

# Together

magazine

*GOLF*  
*D'HULENCOURT*

**MONEY**  
THE MILLENIALS

**BE SUCCESSFUL**  
AUDIO AIDS

**NUTRITION**  
*CHILD PSYCHOLOGY*

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**MIND GAMES**

**BEAUTY**  
PENCILS OUT

**LUXURY**  
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**FITNESS**  
YOGA, LIFE

**TRAVEL**  
*MARVELLOUS MAURITIUS*  
*VENICE LINGUISTICS*  
*RENNES & SAINT MALO*  
*WALLONIAN CASTLES*

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**GARDEN**

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THE BRITISH SCHOOL


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**INTERVIEW**





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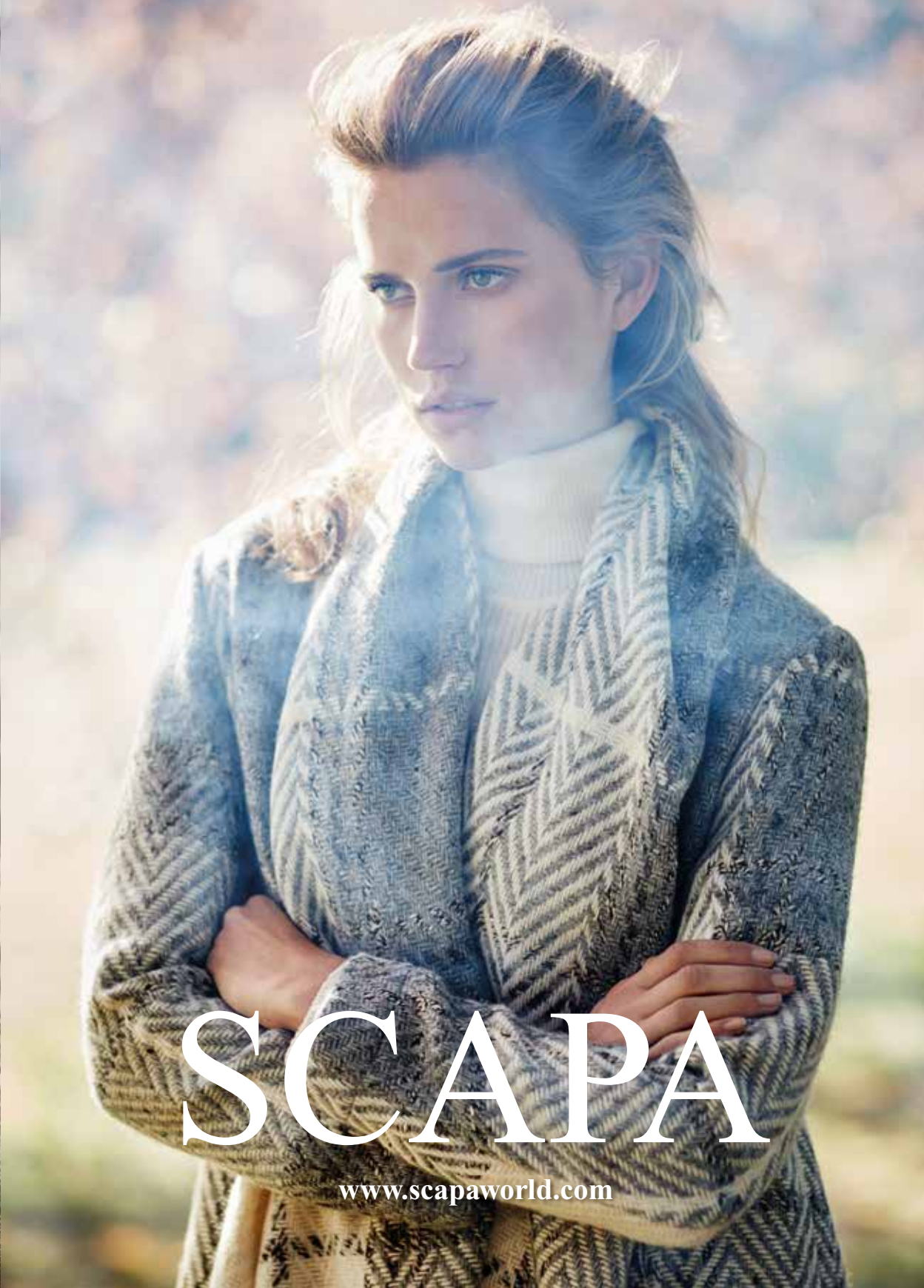
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## Editor's LETTER

