

Together

magazine

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& MONEY**

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**SUMMER
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*THE YUCATAN
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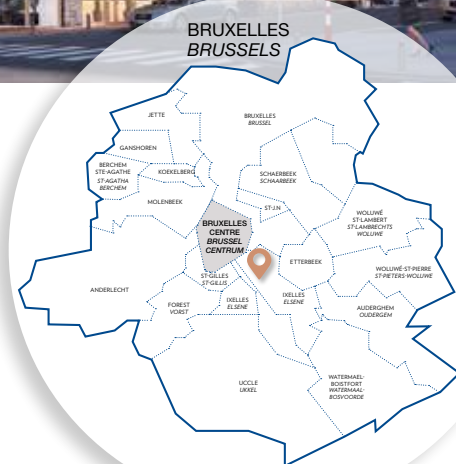
PEACEFUL AND BRIGHT APARTMENTS IN THE HEART OF THE CAPITAL

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

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SHOPPING AND RESTAURANTS: THE PLACE TO BE

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Editor's LETTER

*Together:
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ON THE COVER



Kate Beckinsale stars in
Jane Austen's *Love & Friendship*

HIT THE SNOOZE BUTTON

What with one thing and another, it has been a bit of a tough start to 2016. But that's the point of the summer – it's the bridge that takes us back to the daily grind refreshed and ready to take on the challenges that the second half of the year brings. I know, I make it sound so easy.

In times like these, many folks turn to personal coaches for help. We have always been big on personal development, and our writer-coaches have provided us with all manner of tips and advice: fitness, nutrition, mindfulness, self-help, alternative advice sources and many more. In fact, next month we will have our first coaching article on the Art of Sleep.

In the meantime, rest is indeed what the doctor ordered. Did you know that the hammock was originally woven out of bark from a hammack tree by Native Americans, and that they were so popular because, raised as they were off the ground, the sleeper was less prone to attacks from snakes, biting ants and other nasty creatures?

I hope you will find a hammock in some shady corner of the planet, swaying gently as you while away the hours with nothing more to do than chill out. Or just hit the snooze button and diligently practice the Art of Sleep.

Paul Morris
EDITOR



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Dining out: Stay smart

Making healthy choices when eating out often poses a challenge. It all seems to boil down to one dilemma: how can you ensure complete control over your diet when you are not in control of your eating environment? You can be up against many villains when you are trying to upkeep healthy eating habits in a restaurant – big portions, too much salt, fat or sugar, tempting starters, side dishes and desserts, just to name a few.

Siem Reap: Temples and lost cities galore

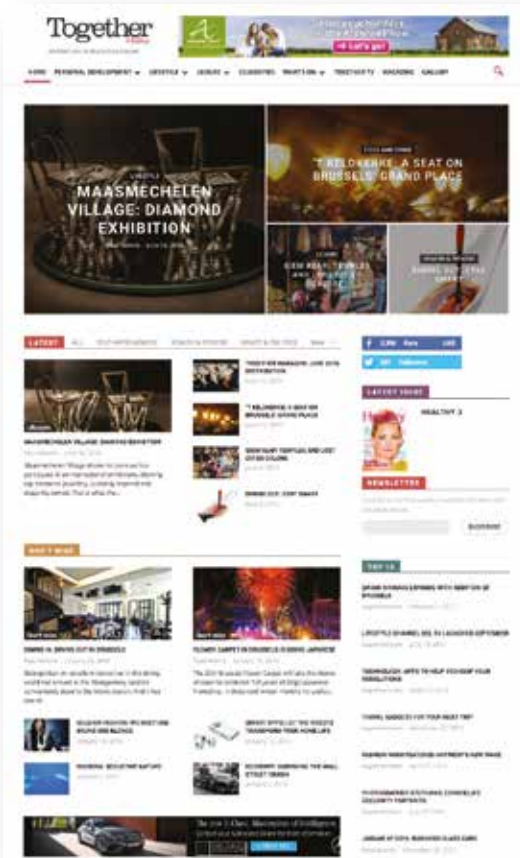
Angelina knew. Or at least the director of *Tomb Raider* did. When looking for a truly magical setting for the movie, the ruins at Angkor Thom were a perfect fit. The odds of finding a rather attractive heiress in tight fitting shorts and two large calibre handguns tied to her legs are rather slim. On the other hand, it is almost certain you will be amazed by the templates and ruins of Siem Reap.

Augmented reality: The future is now

I'm going to tell you why augmented reality is no longer the stuff of big-budget sci-fi but very much the next big thing. I suppose a good place to start would be to tell you what it is. I'll bet many of you have seen the films *Minority Report* and *Iron Man*, so I'll go with those as a base. When Tony Stark straps on the metal suit, his helmet feeds him all sorts of information about his surroundings in real time, aided by a computer.

Belgian fashion: Doriane Van Overeem

In the two and a half years since she's launched her business, she has changed into a more subdued version of herself – now she wears a black biker jacket over an eggshell yellow cashmere turtleneck, and the two streaks of dyed blue hair are blond. Though more reserved than expected, there is a warm effervescence in her big brown eyes, and the initial air of wariness transforms to reveal her as a humble young woman with a tenacious, down-to-earth nature.



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Starring in Belgium



Youngblood Brass band

This ten-member American band (formed in 2000 in Madison, Wisconsin) has now developed into a socially engaged and very much sought-after party institute. Or, as we read in their bio, it: *'flouts convention in an ecstatic, raucous, incendiary fashion... a punked-out hip-hop behemoth of groove and purpose... crash course in genre-bending...'* **23 September.** Ancienne Belgique. Tickets: **€20** www.abconcerts.be



Mitski

This 25-year-old Japanese-born Brooklyn-resident singer-songwriter releases her fourth album *Puberty 2* now, just prior to the summer. The advance single *Your Best American Girl* was instantly bombarded to 'Best New Track' by Pitchfork; **28 September.** Ancienne Belgique. Tickets: **€15** www.abconcerts.be



MOTHXR

This four-piece was formed in Brooklyn, NY, though the music is made wherever they meet. The band's debut album, *Centerfold*, came out in early 2016. The spontaneous quartet recorded five songs in five days before taking a breath to see that they had, in fact, started a band. **12 September.** Rotonde, Botanique. Tickets: **€19** www.botanique.be



Lucy Rose

Lucy Rose is a twenty-six-year-old English singer-songwriter from Warwickshire. Her debut album, *Like I Used To*, was released in September 2012. Lucy Rose released her second album *Work It Out* in 2015 on Columbia Records. She is pretty well-known to fans of the Bota – this is her fifth visit. **30 September.** Orangerie, Botanique. Tickets: **€16** www.botanique.be



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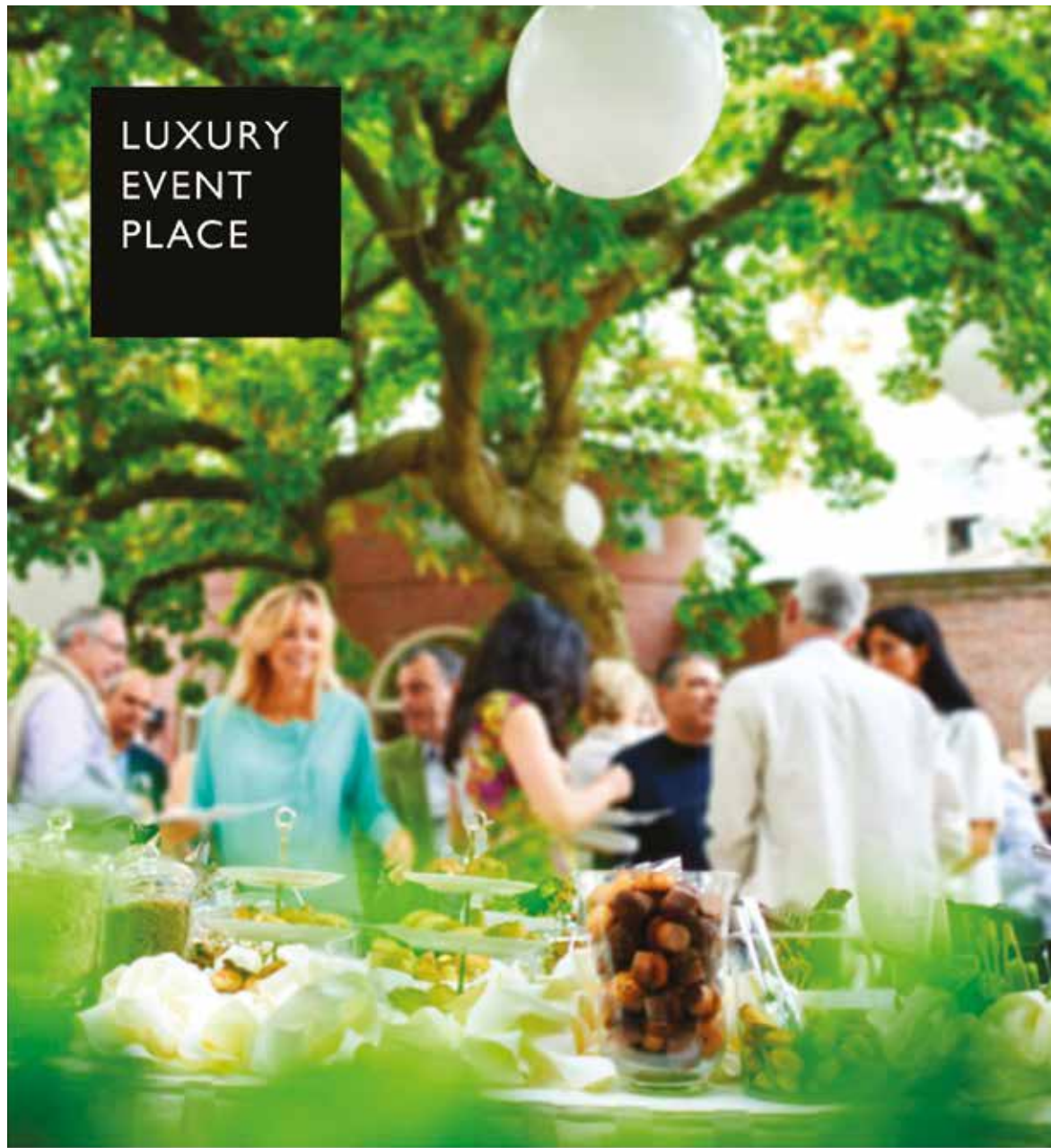
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CHARITY

The Olaf Thon Foundation

James Drew highlights a foundation that has a penchant for the natural sciences

Renowned property developer and philanthropist Olaf Thon, the founder of the Olav Thon Foundation, was born in 1923 on the Thon farm in Hallingdal, Norway. From helping out on a daily basis with tasks around the farm, he became extremely interested in trade from a very young age. When he was eight years old, he ordered Christmas cards from Utstyrmagasinet, a mail-order catalogue based in Oslo, and went around the village selling them.


As a young teenager, he began to buy and sell leather. As educational opportunities had become hard to come by because of World War II, he increased his trading activities instead. He became the owner and manager of a fur shop in Majorstuen in Oslo – Volvat Pels – at just 18 years of age. After the war, he also travelled abroad and traded wholesale. He accrued funds that he invested in real estate, which he soon found to be a lasting and solid investment. As a property developer, Olaf Thon built up an extensive portfolio over the years. He started with apartment buildings and shopping centres, and later invested in hotels. In 2013 – when a significant share of his capital was transferred to the Olav Thon Foundation – he owned around 70 shopping

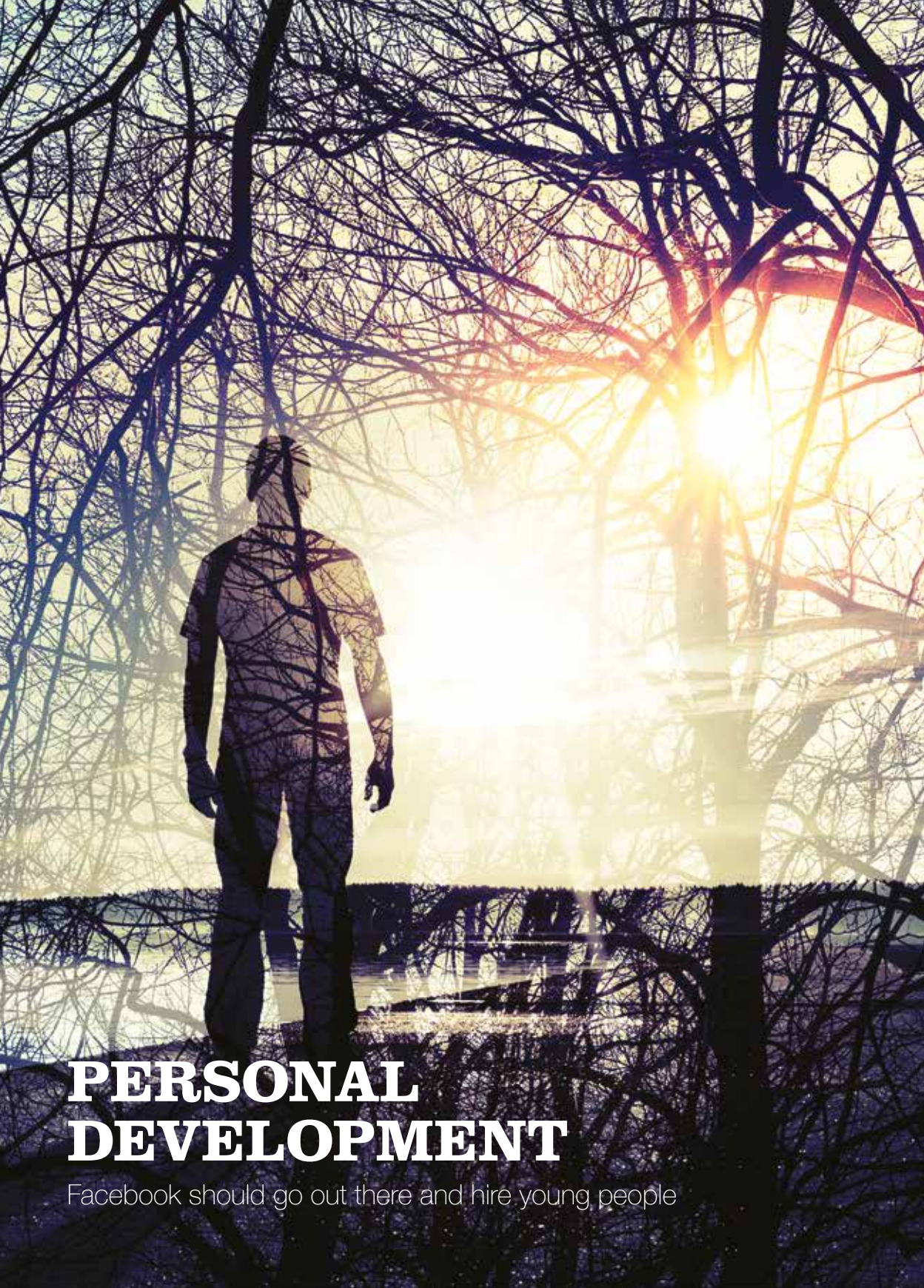


centres and a similar number of hotels, both in Norway and abroad.

