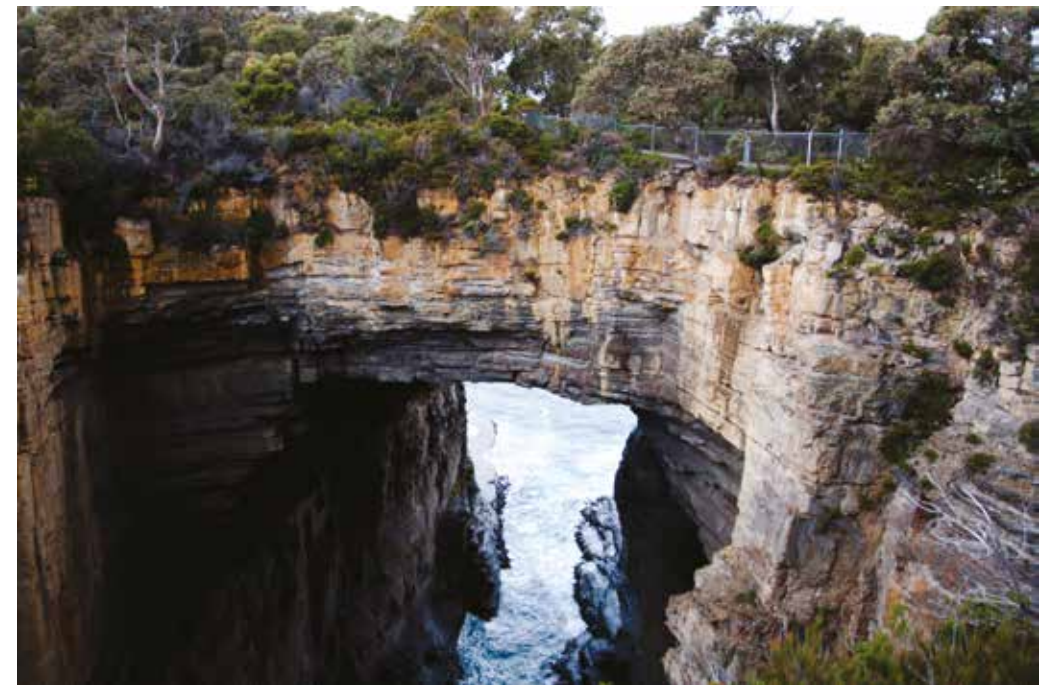
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**LIFE OF  
LEISURE**

Travel

# Tasmania: Australia's rocky island gem

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**E**njoy the best of Tasmania, Australia's wilderness island state, with a self-drive tour that takes you from north to south, and east to west. You will be staying in authentic farm stays and family run bed and breakfasts, wilderness cabins and convict-built cottages where you will have the chance to meet local islanders, including many who are deeply immersed in wildlife and environmental conservation on this magical island that has become the life-raft for mainland Australia's long-lost species over ten thousand years ago.

Your drives, from 45 minutes to no more than three-hours at a time, will take you through

some of the most stunning landscapes in the Southern Hemisphere, with innumerable opportunities to stop and walk to dramatic tumbling waterfalls, vast, deep silent lakes, through pockets of rainforest, the tallest flowering trees in the world towering above you at over 100 metres and surprise lookouts giving way to vistas across endless mountain ranges

Each new B&B will hold a wonderful surprise, with a warm welcome and a host of surprises guaranteed. Some are a short drive away from Tasmania's iconic beauty spots, others are tucked away in Land for Wildlife spots – most



Cradle Mountain from Dove Lake  
Photo © Bjørn Christian Tønnessen



are so far off the tourist trail that you won't find them in any other tour operator brochure. Enjoy absolutely unique wildlife experiences from the endangered Tasmanian devils on your porch at night to the normally elusive platypus in your own back garden stream. Enjoy mouth-watering home cooking with local produce, sometimes collected from your own back garden, and Tasmania's acclaimed wines. Stay in World Heritage-listed convict sites and get an insight into Tasmania as it existed in the 1800s, when it invoked fear into the wretched souls who were transported to 'Van Diemen's Land'.

