

Together

magazine

**RAINBOW
POLITICS**

FASHION

TIME OF THE SEASON
DESIGUAL
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TECHNOLOGY

HOME ENTERTAINMENT

FITNESS

WATER WONDERS
YOGATHON

SELF-HELP

MEMENTO MORI

SUCCESS

MARC SLUSZNY

**LUXURY
CARS**

NUTRITION

THE SMOOTHIES!

DESIGN

SOLO HOUSE

TRAVEL

WALLONIA & BALI

INTERVIEW **Ewan
MacGregor**

A short lesson in how to be different.

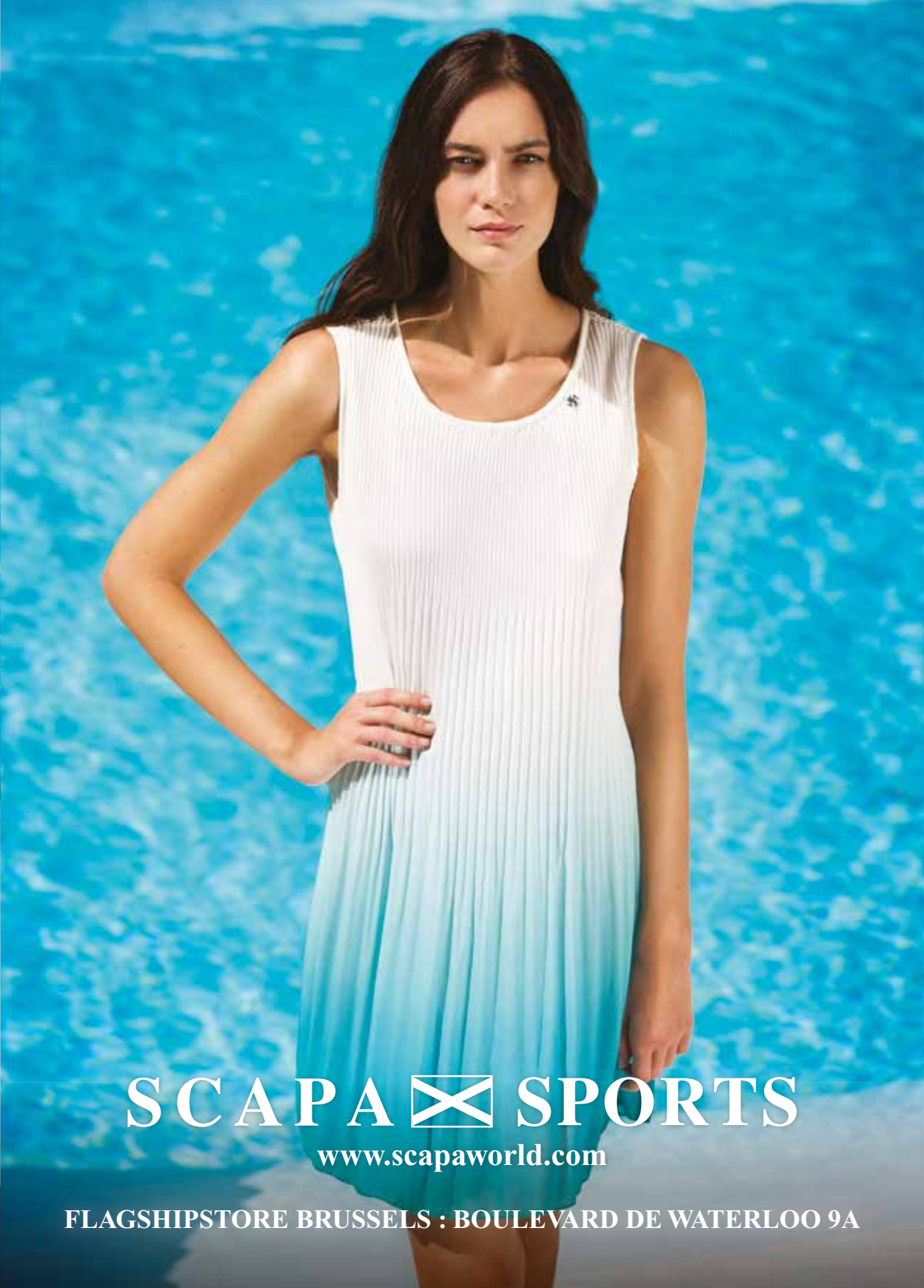


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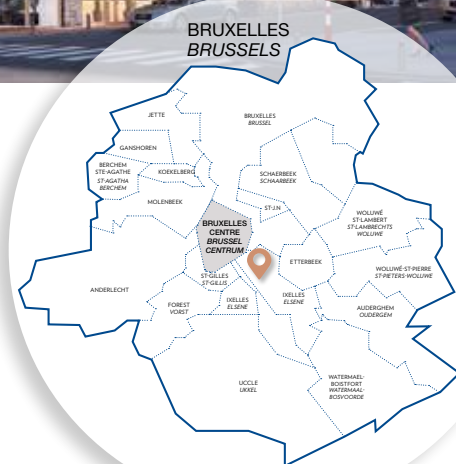
PEACEFUL AND BRIGHT APARTMENTS IN THE HEART OF THE CAPITAL

Ixelles is one of the most sought after communities of the Brussels' region and is renowned for its' many remarkable sites:

L'abbaye de la Cambre and its' «École supérieure des arts visuels», **the Ixelles ponds**, the former broadcasting building Flagey (Art Deco) and numerous other Art Nouveau buildings, the two main universities **Université Libre de Bruxelles (ULB)** and the **Vrije Universiteit Brussel (VUB)** adding a youthful touch to its vibrant neighborhoods.

SHOPPING AND RESTAURANTS: THE PLACE TO BE

Just a few yards from Place Fernand Cocq (town hall) **Élysée is surrounded by the trendy neighborhoods of Flagey, Saint-Boniface, Louise, Porte de Namur and Toison d'Or.** The residents will be well connected to the public transport system (**bus, tram, metro, Luxemburg station at 1 km.**)



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KEY FEATURES

- ▶ Balcony or terrace
- ▶ Luminous spaces
- ▶ Installed kitchen
- ▶ High end equipment
- ▶ Semi-massive oak floor
- ▶ Reduced energy consumption (max. K33)
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Editor's LETTER

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

ON THE COVER



Ewan MacGregor on
movies and being a father

A BIT OF HARMONY

The holidays are almost upon us – you may have booked your trip some time ago or may be hoping for a last-minute bargain to whisk you off to a faraway paradise island or a five-star hotel in the sunny south of France... or perhaps a luxury cruise.

As a frequent non-flyer, one video on the BBC site caught my eye recently: a 90-second whirlwind tour of the world's largest ever ship, The Harmony of the Seas, the latest in Royal Caribbean's Oasis Class fleet. The figures are simply jaw-dropping.

This ultra-luxurious vessel would allow me to cross the Atlantic Ocean while swimming in 23 heated swimming pools, dining in 20 different venues, smelling over 10,000 species of plants, admiring 1,252 works of art, rolling lucky dice in Casino Royale, strolling in Central Park (one of seven neighbourhoods), or just sitting back in my stateroom (one of 2,747) with a glass or two of the finest bubbly, watching the gentle swell of America-bound waves.

As I watched the video, I had a thought: Father's Day is not far away. A few not-so-subtle hints to my daughter and I just might find a crisp round-trip ticket in my Father's Day card.
Ship ahoy!

Paul Morris
EDITOR



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Breathtaking Bali



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Be inspired on www.togethmag.eu

Botswana luxury accommodation on safari

Simon Leysen looks at three Botswana luxury accommodation options for a safari. Botswana offers a wide range of luxury tented camps and the one region that sets Botswana apart from all other safari destinations is the Okavango Delta. This majestic area offers unique wildlife viewing in stunning settings. One of the best bases to visit the Delta is Little Vumbura camp operated by Wilderness safaris.

The smart cabrio: Fun is in the air!

Our motoring correspondent Bob Monard is a big fan of Mercedes' little city slicker, the smart cabrio. Mobility and cars with a compact form go very well together, and for some time now the smart car has been showing the way. Appearing in 1998 and brought up to date eight years later, the smart (which is written with a small 's' even though it belongs to the giant Mercedes-Benz) is the smallest car sold in Belgium.

Self-help: I'm a big fan, but...

Self-help is just rigged with negative connotations. As soon as an enthusiast mentions the term, you can just feel the groans or alarm bells ringing inside the poor soul that is lumped next to them. *Unleash the Giant Within* (groan!) *Feel the Fear and Do it Anyway* (shudder) and *I Can Make You Thin* (call the crazy police). With such great titles as these, why is self-help ridiculed?

Kate Winslet: Playing the villain

Together chatted to Kate Winslet about some of her latest roles, especially the challenge of playing a nasty mafia moll. Over two decades, seven Academy Awards nominations and one Oscar for *The Reader* in 2009, we've seen her play simpering Jane Austen heroines (*Sense and Sensibility*), a withdrawn 50s housewife (*Reservation Road*), a gutsy scientist (*Contagion*) and a spirited debutante (*Titanic*).



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Starring in Belgium



Arno

For seven years Arno, rock icon and national treasure, has been coming to Couleur Café, and this year he brings with him his 32nd studio album *Human Incognito*. Listen out for *Vive Ma Liberté*, *Les Yeux de ma Mère*, *Oh La La La*, *Putain Putain* et *Les Filles Du Bord De Mer*. **2 July**. Couleur Café, Tours & Taxis. One day regular ticket: **€43** - www.couleurcafe.be

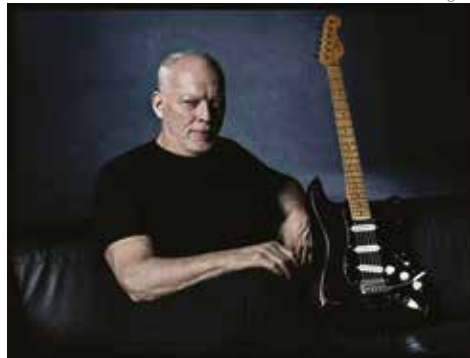


Ben Miller Band

ZZ Top's favourite, if not permanent, support-act last appeared at a packed AB Club in 2015 and they are returning for a rousing club concert as they mix hillbilly, boogie, bluegrass, jug & string band, country, folk & blues ingredients. **19 September**. AB Club. **€15** www.abconcerts.be

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Photo © Kevin Westenberg



David Gilmour

David Gilmour, singer and guitarist of legendary band Pink Floyd, brings his *Rattle That Lock* World Tour, stopping in Tienen on the magnificent Grand Place with a show full of special effects. Only 10,000 tickets per concert are available. **27 and 28 July**. Grote Markt, Tienen. Tickets from **€67.50** www.livenation.be

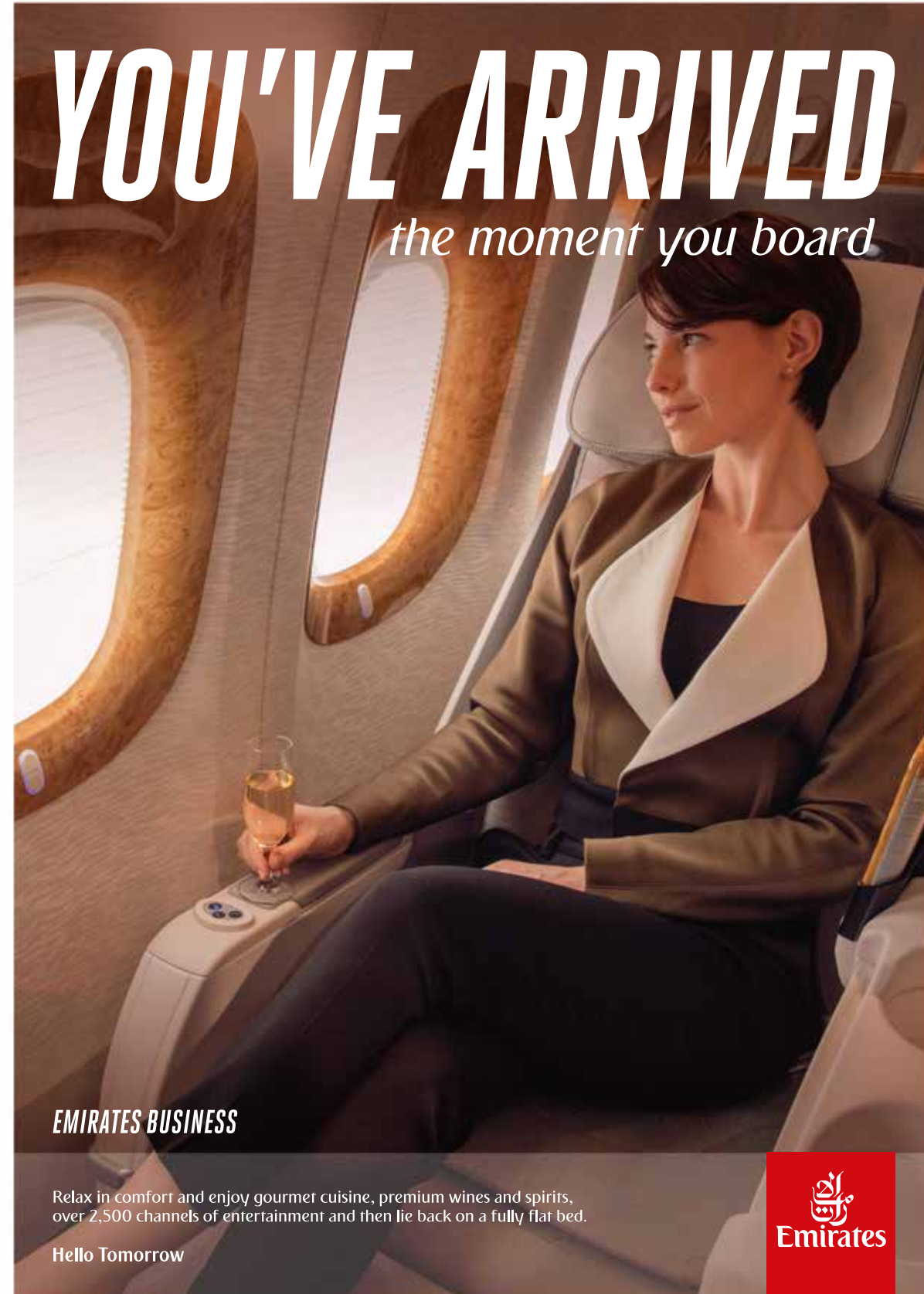


The Delta Saints

Prepare yourself for an energetic mix of southern rock, swamp blues and funk. Stripping their roots/blues sound down to its essence. The Delta Saints have toured Europe eight times so far and have sold out venues from Amsterdam to Madrid to Paris. **6 July**. AB Club. **€23** - www.abconcerts.be