And so the Olav Thon Foundation came into being, with Thon transferring the majority of his assets – shares in Olav Thon Gruppen AS, worth NOK 25 billion (€2.7 billion) – to the foundation. The primary purpose of the foundation is to conduct the business activities of the Olav Thon Group and underlying companies in accordance with the main business management principles adopted by Olaf Thon. Of the foundation's profits, up to NOK 50 million (€5.3

million) – sometimes as much as NOK 100 million (€10.6 million) – may be awarded to charitable causes, mainly relating to research within the natural sciences, as defined in the foundation's articles of association.

The Olav Thon Foundation awarded its first research prizes and grants on 5 March 2015, and future awards will be made at around the same time each year. The prizes are awarded at a ceremony in the University of Oslo Aula, with a subsequent gala dinner at the Hotel Bristol to honour the winners. Other funding for purposes within the foundation's specified areas is awarded more informally throughout the course of the year. 



PERSONAL DEVELOPMENT

Facebook should go out there and hire young people

Keep fit on holiday

Paul Morris spoke with Orsolya Nagyistok, Personal trainer, Pilates and BodyART instructor at Aspria, to find out how best to keep fit on holiday



Is one of the main reasons to carry on training the fact that we come back from holiday not just fit but mentally sharp?

When we come back from holiday there is nothing worse than facing the fact that it is time to start a self-punishing regime. We have to start working again, and usually we are returning from sunshine to different weather conditions, which is a shock for most of us. When this shock is accompanied by five extra kilos to lose, returning to reality is even harsher. All this together can be a source of holiday blues. To avoid this, it is better to simply maintain an easy way of exercising. We transition back to our working life more smoothly if we maintain some regularity during the holiday. It is also a great emotional help. Sometimes we need a little mental strength to think of exercising during a holiday, but it is worth overcoming laziness to avoid major regrets on returning.

Should we stick to the same exercises, the training we do in the gym?

Unfortunately it is challenging to have an effective workout while travelling. While many hotels offer their own fitness centres for their guests, sometimes this option is not available and we have difficulties finding a fitness centre nearby and adapting our holiday, or business trip schedule, to the opening hours of the facility. Due to this irregularity, we usually cannot stick to our regular gym exercises. In addition, the lack of know-how is often also an obstacle. In reality, all we need for an effective training is ourselves. Body weight exercises engage many muscles and help sculpt multiple areas simultaneously. Instead of using machines, what we can do while we travel is to have a full-body workout with nothing but the resistance of our body. The best thing we can do is to keep it simple and perform exercises based on different variations of planks, lunges, squats and pushups.

“ ALL WE NEED FOR AN EFFECTIVE TRAINING IS OURSELVES ”



Why is it advantageous to go to a trainer to set up a traveller or holiday exercise plan?

Of course, as with any exercise routine it is better to set up a 'traveler training plan' with a trainer. They can check that the exercises are well executed and your alignment is well-maintained. It is also important to know the different modifications of the exercises to progress and regress a certain training routine to make it accessible and have ideas for changing it. Almost always there are physical problems. It is really rare to find an individual who is completely free of injury or pain. Often one of the exercises suggested will trigger pain. It does not mean they are not working well, but it does mean that we need to regress and modify them in a way that works for the individual, while staying simple and easy to execute. The general experience is that people lose their motivation to perform too complex exercise routines on their own. They stick with time-efficient and simple exercises.

I have many clients who ask me what they could do when they are on holiday or on a business trip. This is something they really need due to their lifestyle – they are always

travelling, and they have very little time to take care of themselves. They need something easily accessible, quick and efficient, otherwise they will simply stop exercising and come back from their time out with great regrets about all the ice cream, beer and cocktails consumed.

So does that mean that everyone should perform the same exercises?

No. The modifications of the exercises can vary from person to person, just as the way we schedule the exercise can change depending on the person's objectives, age, posture and injuries. I like to give a guideline to people on how to carry on exercising, but exactly the same routine cannot work for everyone. There are always specific individual needs. A collection of simple exercises is a good way to start, but again: the help of a trained professional is a big advantage even if it can be only occasional to check the posture, the alignment of exercises and change the plans from time to time.

Are there exercises I could do in a hotel room?

Yes, the body weight exercises are not only ideal for going to the beach but also they work well in a hotel room. ❶

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PERSONAL
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Nutrition

Healthy summer tips

Our nutrition expert **Sophie Bruno**
helps you enjoy your food... and
your holiday



At this time of year, it is natural to become more body conscious, as we want to ensure that our figures are in top condition for when we hit the beach and to be geared up for revealing some more skin in light, summer clothing. And so nutrition is once again in the spotlight, with a vast array of spurious, hyped-up diets being marketed, making exaggerated promises regarding short-term weight-loss results.

Also, we are faced with the apparent contradiction that once we have reached our bikini body goals, the challenge of sustaining the efforts with the reality of a holiday sets in, where your ultimate

aspiration will be to relax, in a stress-free environment and, of course, explore and indulge in local cuisine.

Food is synonymous with pleasure, happiness, wellbeing and enjoyment. How can all these aspects be reconciled so you feel good, look great and are still able to enjoy your holidays guilt-free? Holidays should not be about turning situations that should be fun into stressful, internal battles of will.

Read on for practical holiday eating tips that will help you feel in control during your holidays.

Psychological considerations

Approach holiday meals like any other meals. If you regard holiday meals as different, this will inevitably result in altered eating habits and losing sight of internal physiological cues such as hunger and fullness. It is important to remain mindful during this period, which will enable you to eat delicious, satisfying food all year round.

Nothing is off limits

If a food is off-limits it becomes more desirable. If guilt and denial are involved, you will most probably end up eating the food or feeling miserable. Give yourself the permission to view food as enjoyable and tasteful, and try to limit entering the downward spiral of guilt complexes; this will only establish an unhealthy relationship with food.

Assess which indulgences are really worth it and remain mindful

Always ask yourself whether the food or drink that you are considering enjoying will be really worth it. This does not at all mean allowing guilt to enter into the equation or that one has to assess options based on calories. Rather, you have to question yourself whether you want to eat/drink the food because you will really enjoy it and it will enhance the experience you are having. Often we indulge not because we really want to, but because we are on autopilot or need a distraction. It is easy to fall into the trap of mindlessly eating and drinking.

Indulging in food is one of life's greatest

pleasures, but make sure what you are about to have is actually something you enjoy, and that you are not simply having it out of boredom, distraction or feeling uncomfortable.

Stop when you are satisfied, not stuffed

Eat slowly, chew your food and take frequent pauses. Check in with yourself. How are you feeling? Do you want more? Are you just having more because it is there? Is your stomach starting to get full? Are you thirsty for water versus another cocktail? Embrace mindful eating and stay present during your eating experience. Notice the nuances in taste and tune into your intuitive signals of hunger and fullness.

Nutritional considerations

Keep up the five portions of fruit and vegetables a day target, as they are low in fat and calories, yet will ensure you are satiated for longer due to the rich fibre content. Fruit and vegetables will also help to hydrate you in the summer period.

Top summer fruits

Blueberries, raspberries and strawberries are packed with antioxidants. Phytochemicals present in these fruits deliver anti-inflammatory and anti-cancer effects, which can help reduce the incidence of chronic diseases.

Cherries are also an excellent choice as they are rich in Vitamin C and filling fibre. Surprisingly, they are very sweet compared to the number of calories they contain. There are only 50 calories in 10 good-sized cherries.

Watermelon is the quintessential summer fruit. Did you know that watermelon contains a significant amount of beta-carotene, and it has a lot of iron for a fruit? Watermelon is a rich source of the phytochemical lycopene, which is associated with reduced risk of cardiovascular disease and cancer.

Never skip meals

It has been shown that people who have regular meals are able to control appetite better and manage their weight in the long term. Establish a holiday routine and structure.



“ FOOD IS SYNONYMOUS WITH PLEASURE ”



Healthy snacks can help you

If you find you are hungry between meals try fresh fruit, low-fat fruit yoghurts, wholegrain crackers, chopped salad, vegetables served with low fat yoghurt dip, low fat hummus or cottage cheese. Keep your consumption of high-fat and sugar snacks under control and consume in moderation.

Portion is key

While it is important to eat a well balanced, nutritious diet, if you fail to keep your portions under control you may struggle to lose weight. Keep a check on your portion sizes and make sure they are not overly abundant. Avoid the 'empty plate' syndrome: stop as soon as you are full and remind yourself there is no need to finish what is on the plate.

Cut back on liquid calories

Alcohol, cocktails and sugary drinks quickly add up and make all the difference between losing weight or not. Keep these habits in check and moderate the amount you have. Drink plenty of water to ensure you are hydrated – aim for eight glasses of water per day.

Be balanced

Avoid at all costs going down the route of fad diets, where whole food groups are cut out in a bid to lose weight. This is excessive and unnecessary, and may ultimately put you at risk of nutritional deficiencies. Your body requires a balance of nutrients to stay healthy.

So stay vigilant and eat properly. Happy holidays! 🍷



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Embarrassing parents

Gemma Rose says they can make our life a misery, and yet so much more entertaining



One of my favourite comedies is *Modern Family*, an American sitcom based around three middle-class families who are part of a larger clan. At the head of the family is Jay, a businessman in his 60s with his beautiful and half-his-age wife Gloria and her son Manny. Then there is Jay’s daughter Claire, married to Phil, with their three kids. Finally, there’s Jay’s son Mitchell, married to Cameron, with their adopted Vietnamese child, Lily.

The show has been a big hit for many years now, partly due to its mockumentary style format (think *The Office*), which gives the audience a more personal, closer inspection into the functionality and dysfunctionality of these families. Another reason is that it remains true to the hilarity of having parents, namely

those occasions when your parents are just really embarrassing.

There is one scene where Claire and Phil are helping their eldest daughter, Haley, unpack in her dormitory on her first day at university. Phil enters the room, Haley is not there. Upon seeing a slim, blond woman from the back, he thinks that she’s Claire. He then proceeds to caress her arse.

The woman turns out to be Haley’s roommate. Enter immediately the roommate’s father, Claire and Haley, and chaos ensues. Whilst trying to clear up the misunderstanding, Claire accidentally knocks over Haley’s handbag, with its contents spilling out onto the floor. The contents are mostly condoms, which Claire had secretly stuffed in so that Haley could

have a safe but good time at University, just like her. Haley is rightfully mortified at the whole fiasco and tells her parents to leave.

Embarrassing parents are also pivotal to some of the best children's stories. Who can forget Sue Townsend's *The Secret Diary of Adrian Mole, Aged 13¾*, who regularly accounts his parents' cringe-worthy behaviour? As he astutely points out, parents ought to be "not seen or heard". How about the many embarrassing parents in *Charlie and the Chocolate Factory*, like Mr. and Mrs. Salt, who overindulge their daughter Veruca to such an extent that she becomes a monster?

As in childhood, adolescence and young adulthood, parents never stop being embarrassing. In my family, it's most probably my Dad who holds the throne. Due to living about 8,000 miles away, my parents – until last week – missed my choir concerts. This year they made a tremendous effort to come, even with the national strike causing disturbance to their travel. The concert was set in a beautiful, ornate hall and the audience tended to be some of Brussels' most sophisticated choral fans. My choir conductor is brilliant, but with brilliance comes great demands of concentration and focus from both his chorus and his audience. To make matters worse, our set was mostly *a capella*, with the audience forbidden to clap between songs.

So imagine my absolute horror when my Dad, seated in the front row, so proud of his 33-year-old daughter and having not yet mastered the silent mode of his phone, starts taking photos of me during the quiet bits of the songs: click... flash... click... flash. Then comes the unwrapping of a bonbon because he has a bit of a tickly cough: scccchh... scccchh. Unfortunately, the sweet doesn't quite hit the spot so he then has trouble controlling his coughing fit: splutter... splutter.

Whilst all of this is going on, I start blushing and find it hard to suppress giggles out of sheer mortification. My Mum, who is sitting next to him, slants her head down in shame, covering her side profile with her hand to block him from her view. My choir conductor is getting increasingly infuriated by this old man. Later in the programme, my Dad manages to move to the back of the hall, only for me to hear him snoring in between songs, which he later apologizes for.

A Chinese proverb says: "Govern a family as you would cook a small fish." Perhaps in my younger and jumpier days, I would have gotten extremely worked up by my Dad's behaviour and resented him for it. Last week, even though I was mortified, I just took it all in my stride. Today, I have a good old chuckle about it.

Parents do have their moments, but if their faults lie in being embarrassing then life could be a lot worse. Harry Potter's friend Ron Weasley may get infuriated by his Mum sometimes, but Harry would choose the Weasleys over the ghastly Dursleys any day. I have come to understand and appreciate my family's quirks

and as the proverb recommends, the best way to treat your family is with care.

As I finished this column, Father's Day was almost upon us. Happy Father's Day, Dad. ❶

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The cycles of Druidism

Sarbani Sen's natural curiosity took her to a very unusual coaching session



A couple of weeks ago, my interests took me to a special coaching session a friend of mine had invited me to – with a druid. I was very excited to meet the man. I imagined an old bearded wizard, with a long hat and funny leather shoes, and he would receive me in a kind of hidden cave. Instead, I met a middle-aged gentleman, with very peaceful features and a soft, soothing

voice. He was wearing normal clothes and even had a daytime job that kept him quite busy at times. I was rather amused by the modern premises in which he received me: his office, or rather his sacred temple or altar, was a very eclectic one, full of symbols and beautiful objects from another place and time, such as a sword, a dagger, some important books, water, tea pots and mugs, some self-

made brooms, as well as feathers and some 'gui' hanging above the entrance door.

I did not really know why I was going to see him, except for my powerful curiosity to see his technique. After we introduced ourselves, the session started and he asked me to pick four cards from a tarot set he had designed himself. They were very interesting cards as they all carried druidic symbols on them: elements linked to nature, earth, wind, fire, and in my lucky case, even some water, as I am a very balanced person. My hand showed some interestingly repetitive features such as a sword on every single one of those cards! Obviously something symbolic was at stake here, and it took us the whole session to work on this issue.

His speech soon revealed the sense of my hand, why those cards had appeared and what they meant to me, in the cycle of my life.

Druidism is all about cycles and the natural course of things. Druids believe that life, as much as nature, is cyclical and that everything in life is to be considered in a cycle. Every summer will bring its own surprises and every winter will let some others go... That is why, even nowadays, druids still celebrate the seasons' changes and the solstices.

The first festival celebrated worldwide by the Druids is Samhain (full moon of November). Samhain belongs neither to the year ending, nor the new year – it is a fundamental party. As such, it used to be a very symbolic date to start new projects, or wars in Irish mythology for example.

Winter Solstice (21 December) is the moment when the Earth is farthest from the sun, when the night is longest. This festival marks the beginning of the triumph of light over darkness. Christians, imitating the cult of Mithra, chose to give birth to Christ that night.