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

## ON THE COVER



Morgan Freeman stars in the latest *Ben Hur* movie

## PEACE AND QUIET

Back at school, back to work. It's as if we were never away. The school opposite me is once more teeming with school children at-play, their joyful screams ringing out across the gardens (sometimes I wonder if they are ever in class). A friend of mine uses September as a kind of 'second chance'. She sees it as an opportunity to reaffirm her vows, in a manner of speaking, those January resolutions that may have fallen by optimism's wayside.

This exceptional Indian summer certainly helps that along – a jog in the park is much more appetizing on a beautiful, rainless September day. And it feels natural to keep the summer salads coming. If the year was a football match, it's only half-time, so there is still all to play for.

Locals keep telling me: "Il faut en profiter!" (some with a deeply theatrical look as if to say what's coming around the corner is to be dreaded). They are right of course – make the best of it. So I am heading to the park once more with my packed lunch, to enjoy it on a bench as I watch the screaming children who are too young yet to go to school. There is nothing like a bit of peace and quiet.

**Paul Morris**  
EDITOR



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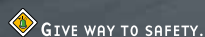
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# Be inspired on www.togethertmag.eu

## Belgian fashion: Designer Eva Velazquez

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...

## Elon Musk: A star-gazing entrepreneur

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.

## Home entertainment: The best in TV apps

I don't know about you, but whenever I go to a friend's house and they have some top-end hi-fi kit, I just simply have to know every component and how it all hangs together. I don't even care if they only ever play Coldplay, I need to know how and where the sound comes out and where the pictures come from. If you're anything like me, you may enjoy the rest of this article. If not, you'll at least get some ideas for giving your media the audience they deserve.

## Marc Slusznky: An extreme case of success

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



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# Starring in Belgium



## Laura Gibson, Will Samson

Oregon born singer-songwriter and multi-instrumentalist Laura Gibson is currently living in New York City, where she is completing an MFA in Fiction Writing. Gibson currently records for the US Independent Label Barsuk Records, and the Berlin-based label City Slang. Gibson's new album *Empire Builder* is just out. **2 October.** Rotunde. Botanique.

**Tickets: €30**

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



Photo © Amanda Marsalis

## Angel Olsen – Little Wings

*My Woman*, Angel Olsen's third full-length album, pushes away indie-rock expectations and seizes the prerogatives of pop." - *New York Times*. **29 October.** Orangerie, Botanique. **Tickets: €16**

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



## Jake Bugg

The young English rocker is back with a third album *On My One*. His self-titled debut album, some of which was co-written with songwriter Iain Archer, was released in October 2012 and reached number one on the UK Albums Chart.

**8 November.** Ancienne Belgique. Tickets:

**€30** - [www.livenation.be](http://www.livenation.be)



## Seasick Steve

Described on the AB site as "a Bluesman with overall and grey beard", he has a new album out. He plays mostly personalized guitars – with hypnotic open tuning echoes – and sings, usually about his early life doing casual work.

**17 October.** Ancienne Belgique. **Tickets:**

**€29** - [www.livenation.be](http://www.livenation.be)



# The Samaritans: Reaching out

**T**he Samaritans is a non-profit organization under Belgian law. The Samaritans asbl was created in 1994 by the late Claude Vander Elst. The main purpose of the organization is to provide assistance to the homeless and other needy people in Brussels through a weekly distribution of soup and sandwiches in the corridor of Central Station. They are one of the few organizations that provides food throughout the year.

At the same time, they try to provide blankets and sleeping bags, especially to those sleeping on the streets. All of this is dependent on the donations that they receive. Since the corridor from Central Station was renovated, they are 'allowed' to use the sidewalk on Cantersteen, behind the station. From May to October, they give soup, sandwiches, coffee and cakes and yoghurt when they receive them.

From November to April, the Samaritans are to be found in the corridor of the Botanique subway, under the direction of Operation Thermos, giving out soup, hot meals, water, coffee, plus cakes and yoghurts.