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Relay for Life: International Community

Once more the Relay For Life International Community team joins relays in many other countries to help battle cancer



The sixth annual Relay For Life hosted by the international community of Belgium will be held on June 18-19, 2016 in Waterloo. Mark your calendars for this unique cancer fundraiser! Relay For Life is a festive and inspiring event during which the entire community stands in solidarity with those touched by cancer - Relay celebrates the lives of cancer survivors, remembers loved ones lost and fights back against the disease by raising awareness and funds.

Relay For Life takes place in more than 20 countries and is entirely organized by volunteers. In Belgium, the funds raised are donated to the Fondation Contre le Cancer/ Stichting tegen Kanker and are used to support local cancer patients and their families, prevention programmes and cancer research. At Relay, teams of all ages take turns walking or running around a track for 24 hours; the 24 hours are symbolic of the constant battle patients and their families endure in their fight with the disease. Beautiful ceremonies, fun side activities, live music and entertainment and great refreshments make this an extraordinary event for the whole family. It's also a terrific way to give back.

Registration fee per team member €10
Free entrance.

For more information about Relay For Life, to register a team or to participate in any way, please go to:

www.relayforlife.be/internationalcommunity2016
or contact intl.community@relayforlife.be
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Fitness

Sana per aqua

Louise Hick talks to Aspria instructor Xavier Peirels about water and wellbeing. Classes held in the water have so many benefits. All the more reason to take the plunge.



When you finish an aqua class, you feel good twice over. Of course you feel good because of the work you've done, which can be intense. But you also have the sensation of wellbeing provided by the water," explains Xavier Peirels, enthusiastic Sports Coordinator and Aqua Instructor at Aspria Brussels Arts-Loi with 15 years' service behind him.

It's true that the wellbeing benefits of an aqua class are undeniable, but that's certainly not all there is to it. Adaptability is another advantage: these classes are accessible to everyone according to their goals, with the water

allowing the instructor to vary the difficulty of the exercises performed. "The principle is that your movements should work against the resistance of the water, which is greater than that of air," Xavier tells us. "You can work through the movements fully for maximum resistance and an intense workout, or you can choose to train more gently." This variety is perfect, allowing everyone to work out in the pool, from the athlete in his thirties to the coolest fifty-something, by way of people who've suffered illness or injury. They can all devote themselves to the pleasures of aqua sports, risk-free.

PERSONAL DEVELOPMENT

Fitness

Another advantage is that it's impossible to injure yourself when there's no contact with the ground and all movements and shocks are cushioned by the water. There are no adverse effects. In the water, your body also feels lighter (three times lighter than on dry land) and movements are made easier, so you exert yourself much more in the pool without (really) realising.

That takes care of the immediate benefits during the class, but the benefits afterwards in the medium term are also many. Aesthetically, first of all: exercise in the water is an excellent way to actively combat cellulite, helping you to refine and tone your figure and to eliminate the orange-peel effect. With two or three weekly sessions, the results are convincing.

Then there are health benefits, because aqua classes mobilize both the musculoskeletal and cardiovascular systems, improving circulation, muscular strength and overall mobility.

So you see, the reasons for adopting an aquatic attitude are numerous, and the obstacles non-existent. Let's go to the pool!

The aqua classes available at Aspria Brussels Arts-Loi are :

Aquafit

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Aquapole

What? Dance and acrobatics around a bar in the water
Who for? People who want to play the fun card, with cast-iron abdos included

Aquastep

What? Fitness using a raised platform in the water
Who for? People who want to get the maximum benefit for their muscles from stepping, with a special mention for the buttocks.

Aquafitness

What? Muscular strengthening in the water using a resistance tube
Who for? People who are focusing on the abdominal belt and waistline 📌



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To juice or not to juice

Our nutrition expert **Sophie Bruno** explains the good and the bad when it comes to fruit smoothies



Fruit juices and smoothies are all the rage: supermarkets are brimming with them, kitchens are stocked up with high-tech fruit blending gadgets and high-street vendors have picked up on this hype - it is smoothie galore! It's not hard to see why this particular sector is so popular; after all, it's a quick, tasty and convenient way to get a shot of essential vitamins and minerals, which will contribute to meeting your daily

nutritional requirements. This is certainly a very appealing aspect in our health-conscious, fast-paced lifestyle.

However, is fruit juice really as healthy as the marketing would lead us to believe? As with any dietary trend, it is important to look beyond what is often marketing hype to determine whether these products are really healthful.



Scientific overview

Squeezed from whole fruit, 100% fruit juices often have no added sugars and are free from preservatives and flavourings, which make them very popular. Although fruit juices contain many vitamins and minerals naturally found in fruit, these beverages are no substitute for the real deal. Why is this? Whole fruits contain seeds and peel which are high in fibre, making them more nutrient-rich. Also, the fibre in whole fruit ensures that the natural sugars are absorbed more slowly into the bloodstream, creating the feeling of fullness and aiding digestion.

Fruit juices are often demonized in the media for being high in sugar. This is true, as several pieces of whole fruit will be required to produce a decent sized serving of fruit juice. When drinking fruit juice you will be getting a more concentrated level of natural fruit sugars and energy compared to consuming only one piece of fruit. This makes it very easy to over-consume fruit juices and smoothies and to drink more than one serving at a time.

Damage to teeth is another downside of excessive consumption of fruit juices; the free acids and sugars are released in the blending or juicing process from inside the fruit structure and are consequently able to come into direct contact with the teeth.

Difference between 'concentrate' and 'not from concentrate'

You will often find indicated on the labels of fruit juices the terms '*concentrate*' and '*not from concentrate*'. This often puzzles consumers as they wrongly believe that fruit juice labelled '*from concentrate*' is less healthy due to the associated connotations that it is less pure. However, this terminology merely relates to the processing technique in fruit juice production. In fact, there is no difference whatsoever in the nutritional value between the two products. Both '*concentrate*' and '*not from concentrate*' juices are pasteurized to remove potential pathogens that may have been in the fruit.

Commercial juices labelled '*not from concentrate*' are made by juicing the fruit and then pasteurizing it. '*Concentrate*' juice is juiced from the fruit, and then filtered through a processor that extracts water. This way, the juice takes up less space when transported. Before being packaged and sold, water is added back into the concentrated juice and then it is pasteurized.

The calorie content of the juices produced with both, and the nutrient density of the juice is also unaffected. However, if additional ingredients are added, e.g. sugar, the nutritional profile of the juice will naturally differ.

GET THE SUMMER VIBES

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Juicer versus blending

This is quite a topical debate concerning juicers and blending - which method offers the greatest health benefits. The main difference between the two methods is essentially what is left out of the process. Juicing extracts the water and nutrients from the produce, discarding the fibrous component, whereas with the blending technique nothing is left out: the entire fruit is used, including the fibre components of fruit and vegetables, albeit broken down.

Juicing

When you juice your fruits and vegetables, the nutrient content is more concentrated. This is because the majority of vitamins and minerals are typically found in the juice, rather than in the pulp and fibrous material. Proponents of juicing will claim that nutrients will be more readily available, as your digestive system is not expending energy digesting the fibre. However, there is no hard science to confirm this assertion. On the contrary, when the fibre is removed, it will result in a rapid sugar spike as the juice is quickly absorbed into the blood stream.

Blending

The retention of fibre in the blending process helps to create a slow, even release of nutrients into the bloodstream. This exerts a better control on blood sugar levels. Fibre is important for optimal digestive health and helps

you to feel fuller for longer, keeping hunger pangs at bay. Furthermore, the research shows that blended juices may deliver an increased level of antioxidants as they are normally contained in the fibrous membranes.

Take-home messages

A small 150ml glass of fruit juice once a day as part of a healthy balanced diet and an active lifestyle is fine, as it contains essential vitamins and nutrients and will contribute to meeting your five-a-day fruit and vegetable goal. However, consuming above this amount of fruits means that you will be taking in a greater quantity of calories, which will all add to your daily calorie allowance. So be careful if you are trying to watch your weight, are diabetic or if want to take care of your teeth.

Read the nutritional label - it is extremely important to read the nutritional label, choosing products that contain 100% fruit juice with no added sugars, as this will only increase the level of calories in the product.

Juicing versus blending

Fibre delivers a plethora of health effects, and its relationship with health should not be underestimated. If you are struggling to decide between a juicer and blender, blending is probably the more natural technique as it retains the core composition of the fruit or vegetables. ①

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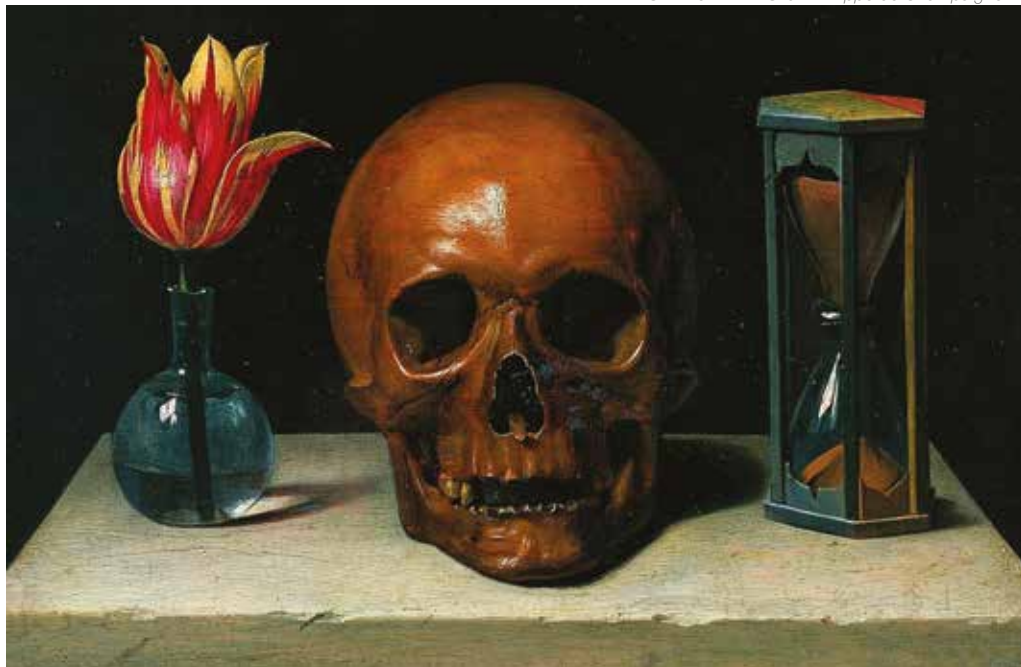
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Memento mori: Reflecting on mortality

Gemma Rose contemplates death... in a good way

Still Life With A Skull. Philippe de Champaigne



Probably just a couple of inches from my desk, there is about a 50-metre drop. My desk sits parallel to a large window, which is practically the height of my room. There is no window sill, or any type of protective barrier, except the window is actually divided into two, so that only the top half can be opened. When I look out of the window, if I really imagine it, I feel like I'm suspended half way in the air. Yet, a little post-it note on the window divider keeps me grounded. In florescent pink letters, it reads: "I AM GOING TO DIE!!!"

Death: it's a fate that doesn't discriminate, differentiate or favour. We are all going to die. Yet, for most of the time, we don't really like

talking about it, let alone like facing it. Could it be that we try to keep ourselves young, or we prefer youth over old age, because the latter reminds us of our mortality?

What is it about death that makes us scared? Is it the being dead part, or the dying part? If it's the being dead part then our fear is illogical says the ancient Greek philosopher, Epicurus. He sets out the 'no subject of harm' argument: death "is nothing to us", because when we are alive, it has not come; and when we are dead, we cease to exist, as does our capacity to experience.