Imbolc (full moon of February) is a festivity that survives today as Candlemas (also known

as Chandeleur in Belgium and Lichtmess in German tradition).

At the Spring Equinox (21 March) we celebrate the awakening of nature. The sap rises in the trees, the animals mate, men also feel the spring revival. A cycle starts. It is oriented towards material realization. The cosmic forces are working on material plans.

Beltane (May full moon) was the flower festival, but mostly it was about fire. This celebration heralded the coming of summer. Druids held this as a symbol uniting the sun and fire. They saw themselves as masters of the fire. It was the priestly party. Beltane is the exaltation of fire.

Summer Solstice (21 June): The Aryan influences in Gaule are known to us by remnants and monuments. The persistence of certain practices demonstrates the importance

we gave them. One of the most authentic and oldest practices became the festival of the lights of St. John, still very much celebrated worldwide even in rural Belgium.

Lugnasad (full moon of August) was the feast in honour of Lug. The church assimilated

it to Lucifer and forbade it. Lugnasad was characterized by fairs and economic exchanges, the settlement of political issues, weddings (temporary or permanent), games and races, horses and women, hearing poets and musicians, or a military truce – with the mandatory participation of all social classes. Far from fading, the celebration carried on by strengthening its peaceful and humanitarian values.

Autumn Equinox (21 September): During the six-month cycle, cosmic forces favour the withdrawal of materiality in favour of the spiritual. Nature itself shows that withdrawal. Man takes this opportunity to seek knowledge, develop intuition, preparing to meditate on what he has done in recent months and reflecting on what he will do next.

**“ SOMETHING
SYMBOLIC
WAS AT
STAKE HERE ”**



In Belgium, Durbuy has a mystical forest with Druidic ruins, and the UK has sites such as Stonehenge. These celebrations still occur and the druids dress up and gather in their own circle of elected people and execute their natural worship to heal the planet and keep the sacred link with nature. It is a long road of apprenticeship (like for the Free-Masons) where you start at a lower level of apprenticeship and climb the stairs of authority as you gain knowledge and experience.

In today's world we talk of 'neo-druidism' because the rituals and the way they are executed have evolved. Some believe that all these pagan feasts ritualized by Neo-Druidism are still somewhere inside our collective unconsciousness. They all belong to the collective 'egregore'. The collective 'thoughtform', or autonomous psychic entity made up of and influencing the thoughts of a group of people, our people, the Indo-europeans. This egregore refers to our ancient animist culture, before the Christian Age, when humans were closer to nature, and connected to the reality underlying nature, a wakeup call to go back to something bigger than us that holds our secrets and explains our fears.

Today, we are all connected through an electrical web (the internet), where we

hang onto our phones all day and talk with computers, but do we still connect with our intuition? Do we still have mind connections or serendipity? Do we still have time to walk in the forest and listen to the trees? Walk amongst the wilderness and communicate with nature? Float in the midst of flowers and enjoy the simple fact of being? Just being here, now. Druidism brings us back to all of that. So does yoga, so does dance, so does any root activity that brings our heartbeat up to speed and brings us joy.

Joy and love are the solution to all our problems. If we could just listen to the silence, listen to what our hearts know and are telling us, without using words, then we can awaken to the Druids in us, awaken to our own knowledge, find the healer in us. We don't need help, we are all our own healers, we know exactly what we need. We are just being pathetic and scared of speaking up in our own individuality, because we are dying to fit in instead of exposing who we really are, the contribution to the All. The Druids, the Shamans, the Tantrics and even the very good coaches will tell you: YOU KNOW, don't be pathetic, be 100% to the fullest of yourself otherwise you are stealing us from the pleasure to have YOU with us. 🙏

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Technology

Summer gadgets: Trips 'n tricks

Our tech guy **Colin Moors** looks at the many items of technology that can make your holiday better

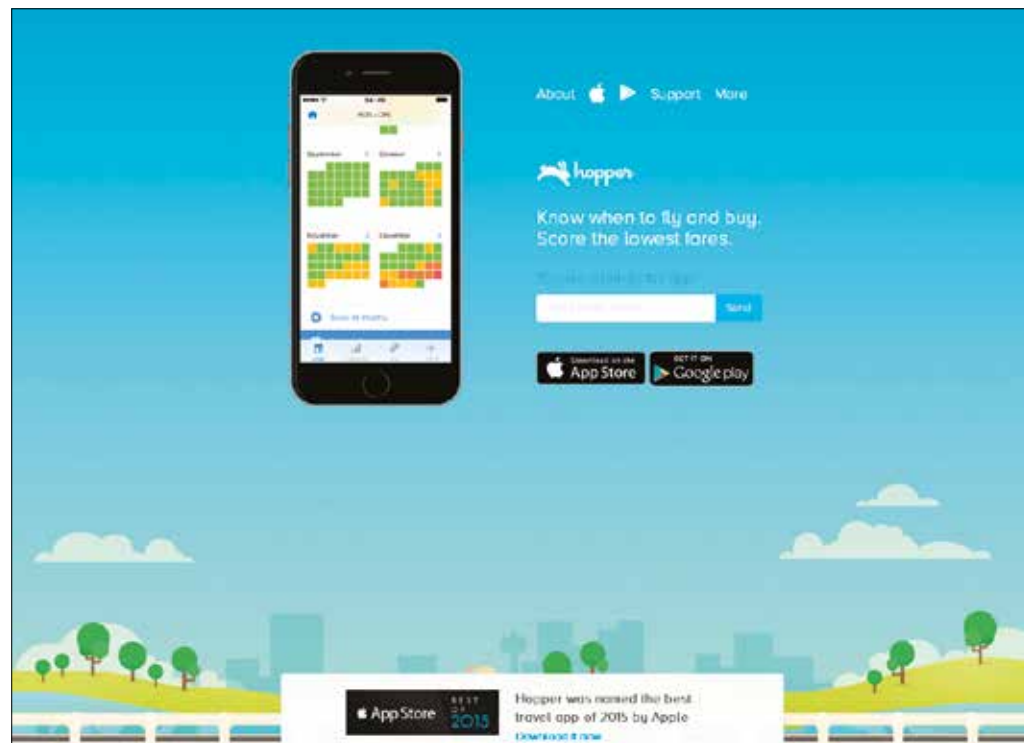


Despite the weather claiming otherwise, summer is almost upon us once more. With the usual exodus comes the need to gain at least a fun, if not competitive edge to the serious business of getting to wherever it is you happen to be going. If you're flying out of Brussels, I guess the sage advice would be: turn up early, keep calm and make sure all your electrical devices are charged up to the hilt. It's getting better, but it can still be a bumpy ride getting to the aeroplane.

Speaking of which, before you hit the airport, you'll be needing a ticket – but where to get the cheapest one? I am a long-time user of Skyscanner (www.skyscanner.com) but have recently been interested by the somewhat understated Google Flights (www.google.com/flights).

You don't need to tell Google where you are, Google knows all. If this makes you feel a bit creepy, you could try my new favourite travel toy – Hopper. Hopper has a web site (www.hopper.com), but all that does is text you a link to download it from the Apple or Android store. Windows Phone? Sorry.

The Hopper app works in a similar way to all others – give it a date, a point of departure and a destination and it'll find you the best price. Top tip: try splitting the journey into two single tickets, it can be cheaper, unlikely as it may seem. Once you have seen the price, you can buy on the spot, or set an alert. Hopper will notify if it finds a cheaper flight and, more usefully, tracks market trends to estimate whether the price is likely to rise or fall in the



“ YES, THAT’S
RIGHT, A KICK
SCOOTER ”



coming weeks. A bit like a Dutch auction but with the extra added frisson that you could pay €400 for a ticket and then watch the price crash through the floor. Of course, you could also pay the same and watch it hit a thousand in the same time frame. Feeling lucky?

OK, tickets in hand, you arrive at the airport. What are the must-haves this year? Well, you’re going to need something to put your stuff in, aren’t you? One thing to try might be a British invention (or perhaps ‘reinvention’ would be a better description) – Jumi (www.myjumi.co.uk). Jumi is a ground-up redesign of cabin-approved luggage. Its modular design means you could, for example, have everything standing up on interior shelves, ready to be opened on reaching your destination. A removable top compartment means no more fishing in your cabin bag for that pesky bottle of stray liquid. Still queueing for the pat-down and 20 questions? Sit on it. The case has wheels and is designed to support up to 100 kg in weight. The advertising blurb imagines you could use it to wheel yourself around in, but I’ve seen the video and it looks ungainly at best.

When you really need to travel in style and carve your own path through the airport jungle, you could use a Slovenian friend like Olaf (www.olaf-scooter.com). The Olaf comes in two models, the Urban and the Business varieties. The business version provides an airline-approved suitcase, a trolley and a three-wheeled kick scooter. Yes, that’s right, a kick scooter. The urban variety comprises a backpack, trolley, scooter – and a skateboard. You may think the guy in the Versace with a case that has a built-in scooter looks a bit of a nerd, but who’s going to be laughing when they change your gate to number 101 and you’re at gate 3? Versace man will arrive there in style. For the kitschy among you, yes – of course you can get a wicker basket for the front.

So far, so good. You have negotiated the airport and your luggage has arrived in one piece. You’ve just cleared the visa check in Shanghai and, suddenly, someone comes up to you gesticulating wildly and looking perplexed. The trouble is, you speak no Mandarin. You get your phone out – no connection. What to do? What you need here is an interesting device with a little name - ili (jamili.com). Currently in development but “arriving Summer 2016”, ili is a wearable device not much bigger than a box of matches, meaning you can wear it like a pendant, or attach it to a lapel. You speak English to the person and they speak Mandarin to you. The device receives and translates both ways, bringing down the Tower of Babel once and for all. Current versions do translations between English, Chinese (uncertain which dialects at the moment) and Japanese. More languages are in the pipeline. The real selling point is that it requires no internet connection to operate, so it’s ready to go whenever you are.

“ AN INTERESTING DEVICE WITH A LITTLE NAME - ILI ”

Certainly not new but once you travel with these things, you won’t be able to imagine a time when you didn’t. My essential kit always includes a power bank for your phone or camera, an e-book reader – I use a Kindle – and something I find extremely useful, a converter for the headphone sockets on long-haul flights. Armed with one of these you can use your own comfy headphones instead of the rubbish plastic ones the airlines give you. Economy or not, this €5 gadget provides a real upgrade to your flying experience. Last but not least, if you’re an EU citizen holidaying in the EU, Norway or Iceland, don’t forget your European Health Insurance Card. You never know. Safe travels. ●

Elon Musk: Star gazing

Paul Morris looks at a man who is responsible for the Tesla, PayPal and, quite possibly, our future life on Mars

South African-born Canadian-American business magnate, engineer and inventor Elon Reeve Musk is the founder, CEO and CTO of SpaceX, co-founder, CEO and product architect of Tesla Motors, co-founder and chairman of SolarCity, co-chairman of OpenAI, co-founder of Zip2 and co-founder of PayPal. So no slouch then, which is why he has an estimated net worth of US\$12.7 billion, making him the 83rd wealthiest person in the world.

Musk has stated that the goals of SolarCity, Tesla Motors, and SpaceX "revolve around changing the world and humanity by reducing global warming through sustainable energy production and consumption, and reducing the risk of human extinction". He intends to go about this by "making life multiplanetary by setting up a human colony on Mars". And how does Musk imagine we would get there? He has envisioned a high-speed transportation system known as the Hyperloop, and has proposed a VTOL supersonic jet aircraft with electric fan propulsion, known as the Musk electric jet.

Some people have this kind of visionary thinking, but the Wright Brothers were jeered at their plans for taking to the skies, as was English inventor Hubert Cecil Booth who, in 1901, spoke of a motorized device that uses an air pump to create a partial vacuum to suck up dust. Hot air? Short of cash, he sold the patent to one William Henry Hoover and the rest, as they say, is history and cleaner, fresher households.



**“ IF YOU GET UP IN
THE MORNING AND
THINK THE FUTURE
IS GOING TO BE
BETTER, IT IS A
BRIGHT DAY.
OTHERWISE, IT’S
NOT ”**

Photo © Steve Jurvetson



Musk reminds me of Richard Branson, someone who has made a few fortunes in his time but is looking beyond the earthly airlines and trains and is, instead, keeping a weather eye on the stars and beyond. With US\$100 million of his early fortune, Musk founded Space Exploration Technologies (SpaceX) in June 2002. Musk is chief executive officer (CEO) and chief technology officer (CTO) of the Hawthorne, California-based company. SpaceX develops and manufactures space launch vehicles with a focus on advancing the state of rocket technology.

No less a statesman than Barack Obama popped by for a tour of SpaceX's rocket processing facility. Perhaps the biggest key to success is that there are simply no limits to your imagination and the things that inspire you. This man with visions of Mars started early – he taught himself computer programming and at the age of 12, sold the code for a BASIC-based video game he

created called Blastar to a magazine called PC and Office Technology for approximately US\$500. A web version of the game is still available online.

So what drives him – apart from the severe bullying he suffered at school, including a terrible incident where he was thrown down a flight of stairs? He clearly hasn't allowed such events to stop him thinking clearly: "Some people don't like change, but you need to embrace change if the alternative is disaster," he says. "When something is important enough, you do it even if the odds are not in your favour."

He believes firmly in positive thinking: "If you get up in the morning and think the future is going to be better, it is a bright day. Otherwise, it's not." Like many modern CEOs of big companies, he is not shy about knocking their practices. He believes: "The problem is that at a lot of big companies, process becomes a



substitute for thinking. You're encouraged to behave like a little gear in a complex machine. Frankly, it allows you to keep people who aren't that smart, who aren't that creative. I think it's very important to have a feedback loop, where you're constantly thinking about what you've done and how you could be doing it better. I think that's the single best piece of advice: constantly think about how you could be doing things better and questioning yourself."

But perhaps one of his bluntest nuggets of advice to new entrepreneurs is: "Any product that needs a manual to work is broken."

There is a powerful metaphor in there somewhere. ❶

**“ THERE ARE NO
LIMITS TO YOUR
IMAGINATION ”**



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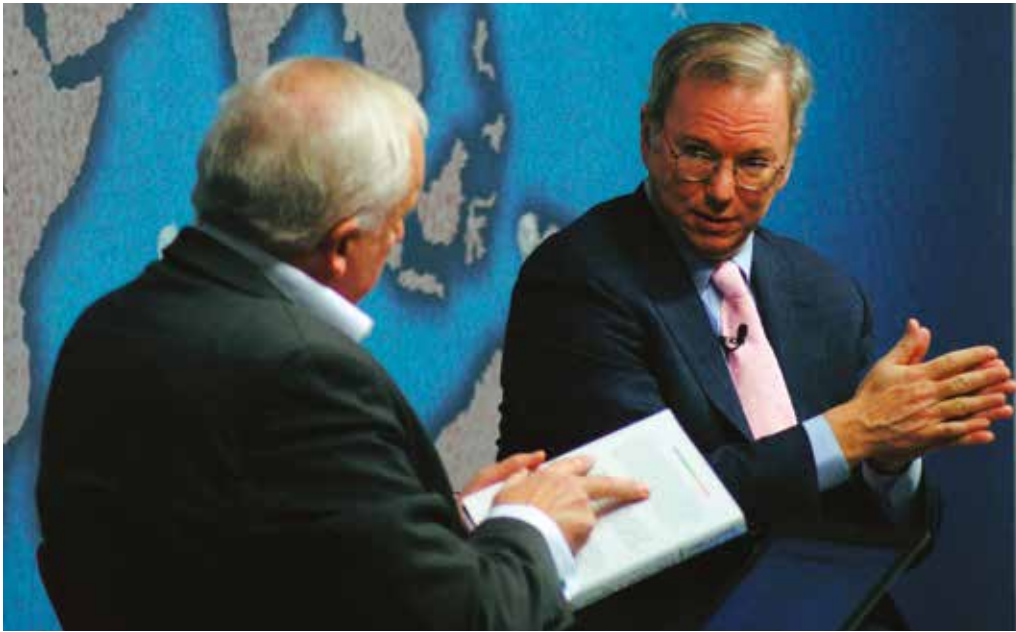
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A E R O G T

Facebook: Mind the age gap!