Apart from this main activity, they organize every year, on the evening of 31 December, a festive New Year's Eve dinner, including a starter, a main dish and a dessert. The meal is accompanied by soft drinks. Finally, the event is concluded with a present for every participant. Every year, more than 350 people take part in this event, including many children. This also now takes place in the Botanique subway.

They find it important to mention that the organization does not want to judge anybody,




whether talking about a person's past, present

**“ OUR ONLY GOAL IS TO HELP PEOPLE IN NEED ”**

or future. It does not spread any political nor religious ideology. Their only goal is to help people in need, whoever they are and wherever they come from.

You can help by donating, volunteering or offering something that can be delivered to the needy. You can find out the collection points on the website under Shoe-box in December when they will be updated on the site. The general public fill the boxes with something to eat and drink – for Christmas they are wrapped as presents.

It is difficult to add a more fitting sentiment than that of John Bunyan, posted on the Samaritans' website: "You have not lived today until you have done something for someone who can never repay you."  
[www.the-samaritans.org](http://www.the-samaritans.org) 



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*«J'ai baigné depuis l'enfance dans une cuisine de tradition qui sait donner la part belle aux produits de qualité.*

*Bercés dans un cercle vertueux qui nous a inculqué les valeurs fondamentales d'une belle profession, mon frère et moi travaillons pour perpétuer cette marque de fabrique tout en lui donnant notre touche personnelle. Nous prenons un réel plaisir à créer un véritable endroit de vie et de fête, un lieu qui bouge avec son époque tout en honorant l'héritage culturel de ce passé dont nous sommes fiers.»*

Jean Callens

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

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

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# Yoga. Life.

myAspria contributor **Louise Hick** explains that there is more to yoga than meets the eye



**Y**oga isn't just a sport. It's also a life discipline with both physical and mental benefits. Here we decode the philosophy and the paths to prolonging its efficacy every day.

## “ A POSITIVE IMPACT ON SEXUAL AROUSAL ”

Born in India and practised for thousands of years, today yoga is often seen as a sport, but it's so much more than a physical activity.

Etymologically, yoga means joining or linking together. In practice, it forms a bond between the body and the spirit. Based on a series of asanas (or poses), it's also a breathing exercise which should come from deep within you and the breathing is intimately linked to the movements. This working partnership between the breathing and the body helps to forge an intimate connection with yourself.



Although yoga might look like a very simple practice, this aspect of it has an effect on emotional stability and concentration in the medium-term, reducing anxiety – as demonstrated by a study published by the University of Boston in 2010. Additionally, besides the proven psycho-spiritual benefits, many scientific studies have demonstrated the positive impact yoga can have on health.

Practised regularly, yoga helps to reduce blood pressure, to regulate the heart rate and to treat back problems. Harvard University has even published a study in The Journal of Sexual Medicine which showed that practising yoga can have a positive impact on sexual arousal and orgasm in women.

#### Day in, day out

When we're assessing the potential effects of yoga, it's interesting to consider how you can prolong them, even outside the classroom.

The first step could be to review diets – which should be our first form of medicine, according to Hippocrates. Out with the mass-produced and processed as we take up our saucepans again to eat fresh, uncomplicated food and learn how to (re)connect with the things that are good for our bodies. When we wake up, lemon juice diluted with warm water, drunk on an empty stomach, is perfect for detoxifying our systems.

Secondly, we can work on our spatial awareness of our bodies. This can be achieved by practising a series of poses every



Photo © Aspria

day, when we get up in the morning (or at the most convenient time for each person; yoga is in tune with everyone). Third or fourth - and there are no more steps - should be ten minutes of exercise. Choose asanas according to how well their properties match your wishes for the day, even if it's appealing to maintain a certain ritual in this daily practice.

## “ PAY PARTICULAR ATTENTION TO YOUR BREATHING ”

Finally, pay particular attention to your breathing and take time out, three or four times a day, to stop and take a series of three or four long, deep breaths. It's the perfect way to put some distance between yourself and the stress of daily life.