It's most likely that what we fear is the pain or terror of dying. Yet, that is not the same as



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Jean Callens



Tombé dans la marmite quand il était petit, Jean Callens a créé, en 2004, avec son frère Olivier, le Callens Café, le dernier opus d'une partition familiale presque centenaire.

Tradition et classicisme s'harmonisent avec cette étincelle d'originalité inhérente à l'équilibre de la fratrie qui les unit et les guide. Cela se ressent dans les ambiances habilement composées d'un décorum aux multiples facettes. De la «Brasserie», dans la plus pure tradition, à la salle «Premium» plus feutrée, en passant par le bar event de «L'Appartement», tout invite aux réjouissances et à la découverte. Côté fourneaux, Jean Callens orchestre avec raffinement une cuisine cosmopolite qui fait la part belle à notre terroir pimenté, avec l'art et la manière, par des saveurs bigarrées... une incitation au voyage...

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death. Another Epicurean argument is from the poet Lucretius: "Look back at the eternity that passed before we were born, and mark how utterly it counts to us as nothing. This is a mirror that Nature holds up to us, in which we may see the time that shall be after we are dead." If we don't find our inexistence before birth so bad, then why should we find our inexistence once we are dead so? Lucretius thinks they are exactly the same state.

Of course, as persuasive and logical as these arguments are, there is still the irrational part of us that finds them hard to swallow. What is the best way to deal with death? Oliver Burkeman, of *The Antidote* suggests a middle way. He says that we shouldn't deprive ourselves of thinking that death is bad, because it is. Death means the cessation of being with loved ones, smelling the roses, savouring a delicious meal; essentially, of life. Death also signifies the end of hopes, dreams and what could have been. This is where we get to the crux of the argument: by remembering that we must die, we must make the most of what we have today. By living a more meaningful life, we ought to live with as little regret as possible.

In case we have trouble distinguishing between the small and big stuff, Burkeman suggests this exercise by the psychologist Russ Harris: imagine you are 80 years old (or even older) and you are looking back on your life. Then, complete the sentences: "I wish I'd spent more time on...; I wish I'd spent less time on..."

In *The Meaning of Things*, the philosopher A.C. Grayling writes about death as being the resurgence of a new cycle. He writes that "nothing seems so dead as clematis in winter". Yet, once spring arrives, its green fingers start to sprout. My Mum, in her golden years, fears death less as she gets older. "Nature has a way of sorting itself out," she says. This is a comforting way to look at death: that it's part and parcel of nature's cycle. "All are from dust, and to dust all return," notes the book of Ecclesiastes.



“ NATURE HAS A WAY OF SORTING ITSELF OUT ”

projects' may have built great civilizations, but they've destroyed them too.

In the philosopher Alain de Botton's vlog, *How we will die* he gives three pieces of advice to take to heart: be kind to those around us and to ourselves; understand our true talents and potential and put them to use; and appreciate every day, "...aware that the end might not be so far away."

As I finish up this column, I'm suspended in the air again. Just above my post-it, the sun starts to rise over the clouds; its rays are making me squint. In the moment, I'm thankful for this beautiful day. 🌞



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Yoga

A Brussels yogathon

Sarbani Sen took a tour of the different yoga classes available in the capital



My journey started in Venice, California, three months ago. Suddenly, in the midst of a Bikram Yoga class, sweaty me realizes that I love it! I'm exhilarated by sweat and joy – I felt a bliss shiver along my spine. I had had private yoga tuition at home once a couple of months ago. I found it interesting, but not 'wow!' This was different: the heat, the flow and the energy contributed to an ecstasy in body and soul. I am a Reconnection dance teacher, and I

integrate yoga postures into my classes, but this was so joyful that I decided to find myself a class I could fall in love with in Brussels too and get my butt out there for some real yoga.

Back in Brussels, I started checking out schools. I realized that there are three main styles here: Ashtanga (Vinyasa), Iyengar and Bikram or Hot Yoga.

Ashtanga is a system of yoga transmitted

to the modern world by Sri K. Pattabhi Jois (1915-2009). This method of yoga involves synchronizing breath with a progressive series of postures – a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. It is an intensely physical and athletic style of yoga.

Iyengar Yoga is a form of Hatha Yoga in which there is a focus on the structural alignment of the physical body through the development of *asanas* (postures). It aims to unite the body, mind and spirit for health and wellbeing. Iyengar differs from the other styles of yoga by three key elements: technique, sequence and timing. Technique refers to the precision of the body alignment and the performance of *pranayama*. Sequence means the sequences in which *asanas* and breathing exercises are practiced. Following the specific sequence is important in achieving the desired result, because only the combination of certain poses and breathing techniques can ensure the expected positive effect. Timing is the third key element which defines the time spent in each pose.

Hot yoga refers to yoga exercises performed under hot, humid conditions. Often associated with the style devised by Bikram Choudhury, hot yoga is now used to describe any number of yoga styles that use heat to increase an individual's flexibility in the poses.

So I started my journey and headed to a small

yoga place I had wanted to try for some time: the **Yoga Sala**, located under the Cellule 133 in Forest, a beautiful very discreet, Spartan, yet stylish place. It is somehow Indo-Californian in a way as a White Tara welcomes you on a wall and vintage objects are placed here and there. Here each (regular) student receives a little booklet in which he is requested to describe his physical problems, challenges and goals for the next six months of yoga practice. This makes the practice an intense one – it is a great motivator.

The course begins with a seated introduction and a snapshot of your current state of mind and body. Then you go through a sequence of standing postures, some inversions (tripod and candle usually) with preparatory exercises for those who are not ready or hesitant. The course ends with relaxation. The course here is built on Iyengar philosophy and methodology, as designed by the Master, with each month covering four themes.

Week 1: standing postures
Week 2: forward bend

and/or twisting
Week 3: arch
Week 4: pranayama (breathing)

At Yoga Sala you can come for collective, silent gathering in the morning from 08h00 (with prior authorization) for the people who want to practice without a teacher. And one class is given almost every day throughout the year at 18h45. The yoga here is Iyengar postural style, with bricks and belts and hanging devices on the walls. No real flow,

just long poses. Classes are donation based. (www.yogabruelles.be)

This first place was very fruitful, but after a while I was longing for my hot yoga experience so I decided to go hunting a little further afield.

I decided to go to a fancy yoga station that has been gaining popularity downtown: the colourful **YYOGA** chain, also called “the urban sanctuary”. Here the schedule is full from morning to night: three rooms filled with classes over the day. You can follow all kinds of different yogas: Hot Yoga, Hot Flow, Vinyasa, Hatha, Yin/ Yang and Restorative for all levels and needs. The teachers are foreigners, and so is the very expat crowd of followers. The place is charming, simple with a nice shop full of expensive accessories that create a jolly, tribal effect. The teachers come from various lineages such as Ashtanga, Prana, Iyengar, Vini, Jivamukti, Power, Yin, Sivananda and more. Most of the classes are open to beginners and all yoga classes are taught in English.

The class I followed was hot-flow yoga. 90 minutes in a 39°C room. Our teacher that night was very quiet and poised. He gently gave us the names of the postures and drove us effortlessly through the 90 minutes. I remember it being a very peaceful class, unlike the Bikram I had experienced in Venice, where it sounded more like an army boot camp (which was good fun too by the way). You get free tea all night, and the stone-like cushions offer a very relaxing atmosphere way to hang out. I would definitely go back if it wasn't for the distance (I live uptown, and even back town,

in Uccle). You will need to download the app if you want to make sure to get a space in this busy place (they offer beginner and newcomer packages). More info on yyoga.be.

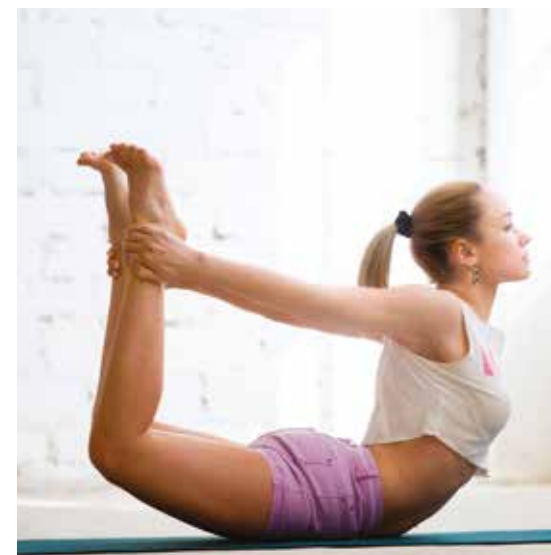
Closer to my barrio, someone recommended the **YOGA ROOM**, a newcomer in the Brussels scene. I tried the 10-day pack and started off with a hot yoga for 90 minutes. This time the temperature was set at 42°C. It felt like an ordinary day... in Bali! I was off to a tropical destination for only the price of a yoga class! The class was rather intense, but feasible. The crowd was an initiated one. No real beginners here, as they all floated to their respective class halls.

The premises are quite cold and bare. The changing rooms are simple, but with a good atmosphere, as a mixed crowd of Belgian aficionados and expats mingle joyfully (and you'll find free shampoo and shower gel in the shower in case you forgot yours!). No merchandising and no food here as they really want to focus on their core

business: yoga. More info on www.yoga-room.be/classes-brussels/.

For the weeks ahead, I am planning to try the **Garnier School** on chaussée Alseberg (but somehow it is never open when I call them :) and I've heard a lot about the **Shanti Home** on rue de Darwin too; apparently there is a very nice Monday lunch class there. More info www.shantihome.be and yoga-ashtanga.net/jean-claude-garnier/.

Namaste. ①



Marc Sluszny: An extreme case of success

Paul Morris looks at a Belgian phenomenon, a force of Nature with a story to tell



For this month's Be Successful article we called on a tennis player who was part of the Belgian National Davis Cup Team. And also a swimmer who crossed the English Channel solo from Dover to Cap Blanc-Nez in 10 hours and 30 minutes. A Belgium sky-surfing champion. A member of the Belgian Himalaya expedition, climbing Annapurna, at 8,031m, without oxygen. Hang gliding records, fencing, yachting... you have no doubt surmised that this is one and the

same person. Oh, and he flew across the United States from coast to coast in an old-timer seaplane and broke the altitude record in a glider above the Andes.

Welcome to the world of Marc Sluszny.

Locally, one of the most remarkable things he did was to run down (yes, down) the Belgacom building in Brussels, setting a new world record (15'56) in the vertical run

**“ IT’S NOT HOW GOOD
YOU ARE, IT’S HOW GOOD
YOU WANT TO BE ”**



discipline. So what does this extreme sportsman, who searches to overcome his mental and physical boundaries by such carrying out such challenges, do in his 'spare' time? Increasingly, he coaches others to reach their full potential, through keynote speeches, his books and one-on-one sessions with people who want to get his invaluable advice so that they can reach their dreams – it may not be deep sea diving outside of the cage with a great white shark (see the documentary movie *Sharkwise*), but a dream is a dream, a goal is a goal, and Marc is dedicating himself to driving others on to reach their full potential.

And that all starts with his favourite call to arms: "It's not how good you are, it's how good you want to be." And he firmly believes that his lifelong passion for testing the limits of his mental and physical capacity has gained him extensive insight and enlightenment.

His 30 or more years of experience of taking risks and pushing himself to the limits of endurance have left him with some sound knowledge to pass on to those who are about to take, perhaps, the first step to self-improvement.

He sums it up by saying: "To achieve your

goals, you must overcome your fears. To conquer your fears, you must be willing to push your limits. If you exceed your limits, you will get to live your dreams. Do the right thing, at the right time, in the right way and be satisfied with nothing short of excellence."

Excellent advice all round...
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That's Entertainment!

Our tech guy **Colin Moors** offers ideas for giving your media the audience they deserve



I don't know about you, but whenever I go to a friend's house and they have some top-end hi-fi kit, I just simply have to know every component and how it all hangs together. I don't even care if they only ever play Coldplay, I need to know how and where the sound comes out and where the pictures come from. If you're anything like me, you may enjoy the rest of this article. If not, you'll at least get some ideas for giving your media the audience they deserve. When it comes to budget, the sky's the limit, but I'm going to keep it sensible so we can all have nice things. I'll also assume that you have a router to provide Wi-Fi and other connections because, well, it's the 21st century after all.

The first thing to get hold of if you don't already have one, is a good TV. By good, I mean something that is labelled "Smart TV". A Smart TV will bring all the time-wasting distractions of Facebook, Twitter, Instagram and the like to your living room TV. Not only that, but a TV-friendly browser will search YouTube, meaning you never have to miss a Russian car crash compilation again. The majority also have built-in apps that connect to the catch-up TV sites for local broadcasters – obviously you need to be in the correct area geographically (or read

To complement your new range of telly output, how about the ability to view things on your screen directly from your phone, tablet or desktop Chrome browser? Chromecast, the cheap and extremely cheerful device from those fun-loving tax-dodgers at Google, is pretty much all you're going to need. Plug it into a USB port on your telly (if it's a Smart TV, there will be at least one) and within a minute or two, after a very short and painless setup, you'll be able to view streaming web content (that is to say, anything you can see in a



on for information on how to bypass this restriction a little later).