Following a statement by Mark Zuckerberg, **Dave Deruytter** wonders what to do with your 'older' employee population

Photo © Chatham House



The Facebook CEO is said to have told his Chief HR that Facebook has a big problem: its average employee age is 28 years old. Facebook should go out there and hire young people!

If the average employee age of a company is 28 years old, then probably most of its employees are between 20 and 36 years old. That is also the typical age bracket for a professional top athlete, a soccer player for example. As not all professional soccer players find an interesting occupation after their soccer career, the same is probably true for a number of future ex-Facebook employees.

But things do not look that grim. Given that Facebook is still a leading digital high-tech company, many old-school companies, wanting to embrace the digital revolution, will gladly take on a 36-year-old experienced ex-Facebooker. Furthermore, it is obvious that a good number of those 'DIGIs' will start their own company or join a young start-up with potential.

The quote, true or not, still raises eyebrows about potential age discrimination or diversity issues when applying such a strategy, and one wonders how companies will be able



to manage their older workforce. Indeed high-tech companies are, often for good reasons, looking for bright very young guys and girls, while countries continue to increase their retirement age. Some countries are approaching, slowly but surely, the age of 70 for eligibility to take up one's legal pension. That is around twice the age of a 36-year-old. Good luck with the next 34 years of your professional career and thank you for the 16 you spent with us. I agreed that 'from cradle to grave' employment with the same company is not all good. Still, it will take a very flexible mindset to cope with redundancy at the age of 36 because one is 'too old'.

When looking at other top high-tech companies, Google (or Alphabet) has an average employee age of 30 and Apple 32. Not much better but still higher than at Facebook. The Alphabet (Google) figure may be influenced though by the age of Eric Schmidt, the Executive Chairman. Eric Schmidt

is 61 years old today. To keep the Google average employee age at 30-years-old, he would not be compensated by an employee aged -1. A bit tricky at face value, but if you allow for a very open mind, maybe this is an opportunity for a new business segment in HR recruitment: high tech companies to pre-book as-yet-unborn children of bright people. Though not fully comparable, top soccer teams already sometimes 'buy' very young soccer players for their youth teams in the hope they will be the next Messi or Ronaldo at adult age. So it is maybe not that weird an idea after all.

Looking at the age and responsibility of Eric Schmidt it is clear that there is still a future for digital migrants and older digital natives too. Yet, they are more the exception than the rule and a condition is that they keep up with the ever-increasing pace of change.

But leaders are increasingly realizing that the discussion is actually not about the Millennials,

“ IT STILL CAUSED HAVOC WITH EMPLOYEES AND INVESTORS ”



but about the Millennial Spirit of employees. It is not about age, it's about actively embracing the digital revolution. Make sure to train and challenge your employees on the fast-evolving digital world and give them early, constructive feedback.

Millennials should not play with their luck either. It is said that they want more work-life balance, CSR and salary. Given global worker and capital mobility, and the interest of the flexible digital migrants in keeping their jobs, will the Millennials keep on being favoured by companies or will they price themselves out of the market?

A point of attention is the fact that industrial revolutions do not always happen in predictable cycles. Remember the first internet and tech craze at the end of the 90s followed by a deep crash in 2000? The downfall was eventually overcome, but it still caused havoc with employees and investors of many tech companies for quite a few years. The same could happen again. In fact, the risk is high for such a crash when everybody (including your hairdresser) is saying that the sky is the limit for stock prices, and when valuations of new entrants can no longer be calculated since they all plan to make big losses for the foreseeable future. Today on the stock market, we may be still Ok as far as share prices are concerned, but if you look at the valuations of fresh 'would be' start-ups, planning to make a

loss for at least a few years to come, effortless getting many millions of US dollars in private equity, one should be wary.

Notwithstanding, the fact that digital has made, or will make, its entry in almost any industry or service, there still is much more to the world GDP than only digital. Agreed this is often so for the wrong reasons: a lack of good access to the internet in many developing countries or local people still too poor to buy a decent digital device. There are many years of work ahead to make sure that even more people on earth can take part in this technological revolution that is gathering speed.

Finally there are voices that see the human aspect in all this digital craze being in danger because of the 'Any Device Head Down' (ADHD) attitude of many youngsters and other 'DIGIs'. When studying how to put the human back in human capital, or in human resources, it is surely not only a question of personalizing the career and development of employees with big data analysis or by robots you can talk to. The experienced older digital migrants can be very valuable as coaches or consultants to the young. After all, they have seen a few crises before and may add some stability and experience to the bright young teams. Diversity should always win, also on age! ●

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Cleaning up the lobby

Gerry Callaghan tracks a plan to make lobbyist activities more credible



Lobbyists in Brussels have taken the unexpected step of acknowledging the way in which they seek to influence EU decision-making is neither “credible”, nor “robust”.

A joint letter by Transparency International (TI), the Society of European Affairs Professionals (SEAP), the European Public Affairs Consultancies' Association (EPACA), and the Council of Bars and Law Societies of Europe (CCBE), calls on the EU to introduce a mandatory register for those seeking to influence policy.

The letter states: “With signals from within our society suggesting a decreasing trust in the EU

institutions and the European project itself at stake, we simply cannot afford to further delay reforms and go on with business as usual.”

The introduction of a mandatory lobbyists' register would oblige lobbyists to provide details about who they are, what policy they want to influence and how much money they are spending on it. Not all lobbyists have signed up to the current voluntary register, and of those that have many have provided inaccurate or outdated information.

The letter continues: “We see, however, that the misbehaviour of a few can discredit an entire profession. The risk of undue influence and corruption in the political process seriously

undermines the functioning of a democracy.

“Interest representation must be regulated by a robust and credible transparency regime. To achieve this, clear and effective standards for all are needed, complying with due process standards.”

Lobbying has long been a controversial area in Brussels. Last year, for example, a Brussels' watchdog said Commission officials had been hiding meetings with tobacco lobbyists, who, according to Corporate Europe Observatory, were seeking to influence new legislation for their industry.

In February, EU ombudsman Emily O'Reilly said that the Commission had ignored her recommendation to publish online, all details, including the minutes, of meetings with tobacco lobbyists or their representatives. However, from March to June of this year, the Commission took a step forward and held a public consultation on a mandatory system, taking in the views of Brussels' stakeholders.

Daniel Freund, who covers the EU institutions for TI, said: “The only ones blocking it at this point are the politicians.”

The current European Transparency Register was set up in 2011 after the Commission and Parliament agreed to combine their separate registers. However, the two institutions also oversee the register.

Despite the number of registrants increasing year on year, currently standing at around 9,000, with around 1,000 new entries per year, Simone Cuomo, spokesperson at the CCBE, believes the register should be controlled by an independent body and not one that is both the “party and judge”.

He also pointed out that lawyers are often in court against the EU institutions. “You just

won a case and the Commission was an opponent and two weeks later you get a nice letter saying that you are not following the rules in the transparency register. There might be a direct link,” he said.

CCBE, he said, also backs imposing sanctions for those who break the rules, but only if the body is independent. According to a TI report, between December 2014 and June 2015, lobbyists held 4,318 meetings with the Commission, 75% of which involved corporate interests. Microsoft spent the most in 2014/15, €4.5m, and had 17 meetings with decision makers.

Freund said: “Lobbyists realize that the self-regulation approach has failed and support a mandatory system that ensures that the same rules and transparency standards apply to everyone.”

“In the current system, it is often the most transparent that end up in the spotlight – not those that are keeping all their activities hidden.

“In times of declining trust in the EU institutions

it is vital for the EU to remain a leader of transparency, openness and integrity.”

It is hoped a mandatory register would mean lobbyists provide basic information about who they are and what they are trying to influence, as well as adhering to a code of conduct. If lobbyists didn't play by the rules under this system, they would face consequences, such as being banned from future meetings with the Commission.

The European Commission, for its part, is to propose an inter-institutional agreement on a mandatory register sometime near the end of the year. The proposal is to include bringing the European Council, representing member states, into the joint register also. ❶

**“ IT IS VITAL FOR
THE EU TO
REMAIN A
LEADER OF
TRANSPARENCY ”**



LIFESTYLE

Yann Dessauvages inherited a keen eye for art and architecture from his mother

LIFESTYLE

Luxury

Luxury Phones



iPhone 6 Diamond Ecstasy

UK-based, Goldgenie have released one of the most expensive iPhone in the world. iPhone Diamond Ecstasy phones can cost you up to **€2 million**.

The iPhone 6 Diamond Ecstasy range is encased in 24-carat gold and is encrusted with more than 788 VS1 diamonds. But you can even customise your most expensive

iPhone in the world by choosing between gold, rose gold or platinum finishes and you can add different precious stones including rubies, sapphires, tourmalines and coloured diamonds in black, pink and yellow. You can also add a customized laser engraving of whatever you want.



iPhone 24ct Gold Collection

The iPhone has long been a status symbol, and what better way to emphasize that than with a luxurious authentic golden sheen. Not just the regular gold or platinum paint, mind you, but the real thing plated onto the iPhone 6's body. From **€1.8 million**

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LIFESTYLE

Luxury



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iPhone 3G King's Button

The 'home' button is embedded with a high quality 6.6 carat diamond, giving the phone the class it needs to be classified as a luxurious phone. It is made of 18-carat yellow gold, white gold and rose gold. It shows off a white gold line encrusted with 138 perfectly cut, aligned and hand-placed diamonds. **€1.3 million – €1.8 million.**



GoldVish Le Million

Designed by the renowned Emmanuel Gueit and launched in Switzerland, this hand-crafted phone is made of 18 carat white gold installed with 120 carat VS-1 graded diamonds. There were only 100 of these made and are only available on special request. A Russian businessman coughed **up €1 million** for one

Supreme Goldstriker iPhone 3G 32GB

Supreme Goldstriker iPhone 3G comes second to Diamond Rose iPhone on the list of the world's most expensive phones in the world with the cost of **€2.8 million**. This 'goldstriking' phone is also designed by Stuart Hughes. This dazzling phone is coated with 136 F diamonds, 271 grams of 22 carat solid and a 7.1 carat diamond is set on the Home button of the phone to give a luxurious finish. On top of that this expensive phone has rare Kashmir gold and its inner lining is designed with nubuck top-grain animal skin. Truly a masterpiece.



Diamond Rose iPhone 4 32GB

Stuart Hughes, a company that creates expensive and deluxe gadgets have launched the gleaming Diamond Rose iPhone 4 that has gained the title of the most expensive phone in the world, costing more than a whopping **€7 million**. The sides of the phone have been studded with 500 alluring diamonds. The rear side is made using rose gold with the apple logo studded with 53 diamonds. The centre navigation button is made up of a single cut 7.4ct pink diamond.



Diamond Crypto Smartphone

For the wealthy and the paranoid, perhaps? Packed with expensive metal and precious stones, it boasts powerful encryption technology. The Diamond Crypto Smartphone was developed to "provide secure protection of information". The phone is made of solid platinum. The Ancort logo and navigation are 18 carat rose gold with 28 cut diamonds surrounding the navigation key, 25.5 princess cut diamonds decorate the sides of the phone and on top of that there are eight more beautiful diamonds affixed onto the device. This diamond graved phone costs a whopping **€1.15 million**.



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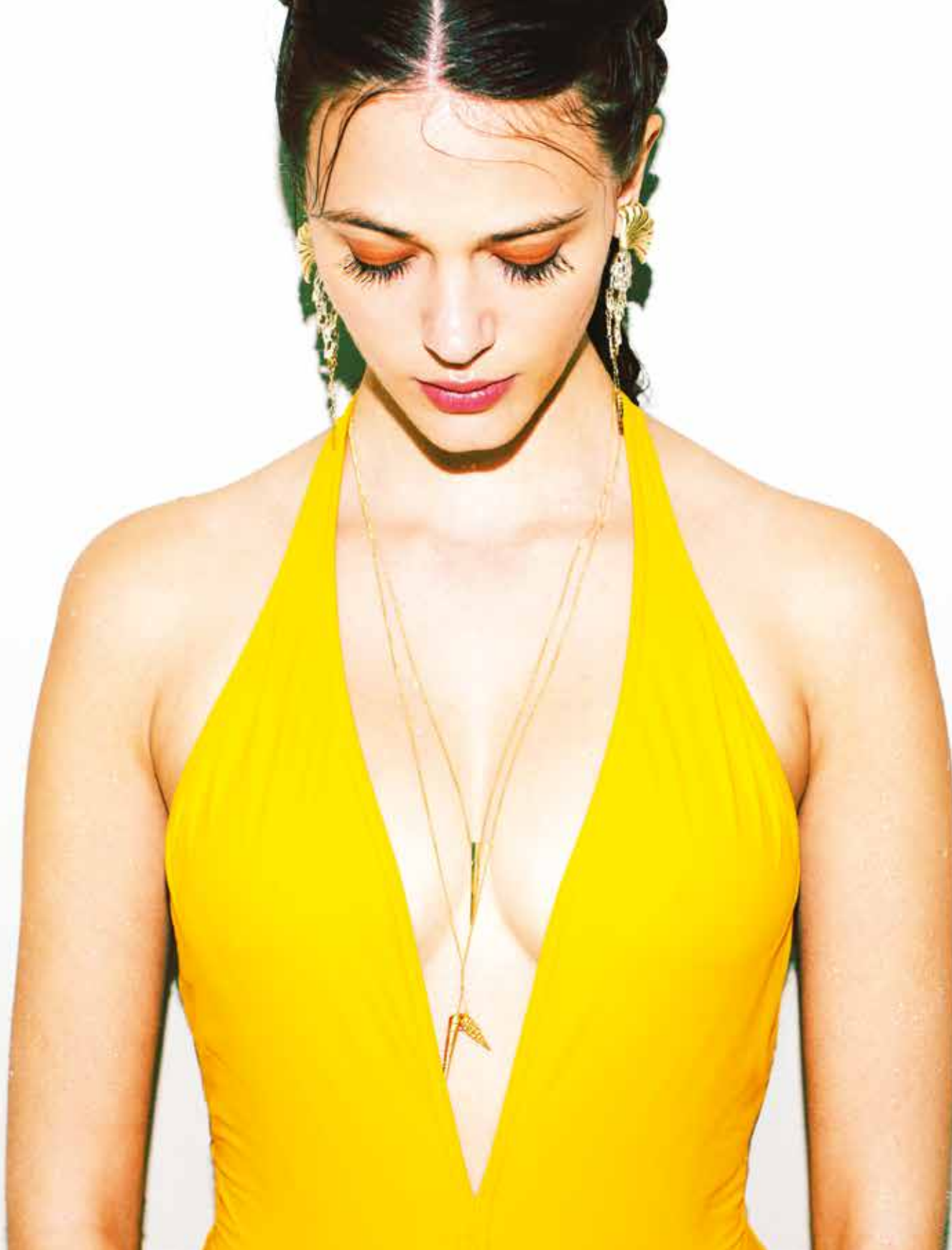
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Art direction: Nicholas Sirot
MU&H: Charlie Magny - charlie.m.make.up@gmail.com
Model: Joy van der eecken @dominiquemodels.com
Special thanks: Aspria Brussels Royal La Rasante
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Swimsuit: Eres
Earring: Wouters & Hendrix
Necklaces: Espèces