And to encourage yourself and “live yoga”, follow us on Instagram for sublime photos of modern, inspiring and beautiful yogis, @cathyoga, @alicehaumont and @strechylicious. Namaste, virtually! ❶

# Bodytec Studio: Electromyostimulation

**Caroline Dierckx** advises you to surf the wave of the EMS trend, but not just anywhere!

#### Open to everyone?

Absolutely! Sporty people, beginners and for all ages. Personalized coaching really gives you confidence.

#### Summing up

I feel good. I can push myself in every session, and I feel all the physical and emotional benefits I get from this method.

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**Contact: 0493 09 00 80**

**T**here are some addresses in Brussels that simply bloom, and the curiosity of using such a method to lose weight and firm up really works. Yes, but as always, you have to choose well! c Studio is the reference for Electromyostimulation. A well-rehearsed method with accredited graduate coaches, who are, in addition, certified by EMS! If, like me, hours of sport in a room is really not your thing then this method is for you! You need only two 20-minute sessions per week.

Wearing a specially adapted suit equipped with electrodes that send simple external muscle stimulation at low frequency connected to the electrostimulation console (advanced technology) all your muscle groups are treated. Electromyostimulation, combined with practical exercises, gives incredible results! For my part, I firmed up my stomach and buttocks (visually a big difference!), and I lost weight even though I didn't really need to. But my shape has changed and I feel perfectly good in my body!



Photo © Blueclit Photography

#### Proven effectiveness?

20 minutes of this kind of training is the equivalent to four hours of intensive indoor sports. The EMS helps rebuild muscle five to six times faster than a conventional training session. The body becomes a fat-burning machine up to 72 hours after the session (hint: drink plenty of water after the sessions).



# Child psychology

Our nutrition expert **Sophie Bruno** offer tips for handling fussy eaters



**C**hildren, especially toddlers and young children, are notoriously difficult eaters. Meal times can be a common source of anxiety for parents, and may feature power struggles as children undergo the realization that they can exert control over their parents by employing food as a tactic.

A parent's instinctive reaction is to employ common-sense tactics:

Reasoning: you used to love this before, it is delicious; bribery: no dessert until you have finished your veggies; and even resorting to threats: you can't get down from the table until you have cleared your plate.

These tactics are renowned for being ineffective and may cause a significant amount of anguish as children challenge their parents' authority.

Here are some tips for managing the situation if your child begins to dissect their food and

single out inoffensive ingredients for rejection.

## Psychological Considerations

### ***Be calmly self-assured, but not overly flexible***

You set the rules - offer simple, healthy food and do not ask them what they want.

### ***Avoid blackmail or force***

Forbidding a child to leave the table until they have eaten their meal may backfire. It can reinforce an aversion rather than creating a good habit. If the food is refused, calmly take the meal away and re-offer when hunger is next expressed. There should be no pressure; do not insist on your child eating as studies illustrate that this may exacerbate the situation.

### ***Be careful with your message***

Children often pick up on cues that vegetables are not enjoyable when it is expressed that they should be eaten because 'they are good for you'. The formulation of rewards is key:

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messages such as 'no dessert until you have eaten your vegetables' ascribes a more appealing nature to desserts. Try to reward your children with non-food related items, such as a walk in the park, to help your child to develop healthy habits. Also, make an effort not to be overly restrictive with access to liked foods, as this will only enhance their desirability.

#### **Keep your emotions under control**

Children are good at detecting feelings. Ensure you control your emotions and keep your worry under wraps. If children sense it they can exploit you with their picky eating habits, which may aggravate the situation. Do not over-praise good behaviour – this can have a similar effect to exhibiting concern about refusal to eat.

#### **Resist the urge to give in**

If a child learns you are a pushover and will eventually give in and feed them what they desire when they refuse a certain kind of food, they have gained the upper hand. Their fussy eating will persist, and your battles with food will be never-ending. Be firm and stick to a 'this or nothing' policy. Missing a meal occasionally will not harm a child and may even be educational by promoting better eating habits

for the future.

#### **Be a good role model**

When children observe others enjoying a food, they are more likely to try and imitate by relishing it themselves. Fill your meals with vegetables and demonstrate your enjoyment, without over-exaggerating.