These days, more and more manufacturers are building in App Stores into their TVs, meaning if you have an account, you can open up a whole new world of viewing and potentially a whole new world of having less cash than you once did. Of course, you could always add yet more movies and series to your arsenal via streaming media services like Amazon Prime or Netflix, but I'll leave those for another overview.

browser), play movie files or even create an instant slideshow of your photo albums, bringing a whole new dimension to boring your friends.

If the app you're using has a 'cast' icon, Chromecast can send all audio output to any speaker in the house – or all of them, via Chromecast audio. The audio version, as the name suggests, will play any audio from your mobile devices to any existing speakers in the house with the addition of a simple, and small,



piece of apparatus. Plug a Chromecast Audio into all the speakers you want to use, run the simple set-up and you're ready to go. Really – there's very little to go wrong. Any speakers could be used, but you'll need to run 'passive' speakers (those without their own power source) through a standard amplifier.

This means that you are no longer encumbered by wires – just set your TV up wherever you like, put your speakers wherever you feel like (one caveat: the Audio versions need constant mains power) and you're ready to party like it's €19.99, which it very nearly is. The cost of all this technology is currently sitting at around \$40 for the Chromecast and €40-45 per unit for the Audio versions. Using your existing phone or tablet, four speakers you already own and your existing TV, you could go full multi-room multimedia for around €200 all told – and you will no longer be saddled with crappy TV or computer speakers.

"All well and good" you say "but I need to watch catch-up TV from Australia or the US and they don't allow me to watch as I'm in Europe". Well, what you need is a Virtual Private Network or VPN for short. Don't worry, it's not going to get weird and techy. A VPN is

"YOU'RE READY TO PARTY LIKE IT'S €19.99"

basically an internet bag of tricks that makes you appear to be coming from somewhere else. So, when you open a US site like ABC iView, you'll appear to be in the US and you'll get to see the

content with no restrictions. VPN accounts that usually involve very minimal setup and involve only remembering a user name and password can be yours for around €40 a year, and many have options to appear to be located in tens of different countries or territories. Be sure to check that the service is legal wherever you reside in real life.

If you have it all set up and it's working well, great. Feel free to invite me to your home and give me a demo of your wondrous new system. But don't just play Coldplay. I was lying about that. 🗨️



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On the back of this reputation and their secure online platform performance, they rolled out an entirely new product in December of last year. You may think that a new product would mean risk and lack of experience but with *Keyprivate*, they are simply keeping on doing what they do best – providing a secure, transparent and effective way of managing your wealth. Backed by nearly 20 years of experience in cautious and innovative online trading, they are using their strength in the sector and their

So, what does 'simple' really mean? Things as easy as this don't happen by accident, so the product is backed by an investment committee of financial experts who examine the markets regularly, backed by analyses from highly respected asset managers such as BlackRock, Amundi and ETF Securities. The committee bases their decisions on the Nobel Prize-winning model described by economist Harry Markowitz, the *Modern Portfolio Theory*. On top of all this human knowledge, they employ the very latest financial algorithms developed by Gambit Financial Solutions for individual portfolio optimization. Naturally you will see none of this – you'll just see the end results. Simple, isn't it?

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Black gold loses its lustre

Dave Deruytter wonders aloud: Why is energy so cheap and will it last?

The term 'black gold' as a reference to petroleum was first coined at the start of crude oil production in the US in the mid-1800s – 'black' because of the colour of crude oil and 'gold' because it made the producers so rich. The expression came back into vogue again after the two oil crises of the 1970s because of the sharp increases in the price of crude oil at that time. By then, it was the OPEC countries in particular who became very well-off, led by Saudi Arabia.

For quite some time most observers thought that oil would never become cheap again. And indeed crude oil went swiftly above the €100 mark per barrel over prolonged periods of time, partly because of the fast economic growth of oil-hungry developing economies in countries such as China.

Then why is it trading at less than half that price today?

One reason is the fact that the US has become an oil and gas exporter since the discovery and development of shale gas and shale oil a few years ago. Indeed, before that the US was an important importer. In short, US oil consumption decreased, whilst its gas consumption increased due



to the important local shale gas production.

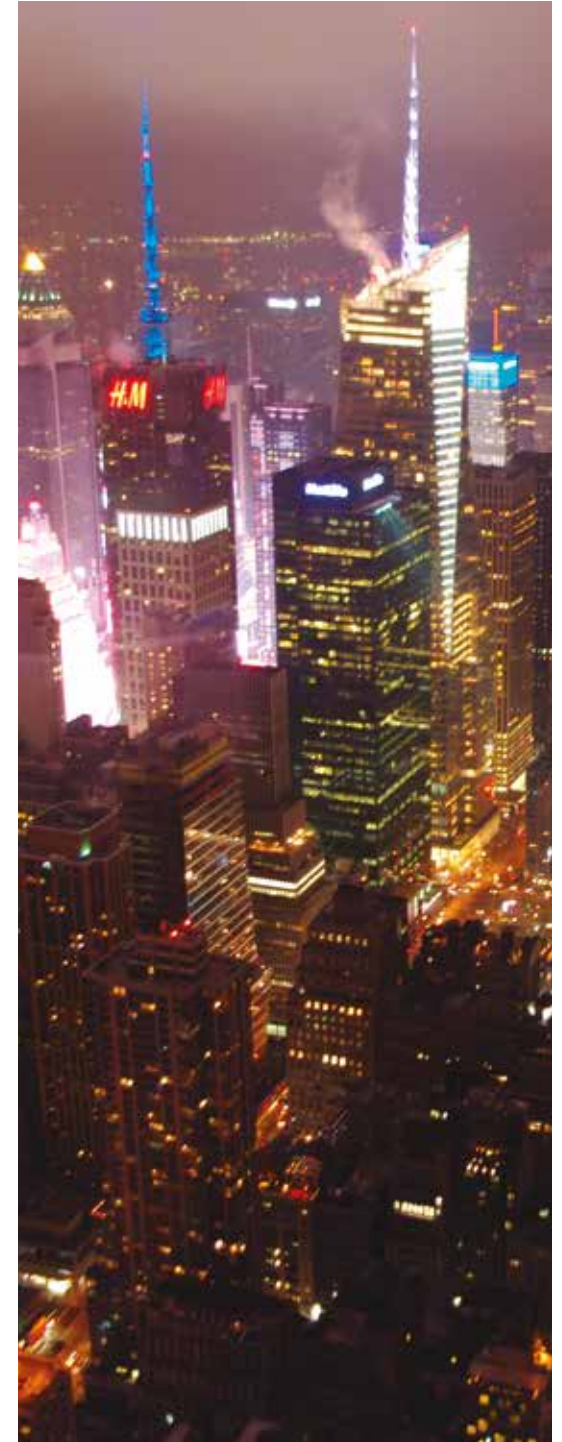
Another reason lies in the cooling of fast-growing developing economies. Today, China is growing at only 6.5% of GDP per year. That is quite a bit less than the double digit growth around the period of the Beijing Olympics in 2008. Also, the other BRICS countries are slowing down growth-wise or even showing negative growth, as is the case in both Brazil and Russia.

Thirdly, one cannot underestimate the effect global environmental initiatives have had on the slowing down of oil consumption. Windmill and solar panel parks have grown very quickly over recent years amidst the global effort to use more clean energy. Germany now appears to have windmills everywhere. In sunnier climes such as Italy and Spain it has become obvious to place solar panels to produce an important part of energy needs. The Paris climate agreement, made at the end of last year, will only add to that evolution once its effects get up a head of steam.

In fact, from a purely economic point of view it is good that crude oil is not just burnt to produce energy. Indeed, given its limited supply, it is probably better that it is used chiefly to produce quality plastics rather than anything else. But even then it has a disadvantage over metals: the fact that it is difficult to recycle, if at all. Still in aviation its use to reduce the weight of the aircraft – and thus the kerosene consumption – compensates to some extent for the negative aspects.

As crude oil is used less and less for energy production in the future, because renewables will be favoured, its effect on the price of energy will decrease. On average, energy may be cheap today because of the oil component, but that will not necessarily be true in the long-term since energy from renewables is not cheaper than that from oil at the current prices. And the world will need more renewables to meet the targets of the Paris climate agreement. And scientists warn that gas and particularly shale gas is not necessarily more environmentally friendly than oil or coal over a

W45lin




certain period of time. In conclusion, it is clean renewables that we should go for to produce energy, and biomass only if needed.

On the economic front, important oil-producing countries such as Saudi Arabia have understood that their economy has to further diversify away from oil production. The Saudis are said to have put aside close to an extra two trillion dollars in their Sovereign Investment Fund to do so. That amounts to about two-thirds of the annual GDP of the UK. Other oil-producing countries should and will follow suit, or face macro-economic hardship.

As low energy prices are an important part of consumer prices, directly and indirectly, we may see an end to the current very low inflation period in the coming years. And that would not be a bad thing. However, more than just increasing energy prices will be needed for that to happen. The bulk of the economic disintermediation due to the digital revolution should be behind us, and the wages of the middle class, including the number of people in that class, should stop decreasing in the developed world.

Will cheap energy stay around and if so for how long?

The reliance of the west and developing countries on oil, coal and gas will not change dramatically overnight. It will be a gradual process. Few people predicted that renewables would advance as rapidly as they did, and even fewer people saw the shale oil and gas revolution kick in so quickly and so importantly. Who knows what new discovery on the technology side, or on the energy source side, is waiting to see the light? What if energy transportation became 10 times more efficient? What if solar panels or windmills substantially improve their energy conversion rate?

Similar to most raw materials, energy prices seem to be moving in waves over longer periods of time. The only thing that can possibly be said today is that the upward pressure on energy prices is gaining momentum. When that will happen fully, and for how long, is a matter for a crystal ball. 

Jimwmurphy



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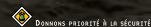
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Jeep

Somewhere over the rainbow

Gerry Callaghan looks at a report that shows there is much work to be done in discrimination



David Shankbone

Over the last ten to fifteen years, Europe, in particular Western Europe, has seen significant advances in national policy regarding tackling discrimination in the pursuit of equality for lesbian, gay, bisexual, trans and intersex (LGBTI) citizens. But, as the results of IGLA-Europe's annual index show, much more still has to be done to ensure legal protection and, in particular, fight social stigma surrounding the issue in the wider European continent.

In May, the Rainbow Europe Index for 2016 was published. It measures progress in 49 European countries, including the 28 nations of the European Union, on LGBTI equality. Countries are tested against a 52-point criterion that includes legal protections from discrimination in employment and services, measures to tackle hate crime, rights and recognition for transgender, non-binary and intersex people, and equality in family law including same-sex marriage and parenting rights. The results are calculated across regions and presented as a percentile score for each country. Malta tops the list with an impressive 88%, Belgium is in second place with 82% and the UK sits in third with 81%.

“ GROUNDBREAKING
LAWS OVER THE
PAST YEAR TO
PROTECT INTERSEX
PEOPLE ”

Malta's rise to the top of the Rainbow Europe rankings for the first time is a prime example of standard-setting in action, according to IGLA-Europe. Malta was applauded for its Gender Identity, Gender Expression and Sex Characteristics Act (GIGESC), which went a step further than other EU member states by introducing groundbreaking laws over the past year to protect intersex people – those born with sex characteristics that do not fit into



typical notions of female and male bodies. And last April, the country became the first to outlaw non-consensual medical interventions for intersex people.

The UK as a whole sits in third place with 81%, down from top the previous year. But a spokesperson for IGLA-Europe was quick to point out that the reason the UK fell was because two new criteria were introduced in this year's ranking, rather than a regression in policy. Even within the UK the scores differ drastically between the nations.

Scotland, when scored on its own merits, has been named the best country in Europe on LGBTI equality and human rights for the second year running. Scotland remains top of the index, measuring an impressive 90%, following the passage of the Scottish Government's equal marriage legislation last year. Four of the country's six main political parties are headed by openly gay leaders, prompting the leader of the Scottish Labour party, Kezia Dugdale, to declare Holyrood "the gayest parliament in the world". The rest of the UK falls slightly behind. Despite Northern Ireland, scoring just 71%, Wales and England scored 82% and 81% respectively, a prime

example of the need for better harmonization of equality legislation within Europe.

IGLA-Europe warns that too few countries fall into the standard setting category that Malta achieved. Evelyne Paradis, the organization's director, said at the 2016 launch of the index: "Contrary to popular belief, LGBTI equality is far from being a done deal in Europe." To find evidence supporting Paradis' belief that more has to be done, we only have to look as far as Italy, which scored just 20%. On 11 May, the Catholic country's parliament finally passed a law allowing civil unions between same-sex couples, the last major Western European country to introduce the measure after years of intense debate. It is a major step forward for the country after a heated debate, highlighting strong opposition from the right and the Catholic Church.

However, civil-rights groups were quick to point out the limitations of the Italians' new legislation. The law does not permit same-sex couples to adopt their partner's biological children. LGBTI Italians are also still restricted by strong opposition to increased diversity education in schools, and the fact that transphobic and homophobic hate speech by



individuals, specifically from those with a public profile, is still a common occurrence.

The lowest scores were found in some of the newest EU members – in the Baltics and Eastern European countries – with Latvia, Lithuania and Poland all below 20%. Although Latvia was the first post-Soviet nation to hold a gay pride parade, EuroPride 2015, the country also introduced a 'morality' clause to the school curriculum. The clause states that "educational institutions must provide moral instruction on the constitutional values of family and marriage", according to the Rainbow Index country report.