Top: American vintage
 Earring left model: "Manhattan" by Maison Leysen
 Earring right model: "Rainbow sapphire" by Céline Daoust
 Ring model: "Flower" and necklace by Maison Leysen



Swimsuit: Eres
 Top: Bas&sh
 Left hand:
 Ring: Freyville
 Ring: Ole Lynggaard Copenhagen
 Right hand:
 Ring/bracelet: Thomas Sabo



Swimsuit: Eres

Earring model “Daria” Messika jewelry

Left hand:

Gold bracelet: Dinh Van

Diamond bracelet: Maison Leysen

Ring model “hedgehog” Boucheron for la Maison du Diamant

Right hand:

Diamond bracelet: Maison Leysen



Swimsuit: Eres
Necklace model "Sunbeam" and ring model "Stella" by Céline Daoust
Yellow ring model "nudo" by Pomellato

Ring: Bigli
Watch: Omega
Bracelet: Freyville
Bracelet: Bron



Earring model "Daisy" Messika jewelry
Dressing gown: Monsieur Maison



Eva Velazquez

Our fashion expert **Jeanie Keogh** tracks down another talented local designer who gives new life... to old clothes

Cross the threshold into Eva Velazquez's store in Ixelles and you enter a time warp. It is no longer 2016 in Brussels, but rather 1920s countryside. The décor says it all – leather suitcases and satchels, typewriters, books made from parchment, mesh bags that people back in the day would use to carry fowl and wild game home from market.

The world of yesteryear Velazquez has lovingly recreated comes from her nostalgia for a time when people worked hard, valued what they had, and were "more in alignment with what was real", she says.

She calls it "slow fashion", a deliberate move away from the fashion calendar and the consumption-driven nature of the business.

Her collection is a mix of old and new. The old is an assortment of second-hand garments she has searched high and low for at flea markets and yard sales in Spain, Britain, France and New York; well-worn clothes that have been through the trenches of the industrial age and tenderly restored to their former glory. Once she has found something she covets – be it a pair of factory coveralls that have been patched many times over, or hand-stitched peasant skirts that have been hemmed up and down and up again – she repairs, washes and irons them to give them yet another life. She even makes her own soap to remove the stains and sources old-fashioned buttons that need replacing.

"We really try to respect the garments and to treat them in such a way so as to be able



to pass them on, like they would have been taken care of at the time. Back then they didn't throw away clothes; they were passed on from generation to generation. Today, you can go into an old house and find these old suitcases or trunks and there is a whole story belonging to a family inside. It was a totally different approach with regard to how to maintain things."

You could call her a fashion historian, keen as she is to tell the story behind the utilitarian function of the clothes she restores.

“ SHE REPAIRS, WASHES AND IRONS THEM TO GIVE THEM YET ANOTHER LIFE ”



"In the olden days, clothing had a use and we've lost the traces of this. And that's what's really important to us, to return to our values and origins. Clothing is an important part of life, wearing clothes is part of being human, it's like food – it's part of the basics, and it's a major part of our identity. With this process, we really wanted to work with clothes from an era when they were used either for work, or for private life inside the home."

She pauses to delicately finger a cotton negligee with elegant lace detailing, pointing out how much effort and care went into making



an undergarment that no one saw, save the woman and her husband.

Alongside her restoration collection, she also has a contemporary line that is inspired from the past. Often, if an old garment she finds while bargain hunting cannot be revived, she reproduces them using vintage material. Or, when there isn't enough of that, she uses surplus fabric from wholesale outlets of the big fashion houses. In the spirit of zero waste fashion, she repurposes old tablecloths and bed sheets, and uses the ends of fabric rolls.



As for her themes: "They are really simple: the 1920s, working with the earth, the different trades. To get the collection going there was of course a lot to do with the country style and I love Charlie Chaplin. I can be inspired by an object or an old book I come across and I'm not sure what I'm going to do with it, but there are stories in it that really speak to me and I want to create things around that. But the world of the past is so vast that it's no longer necessary to go crazy going, 'what am I going to do next.' I don't have to invent anything, it's all there."

Velazquez has come a long way from her fashion beginnings 15 years ago working for Armani, then at concept store I de B (Ingrid de Borchgrave) and later Zadig & Voltaire. Self-taught, she runs the business with her brother, Hugo, who is 17 years her junior and has just graduated from L'Atelier Lannaux fashion school in Brussels. The two are not cut from the same cloth. Where Eva is impassioned by the raw, rough and tumble practicality of clothes for daily working life, Hugo has his



sights set on designing haute couture evening wear in monochrome. His first collection, launched a few months ago, is inspired by contemporary icons and classic Spanish style. But somehow, the two compliment each other. And Eva insists she would not be where she was without him.

Open for under a year on rue Franz Merjay, there is a lot yet to discover about where the business can go, but that is all part of the journey.

"The road will unfold," Eva says.

As she says this, it is easy to imagine her 100 years ago, waiting for a steam-engine train with valise in hand, a straw hat on her head, her linen summer dress blowing in the breeze.

Wherever she goes, she'll be fine, even if she has nothing but the clothes on her back. In fact, she'd probably prefer it that way.

www.evavelazquez.be 

Model: Charlotte Collard
Photos: Gaston Lafond


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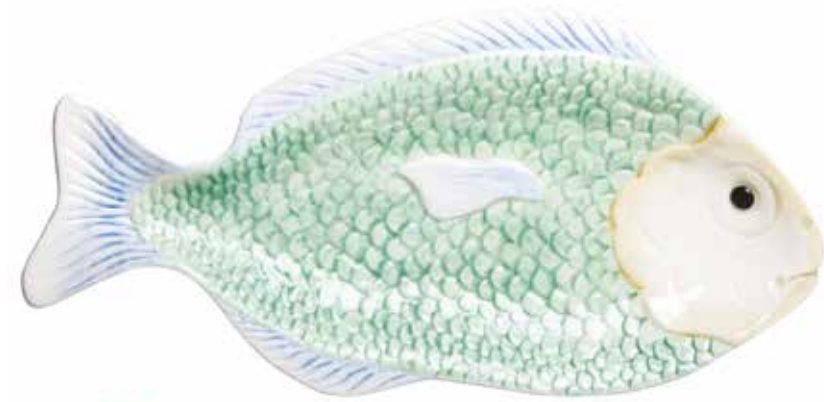
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Last minute...

Our beauty expert **Delphine Stefens** offers up shopping suggestions before your final boarding call for a fun and sun-smart summer. Enjoy!



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#THELIGHTOFGOLD

FUUSO: Back to the furniture

Paul Morris takes a look at a new Belgian company that restores old furniture



We like entrepreneurs at *Together* and the people behind FUUSO are attempting to defy the current climate with a new furniture company. Our fashion interview this month is with Eva Velazquez who gives new life to old clothes – FUUSO performs the same Lazarus-like act on old furniture. It's not a question of just restoration – they also rework and remodel some of the pieces to bring them up-to-date.

**“ THESE MARKS
PRESERVE
THE SOUL ”**

Co-founder Geoffrey explains: “It's the story of two guys. Two artisan designers. I'm an accountant and my business partner, Jonas, is a photographer, but he used to do



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cabinetmaking. In our workshop in Brussels we customized and restored forgotten furniture for ourselves. Both of us wanted to reconvert! One day, only a year ago, we realized our passion for it was so strong that we had to share –FUUSO was born!"

They sell furniture from the '50s, '60s and '70s under two separate concepts.

F U U S O | THE ORIGINAL are pieces of furniture that have been restored to their original condition. They have been completely revived, as if they had just left the workshop.

F U U S O | THE TOUCH items have been restored with a new look – reinvented and redesigned.

"You will find on each piece of furniture our quality label – the F U U S O monogram – applied with a brown iron," says Geoffroy. "If that's not possible, we will apply a sticker. This certifies that each unique piece of furniture has been cleaned and refreshed, repaired and restored in the best possible way. For the rarest items of furniture, we remain true to the designer's work. That's why you won't see our ironed-on quality labels. Instead, you'll see an easy-to-remove sticker. This proves that we have made thorough checks and also certifies our mark of quality.

"Our furniture has an average age of more than 40 years. All of our furniture comes with signs from the past, such as gentle scratches or light discoloration. We believe that these marks preserve the soul and add a certain charm to the furniture."

And they have a nifty catch phrase: 'Back to the furniture'.
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Yann Dessauvages: Furniture as sculpture

Goldwood by Boris presents an exhibition of the artist's work



Born and bred in Brussels, Yann Dessauvages inherited a keen eye for art and architecture from his mother and developed quickly a fine taste and liking for craftsmanship, thanks to his father, a qualified metal worker. After an education as a welder, he became a creator of design furniture and objects. He successfully shaped his first artefacts as material-driven designs and curve creations - from unique furniture to limited edition items.

The exhibition of his first collection features colourful objects with a sculptural look and feel.

Created by Yann Dessauvages, curated by Boris Devis.

www.goldwoodbyboris.com
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LIFE OF LEISURE

The Mayan ruins in Tulum are not to be missed

LIFE OF
LEISURE

Interview

Kate Beckinsale: Life in Austenworld

Together met up with an actress and mother who can switch from handling a machine to delivering razor-sharp comedy



Imagine *Absolutely Fabulous* besties Edina Monsoon and Patsy Stone transported to late 18th century England and you get some idea of what quirky filmmaker Whit Stillman (*The Last Days of Disco*) has come up with in his new period comedy *Love & Friendship*. The comedy, which Stillman wrote, is based on the early Jane Austen novella *Lady Susan*.

Starring as the self-serving, scheming yet endearing main character is Kate Beckinsale, with Chloe Sevigny as her friend and co-conspirator Alicia Johnson. The comedy focuses on the widow Lady Susan Vernon (Beckinsale), who moves into the country estate of her late husband's family to cool her

heels as she waits for rumours to subside about her alleged infidelities. As she settles in, she decides to find a wealthy match for her troublesome daughter Frederica (Morfydd Clark). But Lady Susan's plans are not well-received by the family of the intended suitor. The situation is complicated with the introduction of another silly, cheerful, extremely rich character, Sir James Martin (Tom Bennett, who almost steals the film).

Beckinsale, who is separated from director Len Wiseman and has a daughter with actor Michael Sheen, spoke about reteaming with Stillman and Sevigny, having previously collaborated with them on the 1998 comedy *The Last Days of Disco*.



“ HE CAN BE QUITE BRUTAL WITH HIS DIRECTION SOMETIMES ”

TOGETHER: When you saw the amount of dialogue, did you find it difficult to keep all the nuances and the freshness?

Kate Beckinsale: I think the thing I was concerned about the most was I knew we had 27 days to shoot the movie, which is not much when there's so much talking and especially when so much of the talking is me. And Whit likes to change stuff on the day. That was a bit more challenging on this than it can be on some, because a great big speech like that that gets moved around, it's like a mental agility test. By the end of the movie I was pretty sure I didn't have Alzheimer's. Actually, we finished it in 26 days because I was good at learning my lines. I saved them a day. I actually was very pleased about that. That was a bit of a challenge in the time.

I felt like this was almost a companion piece to *Cold Comfort Farm*. I don't know why, but I kept thinking of it. My character in

Cold Comfort Farm was very obsessed with Jane Austen. I really am attracted to those characters that people don't like that often, which are women who are not necessarily women you want to go on holiday with for two weeks, but that you're kind of fascinated watching, because they're difficult or tricky and they're meddlesome. Flora Poste is such a busy body. Lady Susan is sort of ruthless. You want to cheer them on, rather than hang out with them. And Whit's very good at writing those women.

How did he direct you? Nothing seemed too overplayed?

Yeah. He's very allergic to acting with a capital 'A', which I am as well. That's lucky. I think he picked actors who were into nuance like that. Even the broader parts of the movie, which is mainly kind of Tom Bennett, he arrived with such a complete character that, even though it's rather an extreme character, it is still feels



very, very natural and real, just really funny. He's very dignified and rather diffident and acutely aware of nuance. He can be quite brutal with his direction sometimes. He's not shy of saying, "I really don't like that," but he says it so eloquently, and he's always right. He and I, we had talked and emailed so much leading up to it, I think we were pretty much on the same page by the time we started shooting.

What was a typical day like as far as hair and makeup was concerned?

They were fairly early calls because we were shooting in Dublin and it was February, March, so especially when we were outside, we had only a certain number of hours to shoot in daylight. Makeup was about 30 seconds. It was actually getting dressed that took the longest time. Underneath the whole corsets and the stays and all that business it was really cold, so we all had thermal underwear and

long leggings and all that. You really were this kind of stiff, snowman baby that was getting wheeled out of your trailer, like Hannibal Lecter on that thing.

Were you familiar with the Jane Austen novella before?

Not at all. In fact when I was sent the script, I remembered when I had done *Emma* that there was a writer in England who had written a sort of sequel to *Emma*, and there was a fashion at that time for people writing in the style of Jane Austen and selling a book. I just assumed that's what Whit had done, because it seemed so atypical of a romantic literature heroine. I kept thinking, when is she going to get punished? When is she going to die? Should there be any moral of the story? In fact, she sort of gets every single thing she wants. I was really thrilled by that. Then reading the novella afterwards, she's even more extreme with her daughter than she actually is in our



“ PEOPLE THEN STARTED ASSOCIATING ME WITH A MACHINE GUN ”

movie. Whit toned it down a little bit.

You have such sharp comedic timing in this film. I loved it. We know you best of course for *Underworld* and such like. Did the comedic timing come easy for you?

That's my absolutely favourite thing. I felt like that's where I started out, and I felt very comfortable that that was my zone and then I thought I'd better mix it up a bit and play somebody a bit tougher. Then that really took off, the thing I was doing as an experiment, to see if I could do it. It got a much bigger life of its own than I anticipated. I think people then started associating me with a machine gun a bit more than what I'm used to doing. It's been an interesting journey with that. But it's very nice to come back and go, "Ah, yes." This is where I feel like, my little birds in the birdbath. Back to normal.