## **“ MAKE AN EFFORT NOT TO BE OVERLY RESTRICTIVE ”**

#### **Practical Considerations**

#### **Familiarity and Structure**

Establishing a mantra of same time, same place for meals and snacks can help to make your child feel relaxed and comfortable. Offer your child the same food the rest of the family is eating. Avoid preparing separate meals, as they may perceive this as special treatment, potentially exacerbating fussy eating. Also avoid giving drinks or snacks one hour before meals. This will help ensure your child has a good appetite for their meal.

#### **Do not assume food refusal means food dislike**

Children frequently reject a new food on the first encounter. This usually does not mean they do not like it, but it is rather indicative that they have not experienced it before and may not be used to the taste, texture and smell.



Offer one new food at a time. Overwhelming children with many new foods too quickly may prove to be unsuccessful. Allow time for each food to become familiar before moving on to something new.

Offering a new food with already familiar and enjoyed foods can facilitate food acceptance.

Be innovative: rather than presenting individual disliked ingredients, combine them with other familiar/liked foods, such as minestrone

soup, stewed vegetables, casseroles, stews and even desserts – go crazy, how about experimenting with beetroot cupcakes!

#### **Persevere: Do not give up after the first attempt**

It may take 15-25 attempts before a new food is accepted. Offer a small amount often and your child should eventually get used to the flavour and texture.

#### **Make new foods fun and easy to eat**

Young children are attracted to different colours and shapes. They also love to play with their food, which plays an important role in food acceptance. Finger foods are a good choice. Try different colours and shapes to maximise

appeal and attractiveness. Cut vegetables into bright coloured sticks served on a platter with a dipping sauce as a snack or mini-meal, or cut vegetables into interesting shapes.

#### **Establishing a happy and fun mealtime atmosphere**

Try not to stress about the mess and be supportive of self-feeding. Freedom increases their sense of control and may help children to eat more. Try to be positive and stay calm to help

your children gain a more positive and healthy relationship with food. Nagging and punishment will result in unnecessary stress and may affect your child's appetite. Praise good behaviour and give plenty of encouragement. Try to praise one aspect at each meal, such as 'good chewing' or 'you're eating your vegetables really well'.

It is common for children to go through phases of fussy eating. It marks a child's rite of passage to gradual independence and is an effective method to upset and control parents. While this can prove to be a vexing period for parents, children are usually very resilient and it is unlikely to lead to long-term growth or nutritional problems. ❶

## **“ COMBINE THEM WITH OTHER FAMILIAR/ LIKED FOODS ”**



# Taking up the BSB baton

BSB's new principal Melanie Warnes talks with **Emma Portier Davis** about sport, inclusive education and her goals for the school

**I**n the Brussels satellite town of Tervuren stands the campus of The British School of Brussels, which has been recently extended to house a vast complex of sport facilities, meeting areas for students and administrative offices.

But the hi-tech swimming pool, which comes with an adjustable floor, and fitness and dance studios are not the only thing new at the start of this term. Melanie Warnes, who was most recently the chief executive of a trust of academy schools in Bristol in the UK, has just arrived as principal.

And she's bursting with enthusiasm about BSB. "I have a fresh pair of eyes here myself. What I see is a lot of choice and opportunity for students. I also see how kind and encouraging the students are to each other. And the school really puts its arms around the entire family."

BSB, which has 1,350 students from 70 nationalities (just less than 40% are British), is also, says Warnes, an exact match for her in terms of ethos and values, right through from the pastoral care for students (aged from one to 18) to the way each child is valued and encouraged to achieve their absolute best.

Her ethos and values, she says, can be summed up in two words: "Absolute inclusivity." BSB was attractive to her because it is a non-selective school. "Every child is equally celebrated and valued. The school welcomes



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## PERSONAL DEVELOPMENT

Interview

# “ABSOLUTE INCLUSIVITY”



and respects diversity.”

Regarding choice, senior students (post-16) have a possible 27 subjects they could study. Students may follow traditional British A levels (effectively university entrance exams), an International Baccalaureate Diploma or BTEC courses (which are vocational post-16 qualifications offered under the British system).

Aside from its world class sports facility, the school also boasts science labs, design and technology labs, theatres and for the smallest patrons, there are playgrounds, sandpits and a garden which was designed by the children. “They were the clients,” she says.

But that’s not to say there’s not more work to be done beyond sustaining what is there. Looking at the swimming pool, she comments: “Facilities are only as good as what goes on in them,” adding, “the baton has been handed on to me to realise the potential of these amazing resources.”