In Lithuania, many LGBTI-friendly events took place in 2015, and Vilnius' mayor is in favour of hosting the capital's first gay pride in 2016. However, in both those Baltic states opinion polls show that LGBTI equality is still a divisive issue. Homophobic and transphobic speech became more common in Poland, while a civil partnership bill was voted down. Similarly, the Gender Accordance Act, which intended to simplify the criteria for legal gender recognition, received a presidential veto.

The only European countries from the former

Soviet Union to make it over the 50% threshold were Croatia and Hungary. Croatia received praise for its Life Partnership Act, whose implementation led to 90 civil partnerships in 2015. The survey, however, also noted the absence of requests for gender-change surgeries, and the low social acceptance for the LGBTI community in Croatia compared to the EU average. Similarly, despite being ranked eighteenth out of 49 countries, Hungary was criticized for the anti-LGBTI views aired by politicians. The activities of the local LGBTI did receive praise for its awareness-raising activities.

Huge advances in policy formulation in Western Europe have still to progress further in order to achieve true equality for LGBTI citizens. Also, national parliaments must focus on the social stigmatization aspect through awareness-raising campaigns. The advances in Western Europe have not been replicated across the wider continent, and in this regard the EU has a great deal more work to do to bring about change in Eastern Europe, and, eventually, beyond. ●

LIFESTYLE

Crude oil went swiftly above the
€100 mark per barrel

LIFESTYLE

Luxury

Luxury cars: Transport works of art

We have four of the most expensive
for your delectation this month...

One motoring commentator rather unkindly
stated that some of these cars make Teslas
look like Toyotas. But once you see these
unbelievably expensive means of transport,
you may see his point. They range from a
stunning Lamborghini to a very limited edition
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fibre bodywork.

\$4.8 million - koenigsegg.com/trevita



LIFESTYLE

Luxury

Limited Edition Bugatti Veyron by Mansory Vivere

A strictly limited edition Bugatti Veyron masterpiece. Compared to its predecessor the VINCERO, the VIVERE has received a comprehensive facelift at the front, consisting of modified wings, a shortened bonnet and a striking front apron. The integrated LED daytime running lights in the front section create a particular accent, and the stylized 'V' used pays homage to the name VIVERE.

\$3.4 million

www.mansory.com



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THE ART OF PERFORMANCE

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LIFESTYLE

Luxury

Lamborghini Veneno

The Lamborghini Veneno is a limited production supercar based on the Lamborghini Aventador and was built to celebrate Lamborghini's 50th anniversary – at the time it was the most expensive production car in the world. The prototype, Car Zero, is finished in grey and includes an Italian flag vinyl on both sides of the car. Lamborghini built just five examples of the Veneno: Two for itself, and just three for the customers. The firm must have named it 'venom' because it comes with a serious bite.

\$4.5 million

www.lamborghini.com



LIFESTYLE

Luxury

Pagani Huayra BC

The Pagani Huayra is an Italian mid-engined sports car produced by Pagani, in Modena, Italy. It is named after Huayra-tata, a Quechua wind god. The Huayra is currently the fastest road car to go around the Top Gear Test Track, setting a time of 1:13.8, beating the previous record of 1:15.1 set by the Ariel Atom V8 in January 2011. The Huayra was limited to just 100 units as part of Pagani's agreement with engine supplier Mercedes-AMG – and they sold them all.

\$2.6 million

www.pagani.com

A photograph of a silver Mercedes-Benz E-Class sedan parked on a city street. The car is shown from a front three-quarter angle, highlighting its sleek design and the Mercedes-Benz logo on the grille. The license plate reads '1-BER-060'. The background shows a modern building with a glass facade and a clear sky.

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Mu&H: Charlie Magny Phone
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Charlie.m.make.up@gmail.com

Model: Kay @ jillmodels

Trousers: Guess
Top: H&M
Jacket: Acne studio
@ www.icon-shop.be



Trousers: Just in Case
Pull-over: Uniqlo and Lemaire
Jacket: Weekday



Jacket: Diesel
Trousers: Weekday
Shoes: Zign @ www.zalando.be



Silver top: Adidas



Total look: Roseanna @ www.icon-shop.be



Top: Diesel
Trousers: New Look
Jacket: Sea New York
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Jacket: Acne Studio @ www.icon-shop.be



Total look: Diesel
Shoes: Zign @ www.zalando.be



Dress: Acne studio @ www.icon-shop.be
Jacket: Sea New York @ www.icon-shop.be

Desigual: Modifying the DNA

Jeanie Keogh joins two fellow fashionistas for a chat by the clothes racks

Desigual's flower power panache, rainbow-coloured mandalas and graffitiquesque prints are soon to fade into the background of the brand's iconic style. The Fall/Winter 2016 collection is less splashy cartoon, and more something Matisse might create, were he a fashion designer. There is still a patchwork element and denim features strongly as before, but the detailing is more subdued and the Desigual logo is much smaller, when it appears at all. It is such a bold departure into a new direction, you might not recognize one of their signature coats (their biggest selling item) as Desigual, but rather mistake it for Gucci.

Such were my impressions as I flicked through the racks admiring the flagship items on display when being given a preview by Desigual's Belgian representative Montse Herrero and media and communications representative Gaëlle Thabourin from Suchel Presse in Paris.

"These are the looks that were shown in New York (at fashion week) in February to push the fact that Desigual has really changed its image, and also to boost our position in the industry. Here you have 15 to 20 pieces that were on the runways in New York to show you what Desigual is doing this year and the direction they will be going in in the next years," said Thabourin, who was loyally attired in a multi-coloured checked Desigual raglan in various pink and blue tones over a white shirt (also Desigual).

At that, Thabourin handed the baton over to Herrero, also a proud Desigual devotee, who



"WE WERE AGAIN DISTRACTED BY THE ALLURE OF THE BEAUTIFUL GARMENTS"



was wearing loose trousers with a bird-of-paradise print that tapered at the ankles, and a white blouse.

Herrero began presenting the collection by explaining the reason for Desigual's facelift: "People still really like Desigual, but we need to expand because we cannot do the same thing season after season. We need to change a little and do something that is more likeable for the people because people can get bored and say: 'I like it but I need something new.' We're going to keep our basics because that's who we are and it's our DNA, but we need to improve a little and I think this collection proves this."

After this, the conversation turned from a professional discussion into chat between three Desigual fans chatting about the best pieces, what would be most popular on the streets and deciding what should be paired with what.

Herrero spoke passionately about what she defined as the type of people who are aficionados of the brand.

"People who wear it have a really strong fashion sense. Many people can wear the same piece and one person will not wear it like another. You choose one piece and you make it your own. You wear it however you want and wherever you want."

Thabourin and I lamented how Parisians and Belgians dress to match the weather (in monochromatic grey) and have a tendency to shy away from bold colours.

At this, Herrero jumped in in agreement about Madrid's sombre, classic (and weather-dependent) fashion sense vs. Barcelona's more sunny, vibrant fashion sense (where Desigual is headquartered) with a zeal that could easily rival opposing football teams FC Barcelona and Real Madrid. (She hails from Barcelona).

Indeed, the unambiguous Mediterranean style has made Desigual a tougher sell for the North

Fashion interview

European market. Predictably, Desigual's biggest market is Spain, with Italy following in second, and then France. But Herrero was confident the upcoming season would begin to reverse that.

"In Sweden and Scandinavia, they don't like bright colours as much as we do, and it's sort of complicated to introduce something to that market, but this collection is one that might buck that trend, and by showing them something new we can start to break into that market."

For a few moments, we were again distracted by the allure of the beautiful garments before us and the only sound was the click of hangers on the metal rack as we each admired our favourite items. Thabourin fingered a long knitted turtleneck dress in soft pink and grey stripes with orange, purple, and teal accents. I eyed a velour onesie that had an Old World tapestry/ Persian carpet quality. Herrero drew our attention to a crane-printed blouse, which was wistfully Japanese. A few of the dresses called to mind the wardrobe from the cult movie *In the Mood for Love*.

When the collection comes out in stores in August/mid-September, customers will surely look at the new Desigual label and agree more than ever with their slogan 'It's not the same'. They are likely to be tickled pink, or red, or fuchsia, with the difference. www.desigual.com



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LIFESTYLE

Beauty

Urban Summer

Our beauty expert **Delphine Stefens** is keeping an eye on your skin

While the sun gives you plenty of warmth and energy, it can also damage your skin, causing premature ageing and putting you at a higher risk of skin cancer. So don't wait to hit the beach or mountains to protect your skin with generous layers of SPF and fake a tan and healthy glow with a bronzing powder. The iconic Guerlain Terracotta has developed a new fragrance that will instantly transport you from the hot city to a breezy beach – without the sunburn.



Ultra Light Daily UV Defense Mineral SPF 50 by **Kiehl's** (€41)



UV Essentiel Daily Defender UV + Pollution SPF 50 and 30 by **Chanel** (€53)

Maestro UV Skin Defense Primer by **Giorgio Armani** (€68)



LIFESTYLE

Beauty

Cicaplast Baume B5 SPF 50 by **La Roche-Posay** (€12.95)



Sun Stick SPF 50 by **Collistar** (€22.50)



Very High Protection for Children SPF 50 by **Avène** (€12.95)

The Bronzing Powder Terracotta by **Guerlain** (€52)



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Father's Day



Sara Esther

Cufflinks by young Belgian designer Sara Esther.

€1,490

www.saraesther.be

Father's Day is a celebration honouring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. It dates back to 1910, following swiftly in the footsteps of Mother's Day. One of the inspirations behind it was civil war veteran William Jackson Smart, a single parent who raised his six children in Spokane, Washington. Sons and daughters do a fair deal of head scratching as they try to find a suitable gift. Here are some of our suggestions.



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LIFESTYLE

Shopping



Efaisto

A Belgian and a Frenchman, Bernard Seys and LouAdrien Fabr, decided to launch an idea to bring bespoke products by Vietnamese artisans directly to customers all over the world via their newly-launched online marketplace. The co-founders still have the same passion to promote Vietnam where they have been living for three years. "Like many other foreigners living here, we developed a passion for handmade products as our whole wardrobe was being tailor-made by the best artisans in Saigon," Bernard Seys says. The image is of Duc Tan The Tailor. www.efaisto.com

Ambrogio Robot

This Italian automatic lawnmower that takes care of the lawn completely on its own and in complete safety. The perfect new toy for Father's Day. And if he gets bored watching it do all the work, he can control it from his Smartphone with the user-friendly interface with dedicated apps. **€1,699** www.ambrogiorobot.com



Marius Corner

Marius Corner is a Woluwe-based grocer selling fine foods, with plenty of Belgian produce on the shelves, including chocolates and escargots. Distillerie de Biercée, poire Williams N°1: **€23.50** www.mariuscorner.be



JEANPAULKNOTT x Isabelle Lenfant

This bracelet is a collaboration between two Belgian designers. **€675** www.i-l.be

Eau de Néroli Doré by Hermes

A new fragrance for women and men. The nose behind this fragrance was Jean-Claude Ellena. Top note is bitter orange; middle note is neroli; base note is saffron. 100ml - **€92**

Sunglasses



Calvin Klein: €235
www.marchon.com



Chloe Jackson: €310
www.marchon.com



Dick Moby. €175
www.dick-moby.com



Salvatore Ferragamo: €260
www.marchon.com



G-Star Raw: €165
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Lacoste: €125
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**Marchon collection
Liu Jo: €135**
www.marchon.com



Silhouette Titan Contour: €299
www.silhouette.com

Maasmechelen Village: Shopping paradise

James Drew takes you out of the heaving city centre and into an oasis of calm

Photo © Christian Hagen



So, when you're considering your options for shopping at the weekend, what would you say are the factors that really tend to put you off the prospect?

For many, if not most, the day normally starts with either a congested trip by car into the city centre, followed by an exhaustive (and exhausting) search for parking that doesn't cost you the earth. Others have a similar crush and stress on public transport.

But there is another way, and it is to be found at Maasmechelen Village, which is

located at the crossroads between Belgium, Germany and the Netherlands. And the drive is a relaxing one – there are rarely, if ever, congestion issues and there is plentiful and free parking upon your arrival.

Then, once you begin to enjoy your shopping in the more than 110-plus top-quality boutiques and brands that are on site, you will notice a different approach – no music blasting out of every speaker, and a green, pleasant environment in which to walk, explore and shop.

Maasmechelen Village is set in the heart of the Belgian national park, with superb hotel accommodation and a one-star Michelin restaurant on hand should you decide to make a weekend of it. The emphasis of the experience is firmly placed on hospitality, with the best-fitted shops, warmest personnel and a tourist information centre to provide you with tips and tricks on what there is available to do in the region.

And getting there couldn't be easier – by car, it's just an hour from Antwerp, Brussels, Düsseldorf and Cologne and around 30 minutes from Maastricht and Liège. There are also regular SNCB trains to Genk station, and the Shopping Express is your direct coach service from Brussels to Maasmechelen Village. Book online at MaasmechelenVillage.com/shoppingexpress. And, coming from elsewhere, De Lijn runs regular hourly bus services from Genk or Hasselt train stations (No 45) to Maasmechelen Village, with both journeys taking around an hour.