Get off the beaten track into some of Tasmania's most stunning and bird and wildlife-rich hideaways. Stand on the Edge of the World and gaze across to South America or south to the Antarctic, with no landmass between you and there, as you breathe the cleanest recorded air in the inhabited world. Discover the very spot that launched the world's first eco-tourism movement and changed the face of Australian politics.

### Some of the daily highlights

Arrive in Launceston and drive just over twenty minutes to pretty rural working Brickendon Farm and colonial Estate, which was settled in 1824 and has been in the same family of Tasmanians for seven generations. The neighbouring property, connected by a lovely walk across the land, is the glorious Woolmers Estate and National Rose Garden. Stay over and take the family pig for a walk and catch your dinner in the river.

Discover wineries and the 'Serengeti of Tasmania' at the head of the Tamar Estuary to

Hellyer Gorge, Tasmania  
Photo © Anyaka



Beauty Point, with stunning views across the Tamar Valley. It's perfectly situated to explore Tasmania's wine route in the Tamar Valley and Narawntapau National Park, known as the 'Serengeti of Tasmania' for its abundance of wildlife and birds.

Head for the beautiful Great Western Tiers, where you'll find stunning views, organic meals and guided forest walks. The valley retains the landscape values of 19th century rural Australia. There are no power-lines or intensive agriculture to spoil the soft lines of the valley edge. All householders living within the valley use alternative power for their domestic needs.

In the lost valley of quolls, devils and platypus, your log cabin tonight is in a valley known to almost no one apart from those lucky enough to stumble upon it, deep in the north western wilderness.

After a night in the wilds watching devils and wallabies, it is time to head west for a touch of Gallic gourmet luxury in B&B heaven, owned by Ginette and Remi Bancal – Remi was the chef at the Ritz, Paris before moving to Tasmania. An hour and a half drive from there brings you to the stunning glacial and alpine World Heritage landscape that is home to the poetically-named Cradle Mountain and Dove Lake...

And as your wheels hit the road once more, Tasmania's wonders open up before you...

### Land for Wildlife

Several of the B&Bs on this itinerary are protected Land for Wildlife conservation areas and a number of them are part of the

Knyvet Falls - Photo © Steve Brown



Smoked Tasmanian Salmon  
on corn fritter - Photo © Alpha



Tasmanian Land Conservancy scheme. The TLC is a non-profit organisation that acquires and manages land in Tasmania, protecting important natural places. Many are within or on the edge of national parks. For example, one of the properties you will stay in is 61ha and has been owned by your hosts since 1979. They have built the accommodation themselves using all Tasmanian timbers. They joined National Parks and Wildlife's scheme 'Land for Wildlife' as a commitment to their desire to preserve the natural habitat for wildlife. In 2002, they signed an agreement with both Federal and State Governments and placed a Perpetual Conservation Covenantancy

Tasmanian Devil  
Photo © Tourism Tasmania



on the property title under the 'Private Forest Reserve' programme to protect the vulnerable forest habitat of the wet forest type Eucalyptus Viminalis (White Gum) of which there are many old growth specimens, protection for the Karst system and threatened fauna species. Like many properties, the reserve is a release for rehabilitated wildlife.

The reserve is home to many of Tasmania's native wildlife, including the Tasmanian Devil, the Spotted Tail Quoll (both threatened species), brush tail and ring tail possums and Pademelton.

[www.responsibletravel.com](http://www.responsibletravel.com) ⓘ

# Sarona Market: A deeply cultural encounter

**Lesley Williamson** savours the produce in a market that is the heartbeat of Israeli culinary spirit

**H**unting down the best street food and scouring farmers' markets around the globe in search of authentic culinary experiences, Lesley Williamson reports on the emerging fine food scene in Tel Aviv from Sarona market, the new sophisticated - yet super cool - temple of gastronomy.

"Want to taste the best olives in Israel?" shouts a cheerful and inviting voice as I pass by an impressively colourful market stand displaying a selection of olives and pickles of all shapes and sizes. Sure. Not only are there endless varieties to try but olives are also a key ingredient of Mediterranean diet, famed for being one of the healthiest in the world.