One of her goals is that every child will learn how to swim. This is off the back of statistics released in the UK where one in three children leave primary school unable to swim. Thanks to the new facilities, BSB, she says, could also foster athletes of international standards, but she underscores that at BSB sport is as much about participation as excellence.

Coming from a management position (as well as being chief executive of the trust she spent some months seconded as an education consultant at PricewaterhouseCoopers), Warnes also wants to raise the profile of BSB among educators.

“There is scope for BSB to have a bigger role on the world stage in professional practice,” she says, adding that she is already part of a large network in the UK and that BSB could become an integral part of such networks. Sharing best practice between schools, she says, is always of mutual benefit.

And this pursuit of cooperation is partly behind her decision to apply for an international posting. “I just think we achieve much more by working with other people. I have done lots of international work in the past and I’ve always felt that I’ve grown as a person and a professional.”

With a background rooted in the UK state sector, Warnes says there were several attractions to BSB: the internationalism of the school, and the truly caring ethos for not just the children but the whole family.

BSB was the draw rather than the location, but Warnes explains that Europe was a priority as her family is spread across the continent. She doesn’t hesitate to reveal that she voted ‘remain’ in the Brexit vote.

“Brussels really is cosmopolitan and forward-thinking. We have so much of the world coming into Brussels.” She adds that even recent security concerns do not seem to have fazed the inhabitants of the capital, who seem to be so at ease with themselves. “It really just feels that we are at the heart of Europe. And [she pauses, smiling], one can’t ignore the food.”

What Warnes is most looking forward to in her new role is being with the children. “I just love spending time with our truly amazing students.”

1



# Be yourself

**Gemma Rose** believes that the life of Qandeel Baloch ought to remind us to be our authentic selves

Photo © Qandeel Baloch Facebook



**“ SHE MANAGED  
TO BECOME SELF-  
SUFFICIENT ”**

I have written previously in this column about switching off the news. I thought that the summer of 2014 had been an *aestas horribilis*, but I think the summers of 2015 and 2016 have been strong contenders for the title. Rolf Dobelli, Swiss author of the best-selling book *The Art of Thinking Clearly* does not follow the news. In his persuasive essay, 'Avoid News', he asks the question: "Out of approximately 10,000 news stories that you have read in the last 12 months, name one that – because you consumed it – allowed you to make a better decision about a serious matter affecting your life...?" He contends that the news is mostly irrelevant to our day-to-day decision making.

I am a huge consumer of news. I had recently been given a brand new and plush smartphone. Compared to my old phone, I

could go on the internet pretty much everywhere. It was fantastic, but it also meant I spent too much time on news sites. So, as I was waiting for my flight after a lovely weekend in Rome, I learnt that a 26-year-old Pakistani social media star had been murdered, with her brother as the prime suspect. The victim's name rang a bell. Only a week earlier, I had watched a short interview with Pakistan's answer to Kim Kardashian, Qandeel Baloch, on the BBC website.

Qandeel came from a poor family, in a small town in a conservative district of Punjab. She was one of 12 siblings. Against her wishes, she was married off around the age of 17. By 19 years of age, she left her husband with her baby son in tow. She eventually gave her son back to his father and went on to finish her education and work at many jobs. In 2013, she started her showbiz career and joined Twitter. She managed to become self-sufficient and supported her family: buying her parent's house and paying for her sister's dowry.

She cut a controversial figure: regularly posting raunchy and sultry selfies; blood red lipstick against pale skin; her generous bosom and bottom on display in tightfitting leather or laced outfits. She had tens of thousands of followers on Twitter and Facebook; bands paid homage to her in their songs. Shortly before her death, she starred in a video called 'Ban', with her twerking in it. The video went viral.

So-called 'honour' killings are still common in Pakistan. There were nearly 1,000 of these murders in 2015, and, according to the Human Rights Commission of Pakistan, there has been a 39% increase between 2010 and 2015. There is no honour in murder. Pakistan appears to be acting; first, Qandeel's murder has been designated as a crime against the state, which prevents her family from legally forgiving her brother and thus him walking away free, which is currently a loophole in the law. Secondly, it is hoped the closing of this loophole will be passed in Parliament.