June is already glittering with promise, with a diamond exhibition, 'A la Carte. A culinary journey', by Hoge Raad voor Diamant (HRD) that will arrive hot on the heels of its attendances at Expo Milan and MAS Antwerp, before it heads across the world to China.

And let's not forget the offers and reductions for which Maasmechelen Village is also justifiably renowned – a visit to their website reveals the range of shopping available, with luxury names such as Boggi Milano, Diesel, Escada, Essentiel, Kipling, L'Occitane en Provence, HUGO BOSS, SuperTrash, Swarovski and Versace.

Then, of course, it's July, when the real reductions arrive – enjoy a drink on the summer terrace and free music every weekend, while you take advantage of the up to 50% sales being offered across the outlets – and, once your shopping is done, you can also take the opportunity to visit Limburg and enjoy some more Belgian hospitality.

In the final analysis, if you are looking for lifestyle, fashion and chic, Maasmechelen Village has it all. Bon marché!

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www.MaasmechelenVillage.com

**“ LIFESTYLE,
FASHION AND CHIC ”**



Les Nouveaux Ateliers



Atelier NA: A different approach to 'bespoke' At the heart of Brussels' European quarter, **Atelier NA** offers a mix of modernity and timeless elegance.

Atelier NA is an unmissable address that will delight any gentleman. Launched in 2011 in Paris, the brand has revolutionized menswear by offering a revolutionary technique for taking measurements. Customers are able to create unique outfits for every occasion with more than 1,500 fabrics references for all occasions, allowing them to have their entire wardrobe custom-made at ready-to-wear prices.

How does it work?

A high-tech machine – that can take more than

200 measurements of the body in less than a second – produces a 3D model of the customer to create clothes that fit perfectly. But the service does not stop there. Indeed, the consumer can also consult expert stylists in the shop.

Success story

Benefiting from high quality raw materials made available at very attractive prices, Atelier NA became the first French brand using 3D for high-end bespoke tailoring. The figures speak for themselves: 55,000 customers, 180,000 products, 250 employees and 38 of the clients order again every month!

The brand offers tailored suits from € 290, while

“ A HIGH-TECH MACHINE – THAT CAN TAKE MORE THAN 200 MEASUREMENTS OF THE BODY IN LESS THAN A SECOND ”



offering Loro Piana and Holland & Sherry ranges from €695. In addition, they have a wide range of custom shirts from €49 and exclusive Thomas Mason Italian fabrics.

In Brussels

What Atelier NA offers is unique. It is the first time a business has offered such a service, one that is time-saving with limitless personalization. The shop has a cosy, modern atmosphere, using raw wood, pared-down spaces, playing with materials and with ochre and grey shades. Once you've walked through the doors of this store, you are sure you will have quality-made clothing product in just one month.

A trending place to discover now! The next opening is planned in Antwerp before the summer.

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Seeing through the object

Paul Morris looks at a Belgian design team that believes in transparency



In May, design duo Muller Van Severen were invited to create furniture and lighting for a Spanish holiday home. The project inspired a series of sculptures and installations that will be presented at Valerie Traan gallery from 9 June.

Solo Houses are a series of architectural holiday houses in a Spanish estate near Barcelona. The first structure, by Chilean architect firm Pezo von Ellrichshausen, was completed in 2015. Last summer, the project's owner hosted Fien Muller and Hannes Van Severen. He commissioned the duo to design furniture for the house built by OFFICE Kersten Geers David Van Severen at the same estate. The building will be ready in the fall of 2016.

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"It's an incredible place entirely surrounded by nature," say Hannes Van Severen and Fien Muller. "There's a courtyard and a swimming pond we designed a couple of lying objects for. They look like a curled up mattress or a sheet of paper, waiting for someone to lie down. We wanted to accentuate the openness of the place. The rocking daybed isn't manufactured in heavy materials like concrete or wood, but in metal netting. You can see through the object, but still grasp the architecture. Transparency makes the objects present and absent at the same time. They don't impose themselves on you, while they continue to be sculptural. At Valerie Traan's Antwerp expo, we're presenting our quest for furniture and sculptures with similar materiality. It's interesting to show this research phase in all its nakedness and fragility."

"The discovery of the new material (netting with 2x2 cm squares) inspired us to establish a novel world of landscapes and sculptures that also holds a place for colour. We love the idea that the user can dress up our furniture with plaids, blankets or a sheepskin..."

"As always, the creation process involves hefty hands-on experiments. It's a great moment to show the studies at Valerie Traan."

Solo Office KGDVS House

Renowned Belgian architectural firm 'Office KGDVS' by Kersten Geers and David Van Severen designed the second Spanish house. Their self-sustaining home integrates the living spaces in a wide circle. There's a swimming pond in the circular courtyard. The house is constructed as a circular gallery with succeeding living areas.

"Our villa is, just like Fien and Hannes' furniture, highly transparent. It allows for an immediate contact with the surrounding nature."

Muller Van Severen

Artists Fien Muller and Hannes Van Severen have also designed a complete furniture family for Gallery Valerie Traan: chairs, tables, office furniture, lighting, armchairs and objects for interior and exterior use. Part of this collection is available under the new design label valerie_ objects. Their creations are globally identified in both private homes and public spaces.



“ A NOVEL WORLD OF LANDSCAPES AND SCULPTURES ”

Currently, Muller Van Severen is working on a new building for the public broadcasting company VRT, in collaboration with architects Robbrecht and Daem. They have shows at prestigious galleries (Kreo Paris), and they will present a series of new objects at Petit h, Paris.

Valerie Traan gallery

Valerie Traan is a place for objects and subjects, for things and themes, for the functional with a subjective view. Often balancing on the thin line between design, art and architecture.

Practical Info

Muller Van Severen

Studies for the Office KGDVS Solo House
June 9 - 25
Valerie Traan gallery
Reyndersstraat 12
2000 Antwerp | Belgium
www.valerietraan.be
www.mullervanseveren.be ❶



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Ewan McGregor: Not selling out

Together meets a Scottish movie star who can bridge box office hits and indies



You know you're a Hollywood veteran when you can't place your line in one of the biggest movies of all time. Ewan McGregor looks sheepish with shame. The 45-year-old recorded a one-line part for *Star Wars: The Force Awakens* as Obi Wan Kenobi, but on seeing the film doesn't know where his participation appeared.

"I did see it, thought it was fantastic, but honestly, I have no idea where I was," he laughs, crinkling faint lines round his blue grey eyes. "I might have to watch it again to really study it."

Born and raised in the shadow of the

Highlands, McGregor has enjoyed a stellar on-screen career twenty years after his breakthrough in Danny Boyle's *Trainspotting*. As a roguish heroin addict determined to shake his vices and start anew, the actor embodied the epitome of 'cool' for a generation and secured his indie credentials with a string of low budgeters, from *The Pillow Book*, *Velvet Goldmine* and Boyle again for *A Life Less Ordinary* and *The Serpent's Kiss*.

And then he made the unexpected crossover to studio movies with the biggest studio franchise of them all - *Star Wars*.

As Obi Wan Kenobi in *The Phantom Menace*, many worried Ewan had sold his soul for the

right price – but this new move only sought to stretch his already broad range and now the star expertly navigates both sides of the big screen spectrum. He went on to solidify his movie star credentials with *Moulin Rouge*, *Black Hawk Down*, *The Island*, *The Impossible* and *Angels and Demons* while maintaining his indie crown in Woody Allen's *Cassandra's Dream*, *Beginners*, *The Ghost* and *Big Fish*.

And his latest film, *Our Kind of Traitor*, reflects that balance.

Based on the John Le Carre book, McGregor plays Perry, a disillusioned lecturer fed up with his lot and going through a difficult period in his marriage to barrister Gail [Naomie Harris], after a spot of infidelity on his part. On a make-or-break holiday to Marrakech, they encounter a charismatic Russian oligarch (Stellan Skarsgård) who embroils them in a money laundering sting that could land both in serious trouble with the Mafia and British secret service. But it's the adventure Perry's been craving all along.

Closer to his home in LA, McGregor enjoys an altogether more serene pace of life with his wife of 21 years Eva Mavrakis and their four girls; Clara, 20, Esther, 15, Janyan, 14 and five-year-old Anouk.

Incredibly youthful in a black sweater, jeans and boots, he talks about his feelings on Susanna White's tightly-structured script, why Naomie is his dream screen wife and why Stellan Skarsgård has been sending him threatening emails for years.

Together: Mr McGregor, why Traitor? There's lots of spy, espionage stuff out there, why this?

Ewan McGregor: I love the power and pacing of the script. The structure was very strong and assured, and there were four or five very meaty leading roles in the film, not just the one, it gave it this ensemble nature that appealed to me. And Perry was someone who spoke to

me in the sense he's very ordinary – he's not your action hero, he's not your typical move thriller hero, he's real. And I like playing real people. I think that's what links my sort of roster of characters so to speak, there's been a realness to them all.

And with Perry, he finds himself questioning his choices, his resolve, how did I get here? Then suddenly he's playing with Russian Mafia, the secret service, it's a dangerous game and he's blind sighted. Not necessarily in a bad way. It's a break from his day to day, from his crumbling relationship that's he's after. Dima is living this life, he's living large and Perry's sort of shrivelled up, he's attracted to what Dima offers him.

And Suzanna is a friend of mine, I had the pleasure of doing a couple of days on *Nanny McPhee 2* which was fun. I like her and she's a really great director.

Were you a Le Carre fan?

No, this would be the first Le Carre I've read, I'm not a big thriller reader. And I think he might have

changed me [laughs]. I love stories about human development and relationships and dynamics and all that and this was very much concentrated on that, as opposed to just the paving of the plot which is what most thrillers focus on.

The cast is a veritable who's who of fine talent. Who were you most excited to work with?

Well, Stellan I already knew from *Angels and Demons* so it was great to work so closely with him, because we only had one scene in that. He comes over a quite foreboding character, but he's really one of the funniest people you could meet. Doing a scene was really difficult because he sort of created this catchphrase out of nowhere for Dima, 'What the fuck?' [in Russian accent] in wasn't in the script but it ended up in every scene. And it was totally him, totally Stellan.

“GEORGE LUCAS IS AN ARTIST. A CREATOR OF WORLDS ”





And Naomie is exactly who I wanted for the role of my wife when I read the script. Sounds quite strange taken out of context, 'I wanted this woman to be my wife.' Perry and Gail had this really interesting relationship, there's damage in it, there's a complexity, there's a human heart there. Often with these thrillers, like I was saying, there's not usually a great deal of exploration in relationships, it's often about the espionage plot. But there's a real substance, a real story to play with, you understand where they are and how they get themselves into this situation. And to play the relationship at a stage where it's least good and taking it forward to where it gets better, that's dangerous in a piece of film.

It can be a turn off to audiences who don't necessarily want to see these angry scenes. I needed someone like Naomie to flesh that out.

Speaking about Naomie, we chatted about the effect of Danny Boyle of both of your careers and *Trainspotting 2* came up. What can you tell me, what can we expect?

I'm very excited, I can feel it in my gut, that excitement.

Yeah, we start in the summer and to be working again with Danny, working with Bobby Carlyle, Jonny [Lee Miller], Ewan Bremner, and to become Renton again. To find out where he's at and where he'll go to. I'm excited.

The script is so good, so so good, and I wouldn't do it unless I thought it was exemplary. None of us would have been. I know there was that general consensus. It's so well loved, if we did a rubbish sequel, that would break my heart to tarnish that legacy. I couldn't stomach that.

There was a bit of bad blood there between you and Danny for a while.

We didn't speak for ten years so it wasn't

good. It was over *The Beach* and some business was handled badly. I was hurt by it, yes, I was very surprised and I wasn't pleased at the time, but I'm glad it's behind us now. That's the nature of relationships, you go through ups and downs.

Because you two were like the dream partnership.

I think there was a stage in my career where I was Danny Boyle's guy, I was his actor and that's who I felt I was. Of Danny, Andrew McDonald, John Hodge, whom I met when we worked on *Shallow Grave*, it was the first time for all of us on a film, and there was that connection there. Danny understood me, I understood him, you know, he got the best out of me.

We understood the high level of quality desired, you don't get trust very often. He could have asked me to do anything because I know it would have been something very trailblazing and special. I really missed that connection between

us so I'm really glad that we're working together again.

Your eldest Clara is following in your footsteps. How do you feel about that?

Yeah, It's an exciting time. I'm very happy for her, it's something she's wanted to pursue. There are drawbacks to the profession that you would prefer your own offspring to avoid, but it's their life to experience and navigate.

You've really stretched from big budget to independent. Was it strange to work on something like *Star Wars* after working on Danny Boyle's ground-breaking films, and with Peter Greenaway, Todd Hayes?

Star Wars was the biggest conflict professionally, because at that point I saw myself as an actor who worked on independent projects, who had edge, a grit. A

“ HE FINDS HIMSELF QUESTIONING HIS CHOICES, HIS RESOLVE ”

Interview

propensity for the left of centre. I worked with, as you say, Peter Greenaway, Todd Hayes. It really didn't feel like me, even going in for the audition, I'll give it a go, but what am I doing here?