And this is how I get to sample the tastiest olives in my life and engage in a fascinating conversation with Sassy. His grandpa Yitzhak Shulman arrived in Tel Aviv from Turkey in 1955 and opened his olive and smoked fish stand at the Carmel market. The family business grew with his son Haim in 1965 until the terrorist attack in the market in 2004, which forced the latter to retire.

Today, grandson Sassy, the owner of Sassy Pickle Centre, takes immense pride in perpetuating the family business and is looked upon as an inspiration. "Olive trees are part of the landscape of Israel, some trees here are a thousand years old. Israelis are crazy about olives!" says Sassy. "For me, it's about family traditions. I'm the third-generation ambassador of olives, and I'm continually expanding my range of products of smoked fish and herring, natural tahini and olive oils."

Funnily enough, Sassy recommends that I check out another olive stand in Sarona



market. You would think there would be only one stand of each kind, but Sarona Market CEO Sharon Moman explains: "The supply and variety of the stores were chosen in order to ensure competition in quality and price, with many options available to the customer in each category of products. We brought in three or four players in each area, because we believe that competition is healthy for both consumers and businesses." So, after this first olive fix, I head off to Olive People, who specialize in extra virgin olive oil and derived products such as spreads and soaps, but also tahini, honey and tea infusion.

## A family affair

The 8,700 m<sup>2</sup> indoor food emporium, home to an eye-boggling 91 carefully selected stands, includes restaurants, bakeries, farmers stands with fresh fruits, wine, beer, cheese, fish, spices, sweets, coffee shops, cakes and pastries – you name it, Sarona has it.

Strolling down the market aisles, distraction is endless. A vendor from Hamama market

shop offers me to taste *zattar*, a home-made Middle Eastern spice blend of sesame seeds, salt and sumac. And there again... I get drawn into another family affair. The Hamama family started out trading spices and roasting nuts using traditional methods in Iraq, to become, 32 years later, one of Israel's leading brands. The beautiful store made of stone and natural wood recreates the atmosphere of the original shop in Iraq. And so the tour goes on, sampling nuts and sniffing the pungent aroma of spices and teas. I start realizing that Sarona is much more than a gourmet market. Without doubt it's a deeply cultural encounter.

A few stands away, I come across Halva Kingdom's incredible variety of flavours of *halva*, the famous sesame-paste candy. And again, a smiling, enthusiastic shopkeeper claims this is the opportunity of a lifetime to sample one of the best *halva* in Israel. I resist not. My taste buds are now working overtime! Halva Kingdom was founded in 1947 by the

grandfather of the current shop owner, Eli Maman, who stirs Moroccan family secrets into his recipes to produce more than 100 flavours of this sweet confection. It is hand-made from organic sesame seeds imported from Ethiopia, traditionally grounded with a millstone and processed under stringent conditions to preserve its quality and nutritional value.

Right. Enough pecking around for now. I shall resist temptation and decline any sampling suggestion from now. It seems like a big challenge. The dizzying smell of freshly baked bread, the mouth-watering sight of juicy peaches, plums, nectarines and apricots of the Golan, the startling colours of vitamin-packed freshly made smoothies...

But it happens again. Food here really overwhelms the senses and the ability to reason. I totally fail by Basher Fromagerie, the

best cheese delicatessen shop in Israel, only a few minutes later. I give up. I am greeted by a charming Frenchman, Guillaume, who insists I try their

Bulgarian cheese while explaining how the founder of the shop fell in love with the European cheese culture 20 years ago and imported the concept back to Israel to cater to all Jewish origins. Guillaume, cheese expert and sommelier, manages the shop offering more than 1,200 different cheeses, scrupulously selected from small, rural and family dairies across Europe.

## Something for everyone

Israel is an immigrant country. The cultural spectrum immigrants represent is vast, and it is no surprise that the market has interesting ethnic offerings. The Rushdi stand features stuffed vine leaves and vegetables, hummus, bulgur salad wrapped up in Druze pita bread baked before your eyes on a scorching *saaj*.