Does your character, Susan, really control her daughters a lot? Do you control? Do you have curfews, like for

her using a cell-phone because your daughter 16-years-old, right?

She's 17 now. She's driving. When you say control, I picture a horse with the saddle off raging through the desert. That's what it feels like. No, she's really good. She's a good kid. It's a very important time to individuate and separate, whilst also having the feeling that you're safe. I think your role as a parent becomes a bit more hands off. You're sort of required to be a body that sits boringly in the house, if required. Do you know what I mean? You don't want to be inserting yourself in to all of their experiences all the time, but at the same time you can't detach and not be there, like Lady Susan. It's a different sort of balance, and who knows if any of us are getting it right, but I'm definitely not like Lady Susan, so that's something. I don't think she's particularly interested in being a parent. She's not a natural mother and her daughter's more than anything a bit of an inconvenience. I think if she were transplanted to now, I'm not sure Lady Susan



“ I DON'T THINK SHE'S PARTICULARLY INTERESTED IN BEING A PARENT ”

would be rushing to have a child.

When you were dissecting the script for yourself did you see that in her, the manipulation of her daughter for her own gain?

She's got a fairly strong narcissistic streak, Lady Susan has, which makes her entertaining to watch but not an ideal parent. I think in terms of not judging her, she's very much a product of the period of time that she's in. As a woman, it's a very constraining period of time, especially if you're an intelligent woman. You're not expected to get a deep education. Certainly you're not expected to have a fulfilling career. Your whole livelihood depends on having a husband who has money. That's a very different situation. Obviously it seems to be that Jane Austen must have expressed some of her frustration with that through writing this larger than life character who kind of says "Ah, fuck everything. I'm just going to do what I like." Which makes it seem very progressive

now, but I'm sure must be about exactly what she was facing as an extremely intelligent woman in that time period.

You've done another *Underworld*, is that the last one?

I thought the first one was my last one. Every single time I've done one people say, "Are you doing any more?" and I go, "I don't think so", and so I don't tend to think about it in terms of what number, apart from it was quite fun that we got to do quite a few.

Did you find Chloe totally unflappable at times, because she's reacting to you so well in those scenes, and you have much more dialogue?

I was always worried about the other people in the scenes. There was me banging on for 30 minutes and then the other person would have one line and then I would go off again. I'd think: "One of these days I'm going to turn around and one of these actors is going to be asleep and I'd be really embarrassed."



“ WHEN IS SHE GOING TO GET PUNISHED? WHEN IS SHE GOING TO DIE? ”

But they weren't. No, she was wonderful. It was lovely to have the chance to have a relationship with Chloe on screen that wasn't me just bullying her and being mean like we were in *Last Days of Disco*. I love to see female relationships. There's a light there.

It's not that common. There's something very nice about seeing that kind of female friendship, even though they're plotting terrible things and being plenty ruthless. I really liked doing that with her.

Did you get into a good rhythm of banter with Tom Bennett (playing Sir James)?

He is so nice and so funny and I must say, he was the most dear person on the whole set. Just a lovely, lovely person. He couldn't make but there he was on Skype with this character that was so funny. We were all kind of going through it, and suddenly this hilarious creature came out of Skype ready-made – it was just such a shock and so great. I just wish he'd been there more. He wasn't on set as many days as I would have chosen. ●



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Travel

Yucatan: Awash with mystery

Sorcha Glackin headed for the Mexico's glorious Yucatan Peninsula



Close your eyes and imagine the most turquoise water you have ever seen.

Chances are, you're not even close to imagining the vividness of the Caribbean Sea in Mexico. In fact, as we made our way by taxi to the Hotel Fiesta Americana Grand Coral Beach Cancun, my travel companion had to remove her sunglasses to ensure what she was seeing was real.

**“ IT IS WELL WORTH
BEATING THE
CROWDS AND
GETTING UP FOR
SUNRISE ”**

Mexico is to Americans what Spain and the Canaries are to a lot of Europeans. A quick get-away and pretty much guaranteed year-round sun. Journey times from Europe are certainly longer, but as we found, the luxury on offer certainly makes the extra travel worthwhile.

We decided to visit the Yucatan Peninsula.



Located in the south-east of Mexico, it separates the Caribbean Sea from the Gulf of Mexico. Popular destinations in the region include Cancun, Playa Del Carmen, Tulum and Isla Holbox. The region is awash with Mayan history, making it an ideal destination for anybody who might be looking for a bit more than the traditional fly and flop.

Cancun is the perfect location to base oneself, with some of the most significant Mayan Ruins within a two-hour driving distance. Resorts in Cancun really needn't be left. Most offer a number of different options for dining, sunbathing and relaxation.

Our chosen hotel was the Hotel American Grand Fiesta Coral Grand. Each of the 602 all-suite rooms are ocean facing and have balconies to enjoy the glorious views. The pool area is surrounded by luscious gardens and serviced by bars and restaurants of such a calibre that it really makes it hard to peel yourself away from your sunlounger.

Unlike many other resorts in the area, the

Grand Fiesta Americana is not all-inclusive. This can actually be beneficial as it means the food is cooked to order and not en masse. Food also veers away from American interpretations of Mexican cuisine.

There are four restaurants to choose from. On our arrival we ate at the Isla Contoy Restaurant. Located outdoors, we lapped up the sea-views after our travel. I had possibly the best dish of the holiday, a traditional soup of lentils and chorizo while my travel companion had a Ceviche Yucateco, which is a type of fish salad, that she described as being among the best seafood she had ever eaten.

The hotel also houses the restaurant La Basilic, one of the few restaurants to hold the AAA Five Diamond distinction. Chef Henri Chervet, Maitre Cuisine De France, oversees the kitchen and the menu. The dish of sole with caviar and pumpkin flower, stuffed with shrimp mousseline, is a particular standout.

During the evenings, a band plays American lounge music unobtrusively in the foyer. The

ambience is old-school Hollywood and you can easily while away hours of the evening sipping one of the various cocktails on offer.

The research that has gone into creating the spa experience at the hotel is evident. There is a 10-step hydro ritual which includes an aromatherapy steam-room, a clay steam-room, ice room and rain shower. A member of staff guides each guest around the hydrotherapy area to ensure the optimum benefit from each treatment is received.

I had one of those massages where you wish there were no guests booked in after you, so you could extend it by another hour. After your treatment you are wrapped in a blanket and a warm-compress is placed on your shoulders while you lie and enjoy the complimentary snacks and refreshments on offer.

The experience was such that we were happy to spend a full evening there and head straight to our rooms to enjoy one of the deepest and most relaxing sleeps that we had in a long time. We even skipped our nightcap.

A five-minute taxi-drive from the hotel is the Italian restaurant, Limoncello. Situated on a lagoon, it offers a warm and friendly atmosphere in which to dine with a good wine list to accompany your meal. Diners sit on a wooden terrace over the water. I thought the sign warning of crocodiles was a joke, but it's not. In fact, they happily swim under you while you eat, and staff seem to be a dab hand at attracting their attention, for braver souls who fancy a closer look.

There are many day trips to take from Cancun.

Top of our itinerary was a trip to bohemian Tulum. Previously known as a destination for hippies and backpackers, it has gained huge popularity in recent years among the international jet-set with Cara Delevigne, Reese

Witherspoon and Cameron Diaz all holidaying there in recent times.

Accommodation can be slightly on the rustic side, but not necessarily cheap, so for those not willing to scrimp on luxury it can be a smart move to make the two-hour car journey from Cancun as a day-trip.

The vibe is extremely laid back. Yoga is ubiquitous. We took a Yoga class at the 5-Star Azulik resort. Classes take place on an elevated, wooden terrace, overlooking the ocean. At the end of a class as you listen to the sounds of the sea and birds overhead, even the most cynical soul will be convinced that there is a certain kind of magic that emanates from the place.

“ MANY CENOTES WERE DEEMED TO BE SACRED BY THE MAYANS ”

Evenings in Tulum are primarily spent enjoying good food and good company. Some of the restaurants are of such reputation that there can be up to an hour's wait for some tables. The two most popular, Hartwood and Casa Banana, are both away from the beach on the main street.

However, for those of you who fancy a more bohemian experience, the beach club at Papaya Playa Project has an extremely imaginative menu of Mayan and Mexican fusion, with organic food sourced locally.

The Mayan ruins in Tulum are not to be missed. If you do decide to make an overnight stay in Tulum, it is well worth beating the crowds and getting up for sunrise. The park opens at 6:30am. We had the special experience of being the only people onsite for the entire time we were there. Watching the sun come up over the ancient site in such tranquility is a once in a lifetime experience.

If you decide to make the day-trip from Cancun, bring your swimsuit. The ruins overlooking the crystal blue water make a dip



in the ocean very appealing after exploring the ruins in the Mexican heat.

The Yucatan region is also famous for its Cenotes. Cenotes are pools of water found sometimes in caves, and are often the result of a sinkhole. In fact, all of the Cenotes in the region are connected by an underwater system. They are formed when water erodes limestone, leading to collapse and thus exposing the water beneath. Many Cenotes were deemed to be sacred by the Mayans and were places of religious sacrifice.

Today, their clear, fresh water and tropical fish make them a huge attraction for tourists visiting the region. We visited Cenote Azul (Blue Cenote). This is located about 90 minutes from Cancun. Upon arrival you can rent snorkel masks, but the water is so clear that you don't necessarily need them.

A pathway through the bushes takes you past some darker Cenotes with black fish to match. I was a little concerned initially that this was where we were expected to swim, but when you reach the end of the path and see the beautiful tropical vista of the main event, you can hardly wait to enjoy jumping into the glistening water. Surrounded by tropical vegetation and with colourful fish swimming at your side, this is really a bountiful paradise.

For the more adventurous, there is the

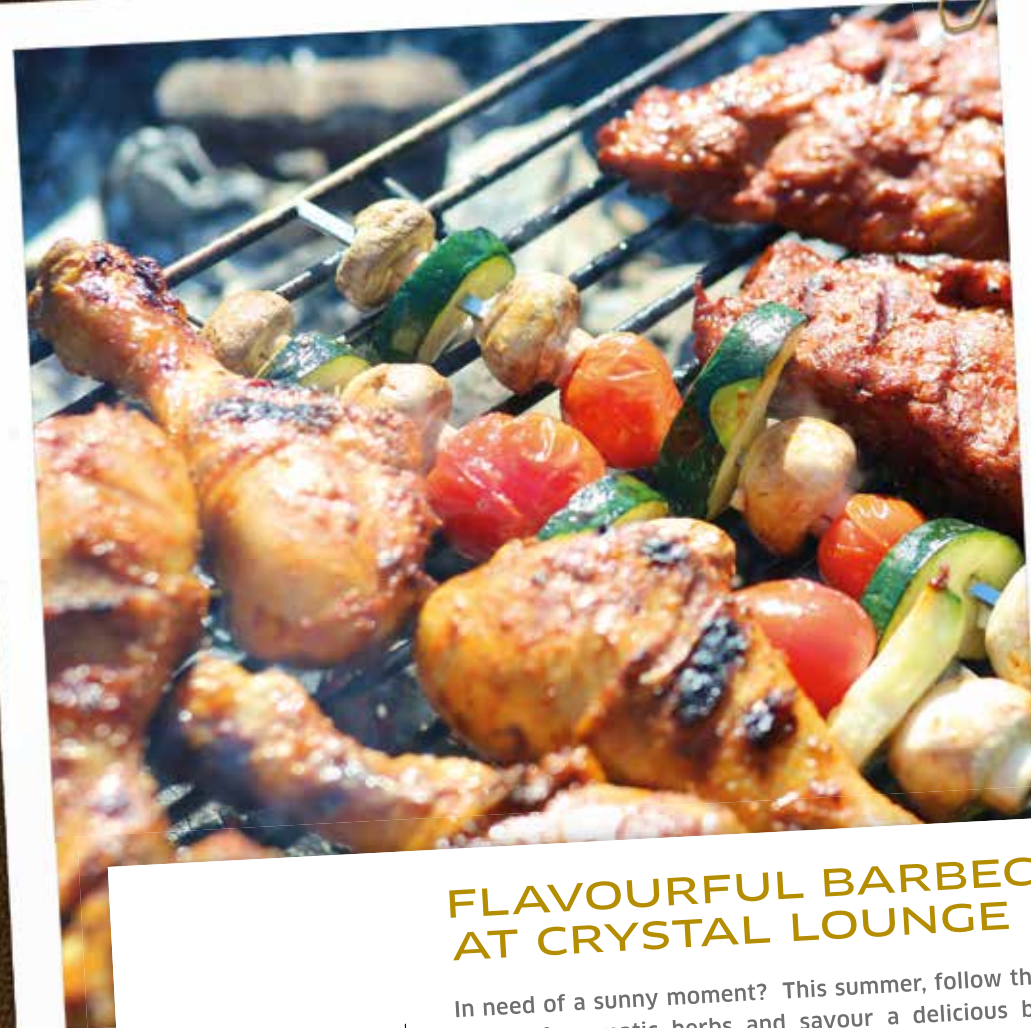
opportunity to jump from a cliff into the water. As is always the way, children jump fearlessly from the edge while the adults stall several times before teetering uncertainly into the water. I made the jump, despite my legs turning to jelly and what felt like a minor heart-attack upon entering the water. It is certainly an exhilarating experience and makes the evening Margarita all that more enjoyable.

The Yucatan Peninsula has a huge amount to offer. Resorts in Cancun and Playa Del Carmen are self-contained and suitable for those with families or for those looking for total relaxation. Luxury is on a par with what's on offer in Dubai.

Outside of these resorts can be a lot busier and can resemble some of the more touristy strips in Europe, but the varied options that are on offer in these resorts really mean that these areas can be absolutely avoided.

Tulum is the place currently having a moment. There is definitely luxury to be found, although not just yet on a par with what is available in Cancun and Playa Del Carmen.

The Yucatan Peninsula is a perfect destination for those looking for sun, luxury and some culture. Jetairfly are currently running direct flights from Brussels to Cancun, making this a much more doable option for those looking for an easy break. ❶



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The Gulf of Gabès: The royal treatment

Jeanie Keogh heads for a country that is reinventing its tourism



It would do nothing to speak of the enticing allure of Tunisia, its rich history and culture, and the heartwarming hospitality of the Tunisian people without first providing reassurance the country is as safe as any in Europe for travellers. Indeed, loyal Belgian guests returning to the luxurious, four-star Hasdrubal Thalassa and Spa Hotel in Port El Kantaoui argue it is even more so, if you apply the lightning never strikes twice principle and consider that Brussels is no less dangerous.

At the hotel gates, security personnel stop every vehicle upon arrival to search the underside of cars using bomb security mirrors.

Airport-style security scanners are set up at the entrance to hotels, and police and military routinely, but discretely, patrol the beachfront property. In public places, the tourism police – a separate detachment – are very active.

Apart from the stepped-up security measures, Sousse resembles any other blissfully tranquil vacation location.