It honestly felt like selling out. I was looking at it through a prejudiced angle. I saw it as big studio, soulless, out to make money and nothing more. But George Lucas is an artist. A creator of worlds. He won me over because I believed every single thing he said, I believed in him and wanted to be part of that world.

And it didn't limit me in any way. Between making these films over a duration of ten years,

I worked with Woody Allen, Baz Luhrman, it didn't do me any harm. I've had a chance to work with some of the world's greatest directors and no one considered me in a different light because of *Star Wars*.

“ I CAN FEEL IT IN MY GUT, THAT EXCITEMENT ”

You seriously aren't ageing - what is the McGregor secret?

Make-up and lots of it [laughs]. Thank you [laughs]. There's no secret because I think I'm maturing along with the

rest of them. Just exercise I reckon, that seems to be key to staying healthy. Not in the gym, I'm a stranger to the gym. Getting around outside, walking, running, cycling. It's not a question I'm asked very often. ●



Thalassotherapy: Tunisia's wellbeing asset



Want to recharge your batteries? Take care of your body and mind? And take a relaxing break in paradise? A thalassotherapy break in Tunisia is the ideal wellbeing solution for relaxation and fun all year round under the Mediterranean sun.

Renowned expertise

An idyllic five-star setting for fitness, that's the promise of a spa break in Tunisia. And you can see why! Second only to France, Tunisia is reputed to be one of the best wellness destinations in the world. The opportunity to free the body and mind via therapeutic sea treatment is not available to everyone... there are more than 60 thalassotherapy centres with twenty years' experience, proudly bearing the International ISO 17680 standard, which certifies their quality of care, products and respect for the environment. High-class recognition!

Charming hotels

From Hammamet to Sousse, Tabarka to Carthage or Monastir to the island of Djerba, Tunisia has chosen the most beautiful places in which to install its coastal thalassotherapy centres, all luxurious palaces in exceptional settings. The architecture of these residences is very upscale, inspired by the Arab-Andalusian palaces of the Eastern Medinas. This gentle blend of styles is also reflected in the range of care available, with traditional Tunisian Shiatsu and Ayurveda scrub and massages offered in the centre. Once you have left the spa, sports and water activities


(fitness, golf, diving) await you.

Jasmine or sea salts

Have you ever tried an oriental wrap with cream of rhassoul (a natural clay), a jasmine water massage or a Turkish bath with essential oils? Cross the Mediterranean and experience the beauty secrets of Tunisian women in a thalassotherapy centre, where traditional treatments are offered to provide high-end care. The seawater is rich in mineral salts and trace elements, another asset of Tunisia, meanwhile the iodine showers and mud baths also bring therapeutic and aesthetic benefits. It's very easy to become addicted!

Fouta: An intoxicating massage

Nowhere else you will enjoy the traditional *foutas*, a Tunisian massage in which the art of touch points you towards magic. The essential steps for 100% relaxation.

- A vapour bath or hammam with Jasmine or geranium scrub to relax and eliminate toxins.
- A green clay wrap to purify and tone the skin.
- The 'Foutas' long cotton scarves are wrapped around your body, to gradually release your tensions.
- Mint tea is then served in a setting worthy of beautiful Oriental palaces. 

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Travel

Breathtaking Bali: Beji Ubud

Tina Burton was blown away by the beauty of Bali



There are few places that make me stop and stare in awe at the sheer beauty of a destination, especially with a view from a hotel. Beji Ubud Resort is a calming oasis, boasting stunning views from the infinity pool which overlooks the Oos River, flowing fast 250m below in the jungle canyon.

Beji Ubud is an authentic Balinese resort – listen to relaxing Balinese music while enjoying breakfast on the deck, enjoy a spot of yoga overlooking the canyon or a swim in the mesmerizing infinity pool, where I would sit for hours just staring into the canyon.

“ SWIM IN THE MESMERIZING INFINITY POOL ”

For the adventurous type, start early with a 3am pickup ready to tackle a sunrise trek up Mount Batur (Gunung Batur in Balinese), a sacred active volcano. Trek through the night for two hours to the top to make it in time for an unforgettable sunrise. The view is worth the effort, I promise. Find your personal viewpoint and watch the sky change colour as the sun gets higher and brighter in the sky and you enjoy a tasty breakfast cooked by the tour guides using the natural steam from this active volcano. Your journey down shows you unrivalled views, a fun experience with monkeys (hide your water bottles) and reveals the challenging hike you completed that morning.

To maximize time, hire a personal driver for the day to take you on a tour of the best spots in the north. Explore the local culture of Bali, known for its arts and crafts, temples and discover local Balinese villages.

Visit the terraced rice paddies which give a whole new meaning to the word green! Explore by foot or by bicycle, taking in the breathtaking views of the terraces and watch the locals harvest while enjoying a picnic.

The Gitgit waterfalls are beautiful. Feel your breath get taken away as you swim under the 35m high waterfall, try to withstand the pressure and the freezing cold water pummeling down on you... It's a fun challenge.

Finally, explore Bali's longest river, the Ayung, which runs for 75km through the country – take a mild white water rafting trip and you will be delighted with many different visual sights



from nature to hotels and locals washing their clothes. Great for all the family. Your driver takes you on a tour of the river, pointing out the birds that are singing those beautiful tunes while steering the raft through the rapids. And they definitely earn their money on the way back up by carrying the raft on their head to take it back to the start, about 600 steps up!

Ubud has a stunning and unique landscape with so much to do: the rolling green hills, singing wildlife, natural phenomenon and nearby beaches offer every visitor something new to do or to see. The locals are friendly and welcoming and will do anything to make your stay more enjoyable and encourage you to come back to their beautiful home. Their stories and outlook on life will make you rethink your perception of the world and re-evaluate your life.

Visit in April, May or September for the best weather and explore the rest of Bali while you are in the country, including the capital Denpasar, the Gili islands and Lombok, and the unmissable Uluwatu. ❶

Summer in Wallonia

We offer some suggestions from the many camping and holiday village options in Wallonia



Photo © Camping Eau Zone

There are numerous hotels, gites and B&Bs throughout Wallonia. There is something for every taste and every budget, but what about other types of accommodation in Wallonia?

Camping

Camping is the perfect opportunity to commune with nature. Put your tent up or drive a towable caravan into a field in the middle of the countryside or by the waterside, among family or friends.

Like hotels, campsites are classified in categories from 1 to 5 stars, reflecting the quality and the infrastructure. Some campsites are very simple and very quiet, but comfortable. Others are equipped with shops, restaurants and sports facilities.

Here are just a few of the campsites we recommend:



Photo © Camping Eau Zone

Camping Anderegg, Waimes: The area around Malmedy - Robertville - Waimes is a recognized destination for many tourists for its tranquility, beautiful scenery and many opportunities for walks or mountain biking.

Le Moulin de Romedenne: Formerly a water mill, the Moulin de Romedenne campsite is located in green surroundings between Givet and Philippeville in the province of Namur.

Le Pommier rustique: Located on the green slopes of a hill facing south, it offers a warm and friendly atmosphere in a beautiful setting at the top of the picturesque Bocq valley.

Quirky accommodation

There is unusual accommodation on campsites but also in holiday homes and in hotels. So if you're looking for original, touristy places to stay, Wallonia has plenty on offer.

The Durbuy Adventure camping in Rome offers

Photo © Val d'Arimont



something unique: stay in a real tipi village and enjoy a holiday adventure that offers fishing, electric karting, paintball, mountain biking, kayaking, caving and much more.

Camping Eau-Zone is located in the heart of the Ardennes, surrounded by nature and many tourist attractions. This tranquil camping by the banks of the River Ourthe offers everything you need to spend a well-deserved holiday. You can add a touch of adventure by staying in an old-fashioned 'travelers' caravan – a very cool place to spend your holiday.

Holiday villages

A holiday village is a collection of cottages, bungalows, chalets, with services and amenities such as sports facilities, children's play areas, restaurants, etc. They are classified according to the level of comfort and equipment of the entire park. The cottages are classified according to their comfort and equipment.

Val d'Arimont is a holiday village at 3 km from Malmedy, located in a leafy valley, alongside a river. It boasts 36 chalets for two to six people, bar, cafeteria, pub and a restaurant serving regional cuisine. Among many other Holiday villages, we also recommend heading for Landal (Lacs de l'Eau d'Heure), Sunparks in Vielsalm and Golden Lakes Village.

www.tourismewallonie.be ⓘ



Dining



Osteria Romana

Chef Filippo La Vecchia uses only the very best ingredients available to produce his top-notch Italian gastronomy. He is from Rome (hence the name), and that region's food finds its way into many of his signature dishes, such as the Baby Artichokes cooked Roman-style.

He is also a very patient man – it took him some time to find just the right furniture or a decorative item for that little space in the far corner. He looked at an empty space on the wall and said: "I will never be finished. But I am not in a hurry – it has to be right." Proof of his dedication to detail also arrives with the meals – some are served in beautiful reconditioned, gleaming pots and pans. It all lends itself to a convivial atmosphere in a spacious ground floor with very high ceilings, somehow remaining cosy but not cramped.

The food is excellent, especially the perfectly cooked scallops and a powerful carbonara that is unlike any I have ever tasted, a classic Roman dish, with browned guanciale, egg yolk, pecorino and pepper.

www.osteriaromana.eu



CŌCĪNA

In this excellent trattoria – brought to life by three friends who are passionate about Italian gastronomy – the kitchen is not just open, it's up close and personal. If you are at the bar the chef and his assistants are right in front of you, their busy hands cutting and sprinkling. And there's the sound of the chef Antonio Coppola barking out a reply to a client at the other end of the room, explaining what is in the dish he has just ordered from an ever-changing menu.

And their fine grocery store (negozio) offers a careful selection of Italian products, sometimes imported from small local producers, sometimes prepared 'à la maison' based on old recipes. You will discover the restaurant's pantry, packed with handpicked fruit and vegetables, cured meats and quality cheeses, fresh pasta and ravioli, olive oil, wine and other wonders from Italian soil.

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What's on Belgium

Valentin van der Meulen and Mauro Corda

The Mazel Galerie once more divides into two distinct spaces allowing two artists to share the same exhibition dates. In this case it's Valentin van der Meulen with *Signes* and Mauro Corda with *Chimères*. **3 June - 13**

July. Mazel Galerie.
mazelgalerie.com



Julie Poncet - Blood Flower

Blood Flower (*Asclepias curassavica*), is a perennial herb with red petals native to tropical America.

It is also the name of the new exhibition by Julie Poncet. Before becoming a photographer, Julie was an agronomist. It is therefore not surprising that plants takes an important place in her photographic production. Blood is also a recurring element in her work.

Her work is cinematic in the choice of props, costumes and the mastery of light. A timeless work, ultra-feminine, and always with colourful graphics. **Until 26 June.** Loft photo, Brussels.

www.loftphoto.eu



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'BXL Fragments' by Areti Gontras

Breathe. Let yourself be transported.

Follow Areti Gontras' unusual journey through her drawings to the heart of Brussels, its facades and its symbols. Gontras says: "Brussels is inhabited by a real jubilation for drawing and I am tired and angry to see my city disparaged by some, hated by others, so I put my whole heart into my artistic approach. Brussels has inspired me for more than ten years. Today, perhaps more than ever I want to contribute to making her feel loved." **Until**

September 3. Home Frit 'Home, Brussels.

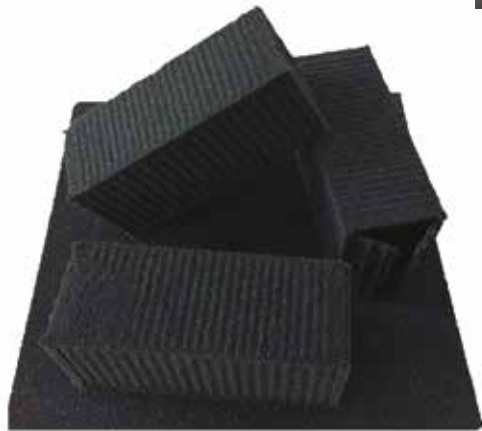
www.homefrithome.be



Photo © Areti Gontras



Photo © Louis David



The Aesthetics of Chaos

The impostor is dead, long live the artist! In November 2015, when Tao Hongjing was opening his new exhibition in Beijing, international press, including the *Beijing Morning*, *The New York Times* and *L'Express*, were reporting on an extraordinary intrigue. The talented artist Tao Hongjing, an upcoming figure in the Chinese contemporary market over the past ten years, was none other than



French artist Alexandre Ouairy. The conceptual artist had developed a split personality, an artistic performance allowing him to work beyond his own limits. Ifa gallery takes up the challenge of organizing the debut double exhibition: both posthumously of artist Tao Hongjing, a borrowed identity definitively put to rest, and of contemporary works from artist Alexandre Ouairy. **6.June.** Ifa Gallery. www.ifa-gallery.com



David Cross

Written and directed by Cross, the dark indie film *Hits* premiered at Sundance Film Festival and was released in theatres after a successful Kickstarter campaign. Other recent film credits include *Kill Your Darlings* alongside Daniel Radcliffe and the dramedy *It's a Disaster* opposite Julia Stiles. Cross is a man of many talents but his ultimate forte is, however, comedy. Having been named one of the 100 Greatest Stand-Up Comedians of all time by Comedy Central, writing for *Tenacious D* and selling out his previous stand-up tours all across America, he's coming to Europe – to make it great again! **June 29.** Zuiderpershuis, Antwerp. Tickets: **€27** www.livecomedy.be

Open spaces | Secret places

In the context of the international photography Biennial of Brussels, BOZAR presents these works from the SAMMLUNG VERBUND, Vienna.