Bayern Market, based on a concept of classic German and Austrian street food, stars a selection of sausages, variations of potato, a range of pork-based specials, schnitzels and

**“ SARONA IS MUCH MORE THAN A GOURMET MARKET ”**



fried snacks all prepared in front of the customer. Now if you are thinking... pork? In Israel?! That's correct. Sarona market was open to suit everyone's taste, from whatever ethnic origin or religion. Restaurants options include Carmeli's Bagels, fresh trout from the Dan river at Dan's Fish bar, a taste of Georgia at Hachapuri, a taste of Bangkok at Tiger Lilly, Max Brenner for chocoholics, French gastronomy at Fauchon. The list goes on.

What is valued above all in Sarona market are traditions that have been preserved and continuously enriched up to our days, with a focus on knowledge, traceability and respect for the environment. It is the emotional value of food, pleasure, authenticity and quality with deep connections to the land that matter. Sarona market is a perfect showcase of how Israel embraces both the beauty of the old and the excitement of the new. The young generation of Israelis are beginning to realize that the blend of flavours that is Israeli cuisine today is their heritage, their identity and their culture.

Recognized for its bustling nightlife, superb beaches and budding skyscrapers, Tel Aviv has definitely added to its charm as a foodie destination in its own right with the opening of Sarona market in July 2015, situated in the beautifully restored Sarona Templar Colony which is now part of modern Tel Aviv.

#### Practical information

Sarona Market is open seven days a week (Sun-Thurs: 09h00-23h00, Friday: 08h00-18h00, Saturday: 09h00-23h00)

3 Kalman Magen Street, Tel Aviv  
[www.saronamarket.co.il](http://www.saronamarket.co.il)

#### How to get there

Jetairfly provides direct flights from Brussels to Tel Aviv from €118 return.  
[www.jetairfly.com](http://www.jetairfly.com)

*Text and photography by Lesley Williamson* 📷



*Enjoy the spring and summer 2016.  
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# Wallonia by bike

Wallonia has declared 2016 'Bikes Welcome' year, with a dash of local gastronomy thrown in

**B**elgium is often referred to as a 'flat country', but anyone who has headed into Wallonia will testify to green rolling hills and meandering country roads, which make it the ideal place for a cycling holiday as a couple, family or with friends. And Tourisme Wallonie has come up with suggestions that include another plus the region has to offer: its rich and varied gastronomy.



We have chosen five destinations for you from a very wide choice. All the accommodations have been specially selected and proudly display the 'Bikes Welcome' sign. Happy cycling and bon appétit!

## Hainaut: A romantic, gastronomic week-end in the hills

Renovated respecting its style and tradition, Château de Bagatelle (formerly Chateau de Bethune) is located in a tranquil area and within its own 4-hectare park.

It is 10 minutes from Tournai and close to the Pays des Collines. The owners suggest a 21 km circuit to discover the nature park, crossing the villages of Frasnes-les-Buissenal, Saint-Sauveur, Dergneau and Arc-Anvaing Ainières. Admire the beautiful castle of Anvaing, surrounded by water and trees and with a wonderful view of the hills. The only slight difficulty of the route is a steep slope where you may need to take a breather at the halfway point.

## “ THE BEAUTIFUL CASTLE OF ANVAING, SURROUNDED BY WATER AND TREES ”



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

## Luxembourg province: Nature and authenticity in Chassepierre

Come indulge yourself in Gaume. A warm, cozy place to stay and regional, hearty meals are the hallmarks of Le Vieux Logis, a bed and breakfast located centrally in Chassepierre. You can hire a bike, take breakfast and/or dinner in the Relais de Chassepierre, get a guided tour of the village and book a lunch pack. Chassepierre has just been elected one of the Most Beautiful Villages of Wallonia.

Enjoy a very pleasant bike ride in the magical setting of the Semois and the forest of Epioux, now wearing its spring colours.  
[www.luxembourg-belge.be](http://www.luxembourg-belge.be)



## Liège: Vennbahn Plus

The Vennbahn Plus #9 circuit passes just beyond the famous towns of Malmedy and Stavelot, then continues along the Francorchamps F1 circuit, until you reach Hockai, which boasts the highest former station in Belgium. Then take the Velotour network to the Hautes Fagnes plateau and then downhill in the direction of Waimes. The second loop heads along the Vennbahn to Lake Butgenbach, and from there you will discover several pretty villages in the Belgian Eifel region before you finally reach Waimes.