In fact, much like the teeming new life to be found in a forest in the wake of a forest fire, Tunisia post-attacks is rife with new ideas about how to reinvent its tourism industry. There is an international culinary festival 'Peace on the Plate' in September that aims to bring

together world-renowned chefs from Europe and North Africa to celebrate Mediterranean cuisine. Sfax, a port city 1.5 hours south of Sousse elected Arab Cultural Capital for 2016, has its sights set on running agritourism tours to meet the region's olive farmers tending to the nation's booming olive industry, which last year was the second-largest producer worldwide behind Spain.

In Sousse, the diminished number of hotel guests means you have your pick of beach lounge chairs and, at certain moments of the day, the pool, ocean, and nearby golf greens all to yourself. What's more, you're given the royal treatment by upstanding hotel staff eager to see the hard-hit tourism business improve through repeat customers and glowing reports.

Sousse is not all sand and no substance. For a cultural kick, there is the noteworthy Sousse Archeological Museum housed in the Kasbah of the city's medina that dates back to the ninth century. Wander around the Roman era tile work collection, the second-largest collection next to the Bardo museum in Tunis, and you'll discover exquisite mosaics with a beauty and attention to detail that rivals elaborately woven Persian carpets. Recreated in Lego-like minutiae are magnificent depictions of the types of fish and fishing techniques employed at the time, as well as mythical depictions of the story of Bacchus, Poseidon and Neptune, and Roman calendar complete with astrological signs.

Looking out at the sea from the Kasbah, you can see 'ribat' fortifications, military outposts constructed every 20 to 25 km along the shore which transported messages by smoke signal to warn of invading troops from Europe and Turkey.

On your way from Sousse to Sfax, stop off at the monumental El Djem amphitheatre built by the Romans in the third century.


Sfax, a port city 1.5 hours south of Sousse elected Arab Cultural Capital for 2016, has its sights set on running agritourism tours to meet the region's olive farmers tending to the nation's booming olive industry, which last year was the second-largest producer worldwide behind Spain.

From Sfax, the dreamy island of Kerkennah in the Gulf of Gabès is a leisurely one-hour ferry ride away. The island's primary livelihood – fishing – is still done in the ancient tradition of 'charfia', applying curious fishing methods that use palm frond fences set up along shallow reefs according to the currents, creating an entry-only system wherein the fish are eventually trapped in baskets.

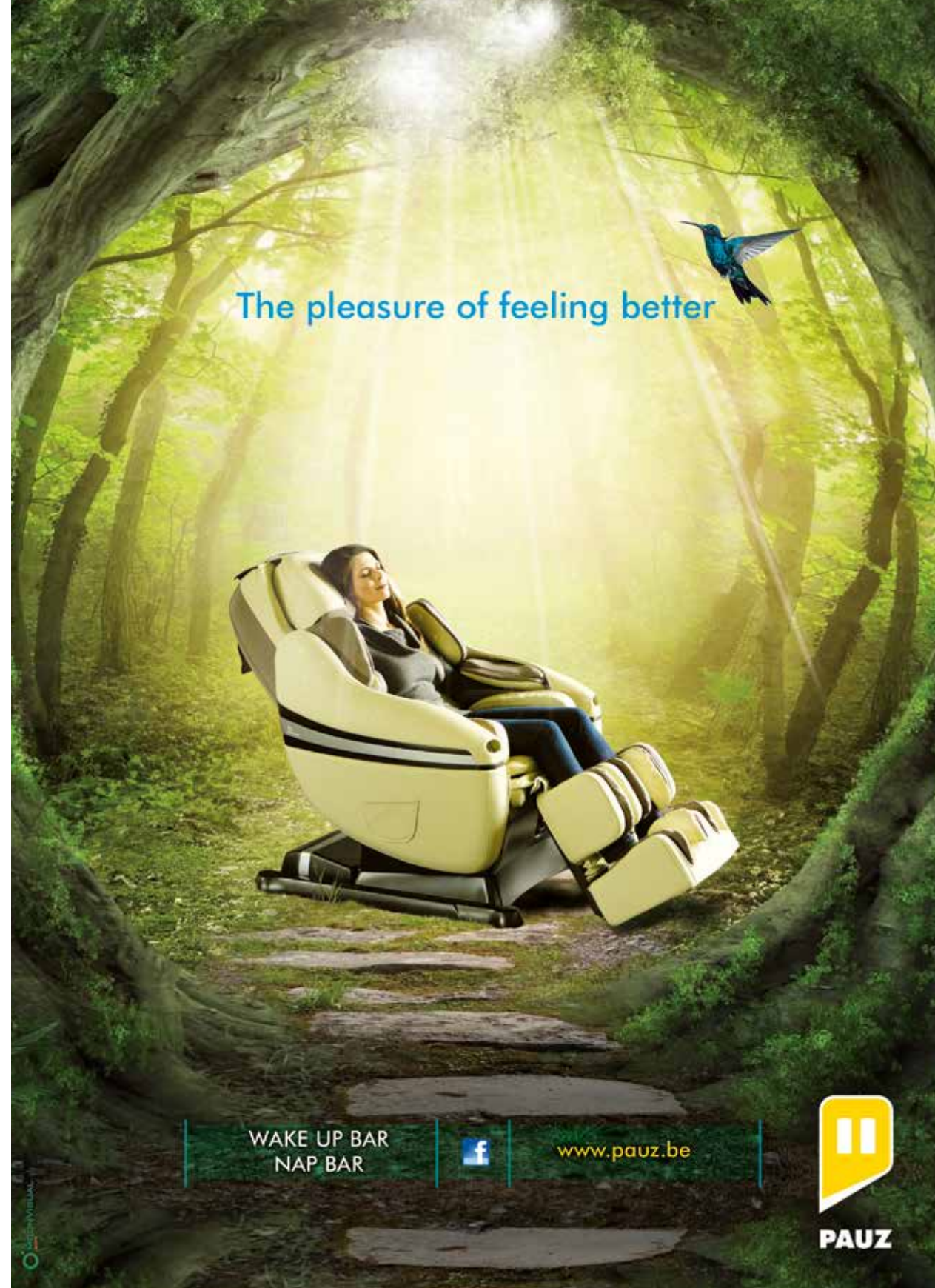
Do not leave the country without getting your fill of almond milk, raw almonds, plump figs, fiery harissa, Magon wine, and a homemade barley-based drink called Prisa. Also a must is experiencing the heady lull of sheesha and exploring the bustling medinas to uncover the good luck charms of chameleons,

turtles and of course, the hand of Fatima to keep evil at bay.

One cautionary note: if you are a woman – especially if you are travelling solo – you may find that some locals haven't yet joined the rest of us in the manner of women's rights and equality. Tunisian women played an unprecedented role in the protests that led to the 2011 Jasmine Revolution. Nessryne Jelalia, Gender Justice Officer at Oxfam Tunisia, wrote on the New Arab website: "We now have far more freedoms than we used to, but there is still a long way to equality for Tunisian women."

Flights from Zaventem to Tunis or Monastir with TunisAir are a comfortable 2h20. From Tunis, a mere 1.5-hour jaunt on traffic-free roads lands you in breezy Sousse (or 25km down the road from Monastir). 

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Tunisia: Such a rich heritage

Archeology, crafts, food... From north to south, Tunisia holds many treasures.



The Palace of Bardo

This is one of the finest museums in the world, with unparalleled collections of mosaics and antiques.

Sidi Bou Said

Houses in the Arab-Andalusian style, with dazzling white, ornate doors and azure blue shutters... here, you can lose yourself in the winding streets.

Tunis Medina

Built in the seventh century, the Kasbah of Tunis has been a UNESCO heritage site since 1979, with its labyrinthine vaulted passages, hiding magnificent palaces and prestigious mausoleums.

The ancient city of Carthage

This mythical city, which in antiquity was a great trading power, is fascinating, with the romantic beauty of its ruins, its panoramic view of the Gulf of Tunis and the wealth of its discoveries.

The Grand Mosque of Kairouan

Resembling a fortress, with its crenellated towers and bastions, the Sidi Okba mosque is a truly emblematic site, dating back to the seventh century.



Movie sets

The location shots in *Star Wars* and the landscapes and dunes in *The English Patient* were shot in southern Tunisia.

Nabeul and potters

In Nabeul, ceramic art is king. In the workshops of potters, the nimble hands of artisans shape paint pots, dishes and plates.

The Sfax souks

Enamelled, engraved, carved, inlaid with precious stones or coral, gold, silver and jewellery – the souks shine in the windows of Sfax.

Spoil your taste buds

It's sweet, yes, but deliciously salty as well! Enjoy stuffed briq leaves, mulukhiyah, lamb stew, Jew's mallow leaves, chakchouka-based fried peppers and egg makroud – just too tasty for words! ❶



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In the event of an accident or disease the consequences are generally more expensive and more serious. You cannot depend on your loved ones who are still in Belgium. If you are travelling accompanied by family and/or friends, you will also have to provide accommodation and repatriation for yourself and the rest of the group. With an assistance agency, you make a simple phone call and everything is settled. You will be taken care of in case of an incident on holiday or if your car breaks down, even in Belgium.

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Best in sky: Come fly with us

Together looks at one of the more unusual ways you can while away an afternoon



Here's something to add to your bucket list, especially during the holidays. Learn to fly a helicopter – you'll dine out on it for months!

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The helicopter fleet is made up of three different types of helicopter: the Robinson R22, The Robinson R44 and the Bell 206. Registration and ticket purchase can be done on site from 13h00 and throughout the afternoon (there is no advance registration).

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XPERIA



Dining



The Sea Grill

There are, simply, certain restaurants that just ooze class from the first moment you're inside. Restaurants that convince you, from the get-go, that this is a true team effort, with everyone channelling their efforts into nothing less than a first-class experience for all those lucky enough to dine there.

The Sea Grill, on rue Fosse aux Loups in Brussels, is one such restaurant. It has been in the stewardship of Chef Yves Mattagne for the past 27 years, has two Michelin stars, and is without a doubt the best seafood restaurant in the capital of Europe.

It is by and large pointless to try and explain this superb combination of flavours, that immaculately chosen wine or the inimitable range of superbly crafted dishes on offer, as this reviewer and his partner were lucky enough to try recently.

I was also lucky enough to speak with Yves during the evening, and his philosophy, and that of his hand-picked team, some of whom have worked alongside him for 15 and 20 years, is clear – "We are here to ensure that you receive something truly special from your time with us. If this doesn't happen, we are not doing our job properly."

www.seagrill.be



L'Amusoir

This restaurant put its roots down in the heart of Waterloo over 40 years ago. We settled in, admiring the remodeling and finding the staff as convivial as ever. The big plus here is excellent value for money from a brasserie menu packed with meals prepared in-house. We ordered a very tasty beef steak, which comes with steamed vegetables and fries or potatoes. The menu has been designed to suit everyone. The wine list is also well thought-out, with some great choices, including a wine of the month.

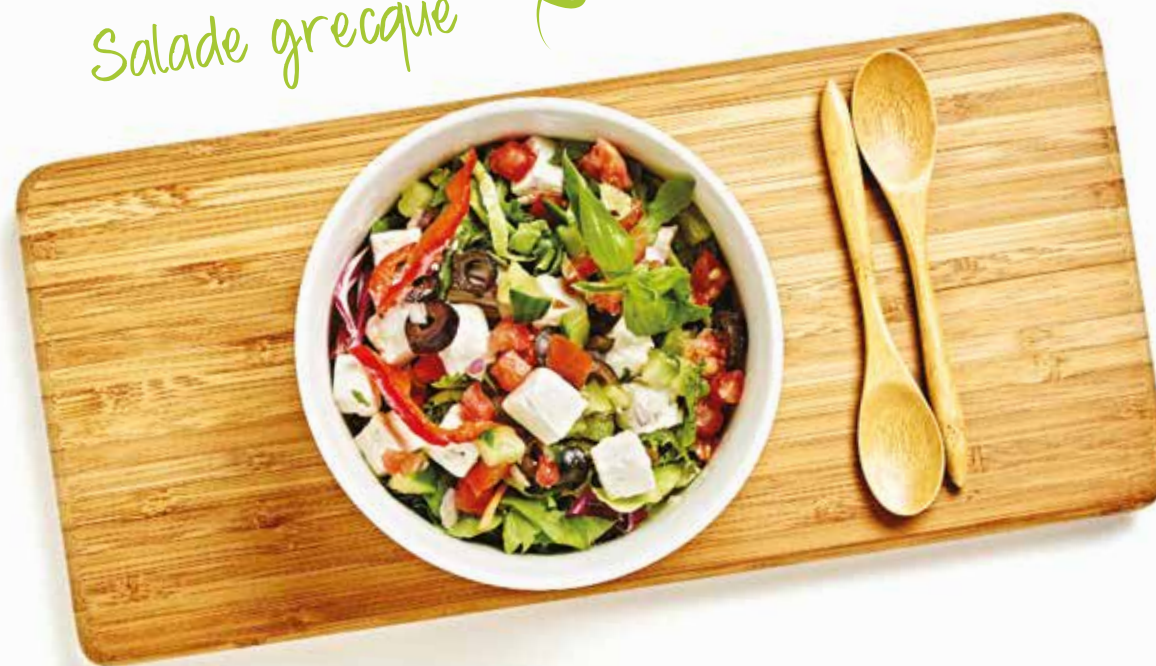
In good weather chill out on the terrace at the back of the restaurant (120 seats). An undeniable asset is the BAR de l'Amusoir directly beside the restaurant, where we continued the evening in a cozy atmosphere of natural wood – without leaving the property. An unmissable spot in the centre of Brabant Wallon.

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Eastern Europe: Between history and modernization

Geoffroy van Lede from Le Vin du Mois asks: What if New World wines were not as far away as we thought?

As western Europeans, our wine culture has been greatly influenced by famous classical countries such as France, Spain and Italy. For a long time, they were all we knew about wines. A few years ago, we discovered 'New World wines'. And we like them! They are more and more present in our consumption. But do you know you did not have to go so far to find new exciting wines? That this new world of wine might just be round the corner, in the neighbouring countries of Eastern Europe?



Photo © Nicubunu

Let's take a tour of three of these countries...

Moldova

Moldova, ninth exporter of wine in the world, is the country with the most vines planted per capita in the world. The vine is part of the country's history with a peak in the 19th century, when Russian nobles there imported the noble French grape varieties. Codru, the central region, has rich soil, and a fragmented relief of valleys, forests of oak and linden trees and many rivers. The country is mostly famous for its red wines. You can find nice, strongly shaped wines that are full bodied.

Romania

Today some experts see Romania as the leading country in Eastern European wine. It's already the sixth-largest European wine producer with a great history of wine. This country offers a great variety of culture between the local grapes and international varieties. In white, it is the local grape varieties that are capturing the lion's share, while for the

red varieties international breeds top the list. Since the fall of the dictator Ceausescu, attention has returned to the quality of grapes and wine. The best region of the country is called Dealu Mare. To really capture the quality of Romanian wines, you should go for local grapes such as Feteasca Negra.