The increasing spatialization of art goes hand in hand with our lifestyle, which has changed considerably in social and cultural terms as a result of new spatial conditions (virtual space, increased mobility). In the past, you asked on the phone: "How are you?" Nowadays you ask: "Where are you?"

The exhibition showcases the works of 28



contemporary artists such as Francis Alÿs, Eleanor Antin, Anthony McCall, Joachim Koester, Louise Lawler and Jeff Wall. Through their photographs and installations, the artists examine our relationship with space and take us through historical locations, emotionally charged spaces, imaginary, real or reconstructed places. BOZAR. **Until 4 September.** www.bozar.be

Solvay revisited and re-remembered



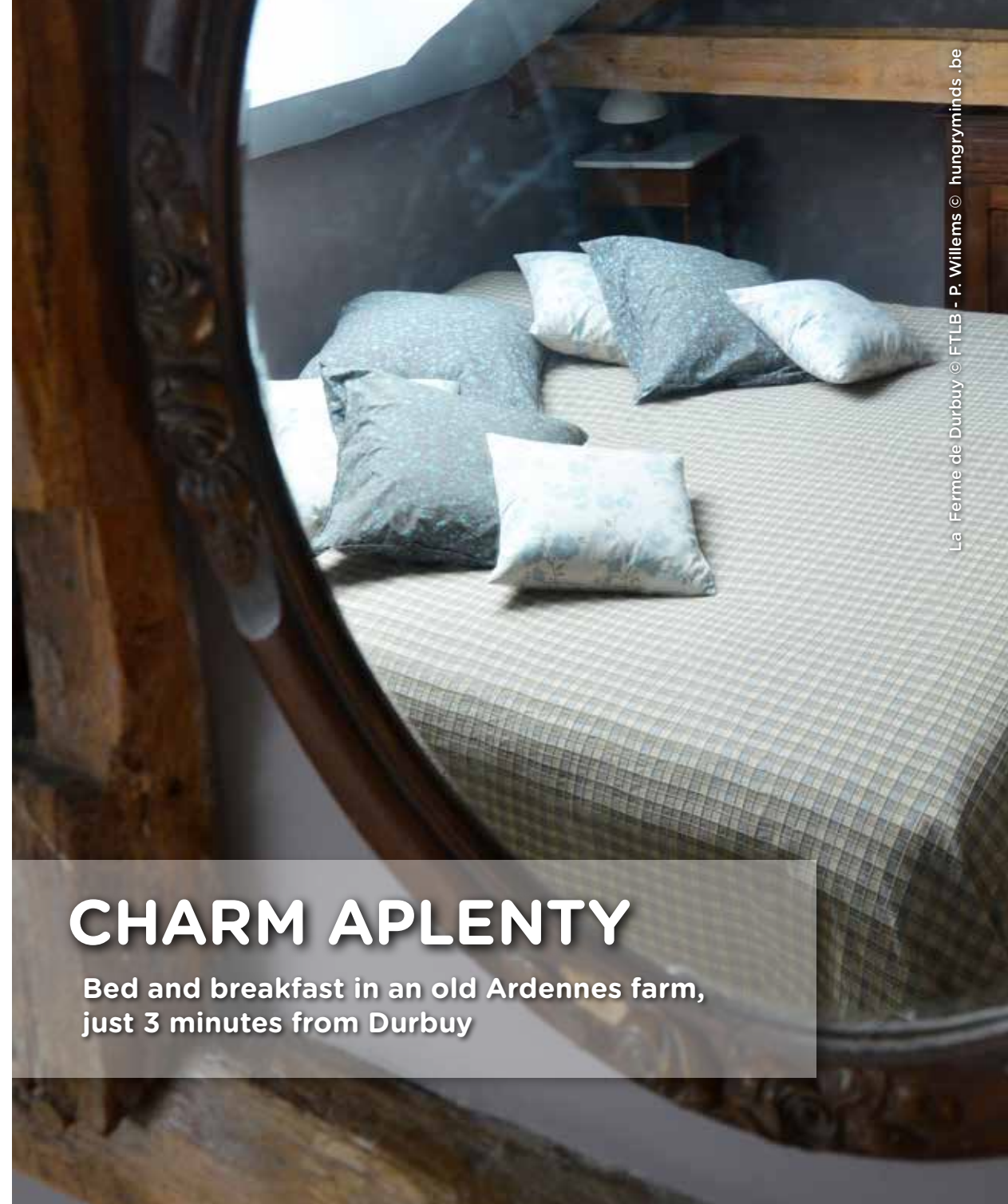
Remember Souvenir

Urban artist Denis Meyers found an oversized playground: the former headquarters of the Solvay company in Brussels. Nearly 50,000m² in total, on eight levels, including some underground. With the complicity of the current owners of the premises, companies Allfin and BPI, the artist worked on tens of thousands of square metres with the idea of making a complete work, gigantic and imposing. And unusual, that's for sure. And ephemeral, since the destruction and transformation of Solvay building began in mid-May.

Meyers painted the walls, doors, windows, facades, and even the roof. His work fills rooms and corridors, with words that allowed him to unload memories. He spilled out the sentences, hundreds of sentences, thousands of sentences, and he wrote it all with a spray can. And he drew portraits with the same cans. More than 1,500 black spray cans were used to bring back the contents of around 150 sketchbooks, accumulated over twenty years – they serve as a starting point for what is almost a cathartic redressing of the location. They fill the walls because these are the things that are closest to his heart. Hence the name of the exhibition: Remember Souvenir. www.remember-souvenir.me



Photo © Sébastien Alouf



La Ferme de Durbuy © FTLB - P. Willems © hungryminds .be

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What's on International

Cité du Vin: A beacon of wine



After two-and-a-half-years under construction, the Cité du Vin is due to open in June 2016. This unique structure, just north of the Chaban-Delmas bridge, designed by Anouk Legendre and Nicolas Desmazières from the XTU architectural agency, is 55 metres high. Its bold curves are evocative of wine swirling in a glass and gnarled vines. Its 2,500 aluminium panels and 650 panes of glass reflect golden highlights, reminiscent of the blonde stone of Bordeaux buildings.

The Cité du Vin is midway between a museum and a theme park, offering a total experience on 10 levels. The main tour is an immersive, sensory voyage, introducing visitors to the world's wine civilizations. The cutting edge scenography was designed by the British firm Casson Mann Limited.

The 20 themed exhibits include: a breathtaking flight over the world's vineyards with projection on the floor and three large screens and a

50-seater boat equipped with a 220° screen to travel back in time with wine merchants. A 'semi-open' ergonomic headset, specially designed for The Cité du Vin, automatically triggers the multimedia activities on the tour (available in eight languages). A modified tour has also been imagined for young visitors. Three tasting areas offer workshops for adults, including a unique multisensory experience. The interplay of sound, light, and aromas under a 360° screen creates a multidimensional tasting experience. The permanent exhibition will be accompanied by two major, temporary art exhibitions every year.

The Cité du Vin will host a world wine bar, a tapas bar and a 600m2 wine cellar, managed by Régis Deltil. A monumental 'library' has a capacity of exactly 9,752 bottles, from all over the world. The 250-seat Thomas Jefferson auditorium will offer a year-round programme of films, live entertainment, and themed meetings. www.laciteduvin.com/fr

Cinema

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



Money Monster

Jodie Foster returns to directing duties for this much-touted thriller, that sees hit show *Money Monster* host Lee Gates (George Clooney) being kidnapped by Kyle Budwell (Jack O'Connell), after he loses all his money following a bad tip from Gates on his show. His producer Patty Fenn (Julia Roberts) is also imperiled – Clooney only tends to choose good scripts these days, so here's hoping. 98 mins.

Where to Invade Next

Everyone's favourite pamphleteer, Michael Moore, returns with his first film in six years – a travelogue concerning his visits to countries such as France, Finland, Portugal and Tunisia, there to witness how other places deal with the social and economic ills that beset America. He is something of a love-him-or-loathe-him kind of guy, is Moore – for me, he's on the side of the angels, so sumi. 120 mins.

Souviens toi (Remember)

Atom Egoyan essays a typically courageous work, starring Martin Landau as Max Rosenbaum, an elderly Auschwitz concentration camp survivor who recognizes and befriends Zev Guttman (Christopher Plummer), a fellow survivor, who is suffering from dementia. Rosenbaum exhorts Guttman to find and kill Blockführer Otto Wallisch, a commander at the camp, who killed their respective families. However, there is much more going on here than meets the eye... 94 mins.

Love & Friendship

Love & Friendship is an upcoming romantic comedy film written and directed by Whit Stillman, based on Jane Austen's epistolary novel *Lady Susan*, first published in 1871. The film stars Kate Beckinsale, Chloë Sevigny, Xavier Samuel and Stephen Fry. It centres on Lady Susan Vernon (Beckinsale), who seeks refuge at her in-laws estate while rumours about her private life circulate through society. Lady Susan then decides to find a husband for both herself and her daughter. The film premiered, to considerable acclaim, at the Sundance Film Festival in January 2016. 92 mins.

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The 'mouse'
wine



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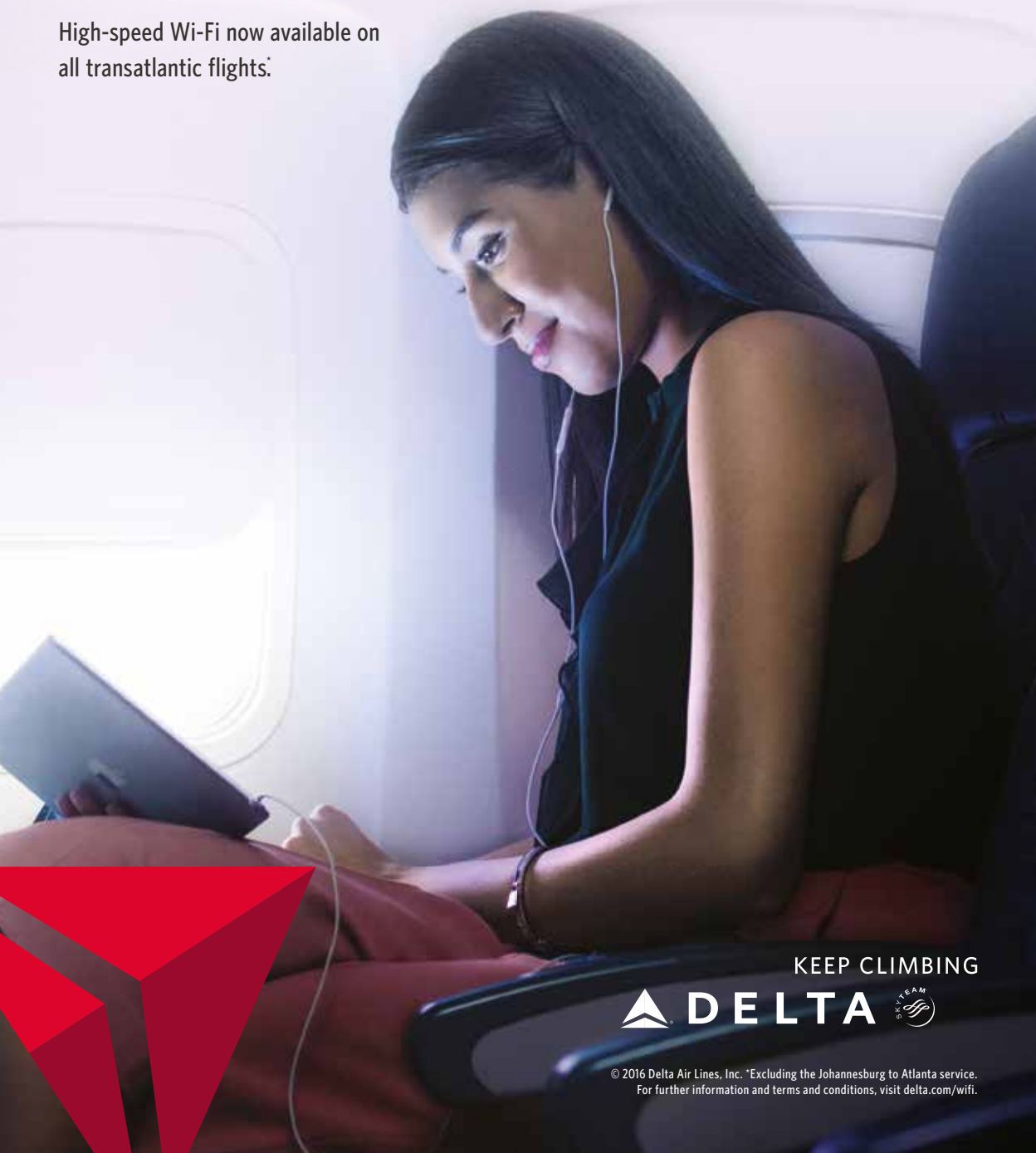


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