The two-night stay includes two evening meals with local gastronomic produce and two picnics for the road.  
[www.eastbelgium.com](http://www.eastbelgium.com)



## Namur: the valley of flavours

You will stay for two days and one night in 'Bikes Welcome' accommodation (cottage, guesthouse or hotel). This trip will allow you to discover the RAVEL between Ciney and Huy, new themed loops for lovers of mountain biking and hiking, and the new Promenades en Condroz network.  
[www.valleesdessaveurs.be](http://www.valleesdessaveurs.be)



## Le Roman País: Nivelles, Braine-le-Château, Ittre, Rebecq and Tubize

Offering a bucolic and gourmet welcome, le Roman País extends west of its capital, Nivelles. The region is dotted with tranquil canals, green hills and is packed with history. It is rich in intangible heritage with its processions and ancient gastronomic traditions. The Roman País 12-circuit map details a cycling loop between the Abbey of Villers-la-Ville and the collegiate church of Nivelles.  
[www.romanpais.be](http://www.romanpais.be)

For information on tourism in Wallonia and 'Bikes Welcome' year.  
[www.tourismewallonie.be](http://www.tourismewallonie.be)  
[www.lawallonieavelo.be](http://www.lawallonieavelo.be)



## AU REPOS DES CHASSEURS



Située aux abords de la forêt de Soignes, cette auberge restaurant comble de bonheur les papilles des gourmands et des amateurs de gibier. Dans son restaurant aux allures de brasserie ou sur la terrasse, une des plus belles de la capitale, vous savourerez des spécialités italiennes et françaises, comme les anguilles au vert, le foie gras, et, en saison, un grand éventail de produits de la chasse. Le restaurant propose toute l'année, le menu du chef à 24,50 € et le menu du patron à 41,50 €. De plus, l'établissement offre plusieurs espaces complémentaires tels qu'une taverne avec petite restauration l'après-midi, 6 salles de banquets ou de séminaires (idéal pour les communions) et un hôtel \*\*\* - Logis de Belgique (le seul à Bruxelles).

**11 Avenue Charle-Albert - 1170 Watermael-Boitsfort**

**Ouvert tous les jours de 11h à 23h - Parking aisé**

**02 660 46 72 - [www.aureposdeschasseurs.be](http://www.aureposdeschasseurs.be)**

## CICCIO BELLO



Ce restaurant, situé au coeur de la commune de Watermael-Boitsfort, propose une cuisine italienne aux saveurs du sud, un large choix de pizzas cuites au feu de bois et de délicieuses pâtes maison. En été, vous profiterez d'une vaste terrasse au soleil pour vous échapper le temps d'un repas. Chaque midi, optez pour notre lunch à 12,50 € (une entrée + un plat). Pour vos fêtes familiales telles que mariage, communion, fêtes d'anniversaires ou autre, le Ciccio Bello dispose d'une lumineuse salle de banquet, pouvant accueillir plus de 40 personnes, avec une agréable vue sur la place Wiener. De plus, l'établissement offre 6 appartements hôtel de 45 à 60 m<sup>2</sup> entièrement meublés et équipés.

**4 Place Léopold Wiener, 1170 Watermael-Boitsfort**

**Ouvert tous les jours de 12h à 24h - Petite restauration l'après-midi**

**02 672 32 30 - [www.cicciobello.be](http://www.cicciobello.be)**



### Rob the Gourmets' Market and Kobe beef

For more than a year now, Jérôme Rayet and his team of butchers at Rob have had the privilege of offering authentic Kobe beef. The Kobe Beef statue awarded to the gourmet supermarket was recognition of an exceptional quality certified by the official association representing the renowned beef. Without this statue, you do not have a real guarantee as a consumer.