**“ SHE CUT A  
CONTROVERSIAL  
FIGURE ”**

As the *The Guardian* Editor-in-Chief Katharine Viner wrote recently: "We careen from outrage to outrage, but forget each one very quickly: it's doomsday every afternoon." It's true, it's easy to get lost in the sheer onslaught of bad news, but to respond to both Viner and Rolf Dobelli above, I cannot forget Qandeel's death, nor her life. Not only am I outraged about the thousands of other Qandeels in Pakistan or elsewhere in the world who are killed because they dare to say no, or simply, be themselves. I am outraged at the pure hypocrisy of her death. According to the BBC, the cleric who happily posed for selfies with Qandeel – and was consequently suspended – has said that her murder should "serve as a lesson to others who want to mock religious figures". Her brother accused her of dishonour, but she was the one financially supporting her family. Qandeel was accused daily of being a slut and disrespecting women, yet last year

Pakistan topped the list of most porn-searching countries.

Like her or loathe her, Qandeel was a tiny light shining through the oppressive fog of patriarchy. She always brought good humour to her online persona, despite the danger she encountered. She was determined from the outset to make something of her life. When talking about her marriage she said: "I was not made for this. It was my wish since I was a child to become something, to be able to stand on my own two feet, to do something for myself."

Qandeel died because she lived life on her terms. In our free society, we must not take such a privilege for granted but do justice to Qandeel – and the many like her – by being true to ourselves. ❶



# Everybody dance now

**Sarbani Sen** offers some useful tips for getting moving in Brussels

September is back again and with it all the good new year's resolutions! This is the opportunity to make a good start yet again. Holidays are perfect to show us what our body needs: fresh air, movement and healthy food. Our consciousness is clear and totally motivated to organize our physical activities for this academic year. But this time why not do it the fun way: with music and dance!



When you start looking you find there is a variety of choices out there.

## The Latino move: Zumba

Revolutionary back in the 90s when it started, Zumba was the first class that allowed us to actually enjoy fitness with some music to it. A series of steps taught us how to move from right to left, exercise our coordination skills and learn some cool Latino steps. Usually, it involves a fixed choreography for a couple of weeks – so if you go there often enough you can enjoy dancing in a group and really become an expert in that series.

You will find this type of class in any good, old-fashioned fitness centre.

I think it is a bit boring, especially when you know that they offer the same steps and music everywhere in the world. There is no creativity involved, except when you get one of those real dancers that teach Zumba for food. These classes you'll never forget and will want to hold on to (but the dancers usually travel a lot and have other dance assignments).  
[www.iffitness.be](http://www.iffitness.be)

## The Oriental move: Egyptian belly dance

There are many different schools when it comes to oriental dance. The most codified one is the Suhaila Salimpour school from the US. Suhaila was created by an Egyptian mother who emigrated to the US back in the 50s. She was the queen of cabaret and exotic dances. She strived to bring this art to a teaching level and thus codified all the steps in order to be able to teach them. Suhaila took over the school and has a worldwide reputation for her very orthodox school in Oakland, California. Suhaila has developed and implemented the first available certification programme in Middle Eastern dance and looks forward to expanding the audience for an appreciation of traditional Middle Eastern dance in a distinctly contemporary style.

There are very good teachers of that method in Brussels. You can go for weekly training or a monthly workshop. Mind you, even if it seems like just whirling like a snake and making waves with your body, this is hard work! I find it very tough and tend to lose patience. But if you are a persistent character, the best teacher in town would be Maëlle. Graceful and very

professional, she hosts a monthly workshop for beginners and regular weekly classes around Brussels. There are (paying) workshops online too with Suhaila herself. Brussels Holistic Centre will be hosting a beginners' workshop in September too for a glimpse of the style. [www.maelledanse.com](http://www.maelledanse.com),

## The 'free yourself' move: Biodanza

Created by Rolando Toro Avana back in the 60's, Biodanza was born when he realized that his fellow contemporaries needed help to unlock their emotions and free their bodies from all the boundaries and judgments. He started to do some research on the effects of music on movement and emotions (as did Osho, the famous Indian sect leader, with his trance movement).