Czech republic

Like its neighbours, the Communist's era has led to a decrease in cultivated areas and the quality of wines. Its integration into the European Union has seen an explosion of surfaces and volumes. With vineyards among the northernmost in Europe, Czech wines are largely dominated by whites. We also find some red wine-based fruit. Once again, even if you can find wine made from international grapes, the best wines come from local varieties such as Müller-Thurgau.

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What's On Belgium

Alex Webb: The Suffering of Light

With the exhibition entitled *The Suffering of Light*, Alex Webb, a true virtuoso of colour photography, takes a retrospective look at his whole career. For 30 years, this photographer from the Magnum Photos cooperative has delivered work which is at once forceful and subtle, dominated by an obsession with colour.

Reluctant at first because of its associations with commercial purposes, he finally resolved to use colour, and his works subsequently acquired the emotional charge and power that distinguishes them. He immortalizes scenes of life from all over the world. His travels have taken him to Latin America, the Caribbean, the United States, Africa and India, often depicting places where different or even



Photo © Alex Webb / Magnum Photos

antagonistic cultures and identities live side by side, leading to unlikely cultural crossings.

Until 7 August. Botanique Museum. Tickets: **€5.50**

www.botanique.be



Photo © Pablo López Luz

Pablo López Luz: Views from the expanded city

As part of the Summer of Photography Biennale, Pablo López Luz presents a series of aerial views of Mexico City. The series arose from the need to demonstrate the impacts of chaotic urban development on the landscape and the emergence of a man-made horizon, and to illustrate the social, political and environmental significance of this transformation.

Influenced by the Mexican artists in history who extolled the natural riches of the land, the photographer uses his lens to give an account of the periphery of Mexico City. This chaotically developed area bears witness to the issues of contemporary megacities: the over-consumption of natural resources, economic inequalities, social tensions, over-population, crime and pollution. **Until 24 July.** Botanique Galerie. **Entrance free**
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LIFE OF LEISURE

What's on

Beyond Bollywood

This show is the result of the most unusual encounter between an Algerian manufacturer living in Belgium and an Indian Bollywood choreographer. After 60 performances in London, the *Beyond Bollywood* phenomenon sets out across the rest of the world and Europe.

Shaily, a young Indian dancer, born and raised abroad, has lost touch with her Indian roots. Faced with an ultimatum that threatens her mother's legacy, she takes her friend Emma along on her quest to reconnect to her Indian origins. Then she meets Raghav, a young choreographer, who gave up on his dreams to become a famous folk dancer to pursue a more gratifying Bollywood career. But, even with the help of his colourful assistant Ballu and their wonderful skills, he is struggling to come up with new and innovative ideas. **Cirque Royal (15,16 and 17 September and Antwerp 28 and 29 September.**

www.

beyondbollywoodmusical.com



Photo © Matt Grayson



The Kyle Gass Band

The Kyle Gass Band, the American rock supergroup from California, played more than 50 shows on the continent in 2015. And this time, they are going big, with more animals, broader mutton chops and fronting Mr. Kyle Gass (best known from Tenacious D) himself. Voice phenomenon Mike Bray and guitar virtuoso John Konesky are aboard as well as Jason Keene, probably the best photographer ever to play bass guitar, not to forget the talented Tim Spier, drummer. Heavily armed with a bunch of new songs the band will play a full European tour.

22 September. Zuiderpershuis Antwerpen. Tickets: **€18**

www.livecomedy.be



Francesco Clemente

The work of the Italian contemporary artist Francesco Clemente (born 1952) spans over four decades and has achieved international acclaim. Predominantly interested in themes of both religion and spirituality, Clemente's work for the most part depicts both the human form (in its entirety or metamorphosing between human and animal) and symbolic motifs.

Throughout the 1970's, he exhibited works that reflected his interest in the contemplative traditions of India, where he lived for several years. He has participated in numerous collaborative projects, painting with Jean-Michel Basquiat and Andy Warhol, and illuminating poetry by Robert Creeley, Allen Ginsberg, John Wieners and Rene Ricard. **8 September – 22 October.** Jablonka Maruani Mercier Gallery, Brussels.
www.jmmgallery.com



Thomas Kilpper: A Lighthouse for Lampedusa

German artist Thomas Kilpper is an artist who wants to encourage public debates on politically sensitive issues. Inaugurated on 19 June, his lighthouse – on BOZAR's roof – will invite European citizens to put pressure on their governments to bring an end to the massacre of refugees in the Mediterranean and adopt a humane and fair immigration and integration policy. The work of Thomas Kilpper refers to two very real lighthouses: the Lighthouse of Alexandria, considered one of the wonders of the ancient world, and the Cape Grecale lighthouse on Lampedusa, which is no help to the refugees, turned as it is towards Europe. After Brussels, the lighthouse will stop off in the Dresden Kunsthaus in Germany. **Until 8 September.** On the roof, BOZAR.
www.bozar.be



Amaluna

A mysterious island ruled by goddesses... After directing her daughter's coming of age ceremony, honouring femininity, renewal, rebirth and balance, Queen Prospera causes a storm. A group of young men wash up on the isle, triggering an epic love story between Prospera's daughter and a brave young suitor. Theirs is a love that will be tested. **14 July – 21 August.** Next to the Knokke train station. **Tickets from €25**
www.cirquedusoleil.com

Green Sunday: Château du Lac de Genval



This summer don't miss the start of the Green Sunday season!

Every summer the Green Sunday returns on the beautiful lawns of Martin's Château du Lac. Enjoyable activities and bouncy castles for kids, brunch box catering*, comfortable space especially dedicated for relaxation and enjoying refreshments hopefully in the sun.

Just like New York's famous Central Park and London's Hyde Park, where families and friends meet to have fun together, join us in the magic surroundings of Lake Genval with your children in a safe and secure environment.

Each week kids will enjoy different forms of thematic entertainment (circus, sport, cooking to name but a few...) hosted by a team of young guides, leaving parents and friends to relax and enjoy calmer activities.

We also offer the opportunity to reserve part of the lawns for private events, anniversaries, baby-shower and so on...

We look forward to seeing you every Sunday between 12.30 and 18.30 as from 19 June. Check our program on www.greensunday.be



* "Brunch box" option (€25 for two people, excluding drinks) Available from Sunday June 26th - Please note reservation is required 24h in advance by email to am@martinshotels.com



Martin's Château du Lac
87 avenue du Lac
1332 Genval

Knokke-Heist: Ku(n)st

Paul Morris strolled the promenade of Knokke-Heist in search of an elusive character

Dotted throughout the pretty (and posh) seaside town of Knokke-Heist are dozens of works of art, sculptures that are tucked away in little squares in the back streets, such as Claire Todd's *Nest* fountain and Jean-Michel Folon's *Tête* hidden among the greenery in Duinbergen. Others have been given pride of place in the squares that face the water, notably *Köpfe Oder Lemuren* by Franz West on Rubensplein: beneath the sculptures, children practised their driving skills in little carts, oblivious to the ghost-like giant heads above them.

But there was one in particular that I wanted to see, and it was going to involve a long walk along the immense beach to get there. I passed *Tomorrow Man Made By The Sea*, a work by Belgian artist Catherine François, representing man's struggle to be accepted by nature. Blink and you'll miss *Retterstuhl*, installed by Kris Martin quite close to the promenade – it has the air of a lifeguard's high-chair, but it's beautifully thin and delicate and faces away from the sea.

I finally reached my destination: Surfer's Paradise. No, I did not don a wetsuit and take to the surf. I was looking for someone. Antony Gormley, or rather his *Another Time XV1*, one

of a series of sculptures spread throughout the world. But there was no sign of this man made from molten metal. I asked the Paradise's owner Frank Vanleenhove where this character was. He pointed out to sea and said: "Here he comes now." Sure enough, made visible then invisible by the surf, the top of a head

appeared. "High tide," Frank explained: "Be three hours before he's fully visible." Back in 1995, the local authority came to him and explained that Gormley wanted to place the statue "straight ahead, out there, right in the middle of my surf area." A compromise was reached and the 1.91m/630 kg man was placed off to the right, but still visible

from the Paradise. I watched as more of him appeared as the water receded – or was he rising from the waves?

Stay in the family-run Ter Duinen Hotel and sample the gastronomic delights at La Guera restaurant. www.hotelterduinen.be

Also enjoy the excellent food and service from an Italian brother-sister act at L'Abbiocco. facebook.com/LAbbiocco

www.knokke-heist.be ●



KNOKKE-HEIST



Out of your shell, in Knokke-Heist.

Wading and bathing in sun, sea and air, sun worshippers stroll elegantly in their finest beach wear. Kids look for shells and make flowers to sell. Colourful parasols create page turner shade, chilling cold ice cream and waffles home made. On a nearby terrace some friends laugh really hard, classic Knokke-Heist, classic Young at Heart.

**YOUNG
AT
HEART**

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London for kids

We take a timely look at some of the attractions available in London for you and your kids

KidZania

Imagine a 75,000 sq.ft. child-size city where kids are in charge! KidZania has landed in Westfield London.

Have your kids ever dreamt of becoming a pilot, a firefighter, or the next award-winning singer? Watch the excitement on their faces as they try out more than 60 real life role-play activities in the bank, on stage or fighting crime on the streets as a police officer! Each role-play experience is crafted to teach kids essential life skills including financial literacy, team work and independence.

Designed to empower kids, KidZania gives them the confidence to challenge themselves and inspire them to explore the world of opportunities. KidZania is a real life role play experience for 4-14 year olds, blending learning and reality with entertainment. For younger siblings visiting KidZania, there is dedicated Early Years area which includes three main activities: Science Lab, RightZKeepers Residence and the Kindergarten.

KidZania even boasts its own economy – I'm sure they could make a better job of it than we do! Kids are paid in kidZos as part of the city's supply and demand economy, using the 'currency' as they travel through the KidZania nation.. london.kidzania.com



“ KIDZANIA GIVES THEM THE CONFIDENCE TO CHALLENGE THEMSELVES ”



Make a longer break of your visit to KidZania by visiting some of the other amazing family attractions close by, such as:

London Eye

This giant Ferris wheel on the South Bank of the River Thames is billed as “the view you'll never forget”. The structure is 135m tall and the wheel has a diameter of 120 m. Bring your head for heights. www.londoneye.com

London Dungeon

Now you're going down, deep down into the dungeon to an attraction that recreates various gory and macabre historical events in a gallows humour style. It uses a mixture of live actors, special effects and rides. www.thedungeons.com

London Aquarium

The Sea Life London Aquarium is also located on the South Bank, and it is home to one of Europe's largest collections of global marine life. The experience takes visitors on an immersive and interactive journey along the Great Oceanic Conveyor – on the way feed stingrays and discover seahorses, octopus, zebra sharks and the ever popular clown fish. www.sealifelondon.co.uk

Stay in

One Aldwych hotel is a luxury retreat in the heart of London's Covent Garden with easy access to theatres, shopping and museums. It features 105 guest rooms and suites, along with the fabulous Indigo restaurant (delicious and gluten-and-dairy-free) and the buzzing Lobby Bar, guests-only Lounge At One, luxury Screening Room and gym, 18-metre chlorine-free swimming pool and spa. Kid-friendly, One Aldwych's ideal location in Covent Garden means there are many London family attractions nearby. www.onealdwych.com

Getting there

Fly to London from Brussels with British Airways and discover the history of this bustling, historic city, take in theatre, opera and ballet performances and visit the many family attractions the capital has to offer. The perfect escape for a weekend city break. Daily flights. <http://www.britishairways.com>



Cinema

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



The Legend of Tarzan

The famous yodeller is back in this action adventure film that's based on the fictional character created way back in the day by Edgar Rice Burroughs. Amazingly enough, Alexander Skarsgård takes the title role, with no less than Samuel L. Jackson, Margot Robbie, Djimon Hounsou, Jim Broadbent and Christoph Waltz along for the ride. Directed by David Yates (*Harry Potter*, various installments) the story begins, as has other remakes, with Tarzan being invited back to the Congo Free State to serve as a trade emissary of the House of Commons, unaware that he is a pawn in a deadly game of greed and revenge, masterminded by the corrupt Belgian Captain Léon Rom (Waltz). Summer has begun, wouldn't you say?
119 mins.

Elvis & Nixon

Based on a real-life meeting between no-less than The King and US President Richard Nixon, Kevin Spacey stars as Nixon, who is more than a little surprised to greet Elvis Presley (Michael Shannon) on the morning of December 21, 1970, when the actor-singer shows up at the White House and requests an urgent meeting with Tricky Dicky, asking that he be sworn in as an undercover agent in the Bureau of Narcotics and Dangerous Drugs. You couldn't make it up, could you? Liza Johnson (*Hateship, Loveship* (2013)) directs.
86 mins.

High-Rise

Based on the 1975 novel of the same name by British writer J.G. Ballard, *High-Rise* details what goes down in a luxury tower block during the 1970s when, as the wealth of modern conveniences gradually allows its residents to become disinterested in the outside world, the infrastructure begins to fail and tensions between the residents come to the fore. Tom Hiddleston, Jeremy Irons, Sienna Miller, Luke Evans and Elisabeth Moss star, and there is already very good word on this one.
119 mins.

Independence Day – Resurgence

And summer sequels really do not come much bigger than this – it is 20 years on from the events of the first film (which this scribe absolutely loved, *sosumi*), and the world and its international community has just about recovered, with the United Nations having created the Earth Space Defence (ESD), a united global defence program that serves as Earth's early warning system. However, the aliens, those crafty devils, have also got a few more tricks up their sleeves – this time, an extremely powerful gravitational machine. Jeff Goldblum and Bill Pullman are back for a second bout, as is director Roland Emmerich, whose films have suffered somewhat from being crap in recent years but, seriously, go and see it. You don't have anything against old-fashioned fun at a crowd-pleasing 150 minutes, do you?
150 mins.

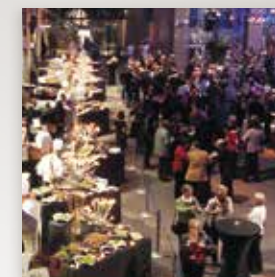
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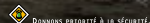
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LE CHAT by Philippe Geluck

Bikes Welcome in Wallonia!



Photo © CGT - A. Siquet

The bike is the theme for the tourist year 2016, a year dedicated entirely to the bicycle. 'La Wallonie à Vélo' (Cycling in Wallonia). A special website has been created: www.lawallonieavelo.be with all the information on cycling in Wallonia.

To support this theme, a dynamic has been created around the bike: brochures, guides, events, specific equipment to improve the reception of cyclists in Wallonia (bike parking, bike shelters, acquisition of bicycles and electric charging stations), website. The Bikes Welcome label is synonymous with services and equipment adapted for cyclists.

For information on tourism in Wallonia and Bike Year. www.tourismewallonie.be
www.lawallonieavelo.be 



Photo © Maison Du Tourisme de l'Ardenne namuroise



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Les Lacs de l'Eau d'Heure, just 21 minutes from Chimay

Les Lacs de l'Eau d'Heure © LHD © hungryminds .be

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