Among the different breeds of Wagyu (Japanese cattle breed), Kobe Beef is the best known and probably the most outstanding in the world.

The name 'Kobe Beef' is carefully protected by the Kobe Association, which strictly regulates the farming and trading practices. Each animal is individually recorded along with all the data on its pedigree, race, the producer, the fattening method, etc. The calves are fed with milk up to three months and then for 900 days with a mixture of grasses, rice straw, cereals, corn, soybean and wheat. These foods give rise to the famous marbling (the thin strips of fat) that makes the meat so recognizable. An unsaturated fat such as Omega 3, it is good for cholesterol and the fight against heart disease since no added fat is needed when cooking.

[www.rob-brussels.be](http://www.rob-brussels.be)

**LIFE OF  
LEISURE**

Dining

# Dining



### Sofitel Brussels Le Louise: Crystal Lounge

Award-winning chef Adwin Fontein inspires gourmet creations - from foie gras to monkfish - in this sleek restaurant in Brussels. Soak up the Zen atmosphere of a leafy terrace with a relaxed Sunday brunch or cheeseburger paired with a Belgian beer. Or plump for a novel concept recently introduced at Crystal Lounge: De-Light.

Each De-Light dish is nutritionally balanced, low in calories and gluten-free. The chef embraces the challenge of adapting the fundamentals of classic French cooking to the requirements of a low-calorie regimen; the key is creativity, using seasonal ingredients that offer outstanding taste, without the heaviness of fats, starches and sugars. From tantalizing appetizers to hearty main dishes and delectable desserts, each De-Light dish is an invitation to indulge in a sophisticated and satisfying gastronomic treat.

The De-Light ethos allows you to enjoy exquisite dining while maintaining your healthy lifestyle goals.

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

# Biodynamic: Magic in a bottle

**Geoffroy van Lede** of *le-vin-du-mois.be* looks at winemakers who are in balance with nature

**W**hat do the Domaine de la Romanée-Conti (Bourgogne), the Domaine Zind-Humbrecht (Alsace) and the Maison Marcel Chapoutier (Côte du Rhône) have in common? They are all following the precepts of biodynamics in their agriculture and viticulture.

What is biodynamics? It's an arcane definition of nature as a multidimensional living entity.

The basis of biodynamics is a love of nature and the desire to work as naturally as possible. Biodynamic winemaking is not based on any scientific theory, but on something more esoteric. The land is seen as a living whole, and the winemaker strives to promote soil life, which in turn will give him good grapes. Instead of treating wine to correct the imbalance that creates the disease. Biodynamic farming is one step further than organic – to be biodynamic, you need to follow the rules of organic farming and go even further.

Biodynamics combines a share of the mystical with a dose of the rational. It believes that the various elements (air, land and cosmos) are interconnected. And it takes a total approach to achieve the best results. Its basic element is the use of spray preparations, compost preparations (infusions) which respect the lunar calendar. The two preparations to be sprayed are fermented during a season in cow horns before being mixed with water and sprayed.

The compost preparations are those where the plants are fermented in animal compost. They are then mixed with the material to be



composted. The lunar calendar determines which periods are most suitable for treatment of the flower, fruit or root.

## Conclusion: the magic makes it an even more delicious wine

The greatest strength of biodynamics is also its greatest weakness: there is nothing scientific in its practices. This is what makes it so beautiful. Finally, this is a way of cultivation and vinification where the result is not determined by a laboratory, but by the interaction between the winemaker, the environment, his vineyard and the grapes. This makes for something magic in this wonderful beverage which is wine.

Find these wines and our subscription concept on our site [www.le-vin-du-mois.be](http://www.le-vin-du-mois.be) or call 0498 586 545

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[www.intelligent-nutrition.com](http://www.intelligent-nutrition.com)  
et sur [www.delitrateur.com](http://www.delitrateur.com)





# What's On Belgium



## Hank Willis Thomas

This comprehensive selection of Hank Willis Thomas's body of work arrives in Belgium for the first time.

Hank Willis Thomas is a conceptual artist living and working in New York City. His work focuses on themes related to perspective identity, commodity, media, and popular culture. He often incorporates recognizable icons into his work, many from well-known advertising and branding campaigns. The exhibition will tackle the same problems we are facing in Europe today with the immigration crisis and integration into our society.

Thomas, whose work addresses the construction and use of race in America, also resists this categorization. "I could be a black artist, but I'm also many other things. All of us inhabit multiple identities at once," he says. **Until 22 May.** Jablonka Maruani Mercier Gallery. - [www.jmmgallery.com](http://www.jmmgallery.com)

## Alexandre Nicolas

Polymorph sculptor Alexander Nicolas reinvents the cabinet of curiosities. Inspired by pop art culture, he exhibits works carved in synthetic crystals, Limoges porcelain and wood.

Technically gifted, he creates an offbeat, funny and sarcastic universe, imprisoning his subjects – often superheroes – in the fetal position and encased in crystal resin. This transparent material gives a feeling of lightness and the sense that time has stopped. At times disturbing, his artistic approach is all about provoking dialogue. **12 May to 11 June.** Artelli Gallery, Antwerp. [www.artelligallery.com](http://www.artelligallery.com)



Photo © The Joker from the series BB super heroes

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## LIFE OF LEISURE

What's on



### Forever is temporary

This solo exhibition by Philine van den Hul (1991) will take place at Assembled by Root. It will be a very exceptional, multidisciplinary exhibition. When it comes to using spaces and surroundings as they are a part of her artwork, Philine keeps amazing people. Since graduating in 2015 she has created many sculptures, illustrations, floor sculptures and everything in between, as an autonomous artist and in commission. **4 May - 4 June.** Assembled by Root.  
[www.assembledbyroot.com](http://www.assembledbyroot.com)



### Les Nuits Botanique

In a unique location in the heart of Brussels, with a line-up to die for once more, Les Nuits is an annual festival that makes discovering and reinforcing musical careers its top priority. The month of May would not be quite so merry without one of the best annual music festivals Belgium can offer. Hop over to the Botanique website for a complete list and take a look at the eclectic quality line-up lighting up Les Nuits Botanique 2016. **Until 7 June.** Botanique.  
**Tickets: see website**  
[www.botanique.be](http://www.botanique.be)



### Ausonia

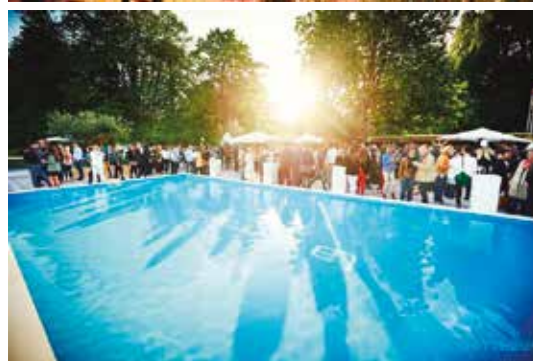
Ausonia is a Belgian ensemble founded by the violinist Mira Glodeanu and the harpsichordist Frédéric Haas. It focuses on the music of the 17th and 18th centuries, paying close attention to the performing techniques of the period. In this concert, the ensemble presents its latest CD, which includes concertos by Bach for violin and for harpsichord – music that, no matter how often one hears it, loses none of its appeal. Expect plenty of Johann Sebastian Bach on the menu. **30 May.** Royal Brussels Conservatory. **€22 - €30** - [www.bozar.be](http://www.bozar.be)



### La Terrasse de l'Hippodrome

Summer is approaching and it's time for lunch, aperitifs with friends and parties that never end – on La Terrasse, they make your summer fun. Once you are past the gates, time stands still. Enjoy the last rays of sun, lying in a deckchair, a glass of rosé in your hand and your feet in the water. Close your eyes ... you are there.  
[www.la-terrasse.be](http://www.la-terrasse.be)

1



### Derrière les paupières closes (Behind closed eyelids)

Artist, Magali Lambert takes her inspiration from waking dreams. She wanders through yard sales, forgotten streets and markets to find what we have overlooked. From these simple objects, either broken or from a forgotten past, she finds inspiration and creates art that triggers the imagination. Born in Paris in 1982 she took her first painting classes at the age of 11 and later studied at L'école nationale des arts décoratifs de Paris, where she graduated from the video and photography department. This passion for photography has never left her. In 2013, she was elected a member of L'Académie de France in Madrid. **13 May - 2 July**. Arielle d'Hauterives Galerie, Brussels.  
[www.arielledhauterives.be](http://www.arielledhauterives.be)



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- 16h30 Drink et infos: comment débuter le golf ?
- 17h00 Fin



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LIFE OF  
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What's on

# Cannes 2016: The red carpet unfolds once more...

Glamour, glitz, yachts, champagne...  
oh, and some movies, too



**T**he Cannes Film Festival is upon us once more as the great and the good of the film world descend on what was once a sleepy fishing village. Now it is home once a year to all the razzamatazz that you can fit into in ten days as the films battle it out for the cherished Palme d'Or and the hotel bars and restaurants are jam-packed with movie types doing multi-million dollar deals that are sometimes (apocryphally) signed on the back of serviettes.

Among the stand out films in the main competition this time around are the prolific Woody Allen's *Café Society* (out of competition), Pedro Almodovar's *Julieta*, the ubiquitous Belgian Dardennes brothers with *La Fille Inconnue*, the enigmatic Jim Jarmuch 's

*Paterson*, Cannes regular Ken Loach with *Daniel Blake* and Sean Penn with *The Last Face*. All of these names are no strangers to the festival – if Cannes falls in love with you, she will always love you, baby.

The other competitions are also chock-full of talent once more, but it has to be said that the main star of the festival each year is not the model strutting her stuff in hotel lobbies or the latest It Girl being clicked by eager paparazzi on the beach, rather it's the oldest gal in town – the Med, shimmering endlessly out there and wondering sometimes what all the fuss is about.

Cannes Film Festival, **11 – 22 May**, Cannes, France. [www.festival-cannes.com](http://www.festival-cannes.com)



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LIFE OF  
LEISURE

What's on

# Cinema

Picturenose.com's **James Drew** takes his regular look at upcoming films in local cinemas



#### Ratchet & Clank

Oh dear, it looks like we are not yet done with films based on video games (*Super Mario Bros*, anyone?) – this is set to be an 'origin story', an animated action adventure comedy that retells the events of the original Ratchet & Clank, depicting how Ratchet and Clank met each other as they attempt to save the Solana Galaxy from being destroyed by Chairman Drek and the Blarg. Right. Will feature the voice talents of Paul Giamatti, John Goodman, Bella Thorne, Rosario Dawson, James Arnold Taylor, David Kaye and Sylvester Stallone, who are presumably all along for the cheque. 94 mins.

#### Friday the 13th

And another franchise remake to 'enjoy' – or rather, the 13th installment of the long-running franchise that began way back in 1980. Jason Voorhees (remember him?) is back, and one would imagine that his machete/axe/ knives are all as sharp as they ever were. Described by director David Bruckner as not being a sequel to the 2009 remake, rather a 're-imagining', Brussels punters are enjoying a sneak preview, as this is supposed to be released in the US on 13 January 2017, which is a Friday, no less. 92 mins.

#### X Men: Apocalypse

Bryan Singer returns with the ninth installment of the *X Men* franchise. Since ancient times, the first and most powerful mutant, Apocalypse, who is immortal and invincible, has been worshipped as a god. But when Apocalypse awakens from a hibernation of thousands of years and decides to end humanity and to take over the world, Raven and Charles Xavier lead a team of young X-Men to face Apocalypse and defeat him. 105 mins.

#### Silence

That man Martin Scorsese is back, with a historical drama based upon the novel of the same name by Shusaku Endo and starring Andrew Garfield, Adam Driver, Liam Neeson, Tadanobu Asano and Ciarán Hinds. The story concerns two Jesuit Portuguese Catholic priests who face violent persecution when they travel to Japan to seek out their mentor and spread the teachings of Christianity. Passion and powerful acting seem highly likely. [More reviews on picturenose.com](http://www.picturenose.com)

# SAUVAGE

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# Judgement day



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