Biodanza ('the dance of life') is aimed at getting to the state of 'vivencia' (present moment). It is always experienced in a group, usually the same group that you get to know better, and where you feel protected and can share your desires and needs. [www.biodanza.be](http://www.biodanza.be)

## The Re-connective move: the 5 rhythms dance

Gabriel Roth created this style back in the 80s, but it only came to Belgium a couple of years ago and now very popular. This dance does not aim at any aesthetic or artistic result, and you don't need to have any special physical aptitude or experience, only the intention to be honest to the self.

This dance is close to Biodanza or Osho, as it takes you by the hand and makes you travel along the wisdom of the five basic emotions of life (fear, anger, compassion, joy and sadness), the five stages of life (baby, child, adolescence, maturity and old age), the five elements of nature (earth, wind, fire, air and ether), the five dimensions of the being (body, heart, soul, spirit and being). Each session is a 'voyage' that takes you back to your inner home. It can be experienced with or without a partner.

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

## The groovy impro move: ChangaMuka Sauti

Yvan has been a hip hop dancer for many years. Since the 90s he has been exploring movement, music and cultural specialties from his African roots. He created this improvisation class and workshops. ChangaMuka means 'dance of the being' and Sauti means 'sound' in the Swahili language from Kivu South in DR Congo, creating sound in motion or movement in sound for the self. Each class starts with a warm up with yoga exercises to Chi Gong, some visualization and breathing leading to a state of tranquility.

The dance practice is always around improvisation exercises with live music, with solo moments and moments together. Through instructions relating to space, dynamics and awareness of the sound and your environment, Yvan teaches you to step out of fear and be, to exhale the dance from within and let the body perform your dance.

[changamukasauti.wixsite.com/changamukasauti](http://changamukasauti.wixsite.com/changamukasauti)

## The World Music move: Shabby Shaping or Sadhana dance

This is a fusion class created by Sarbani Sen, a converted dancer from an Indian performing arts family. Her class is a mix of dances and music she picked up from her life in Brazil, Belgium, India, with her African friends in Belgium, and being part of the rising hip hop scene in Brussels back in the 90's. Very similar to the 'Yoga Buti Ballet' (from the SWIRL studio in L.A.), her class mixes a variety of dances in one hour: Indian mudras (gestures and body movements), belly dance techniques, Hip Hop steps, Yoga asanas, African tribal steps, sexy-burlesque moves, classical steps and even animal moves. (you might be invited to move like a panther or a snake at an occasional class)

At first you might feel a bit uncomfortable, but once you enter the space of joy of movement and laughter, you no longer take yourself too seriously anymore and start to unlock the real you.

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## Beautiful slumber

Sleep coach **Christine Hansen** offers  
tips to help you sleep well



**S**leep is like a stubborn mule. It has a mind of its own. You can wish for it to come as much as you want, but in the end you will never be able to control it.

Even sleeping pills will provide you with a faded version of the real deal - at best.

But what you can do is optimize your body and mind to welcome sleep and drift into beautiful slumber.

The internet is full of generic tips and magic formulas, but the truth is that your sleep is as unique to you as your fingerprint.

On top of that there are so many factors that can inhibit sleep that you are not aware of. So this article is going to focus on five sneaky and underestimated opponents of sleep that are

often overlooked.

### **1. Hot baths can be counterproductive**

So many lists of tips will tell you to have a hot bath before going to bed. Whilst this is true in essence, you have to be aware of the following:

Having a hot bath and then immediately going to bed may keep you awake! There are two reasons for this.

a) If the bath is too hot it will raise your blood pressure after you get out. This will leave you with the feeling of a racing heart. And that is not going to make it easier for you to fall asleep, on the contrary.

b) In general baths are advised for the following reason:



You sleep better when your body is cooling down.

So if you take a hot bath and your body is then cooling down that will automatically make you sleepy and help you to pass out a lot more quickly.

Yet, if your bath is too close to going to bed it might have the opposite effect. Your body temperature will keep rising. Hence it will be more difficult for you to relax and fall asleep.

As a consequence I'd suggest keeping bath time 1-2 hours before going to bed. Watch your body and find out your optimal bath time.

## 2. Food combining

Making digestion unnecessarily difficult is going to keep you awake at night. Food is broken down in different areas and at different times. So here are some key points to keep in mind when choosing a sleep friendly diet.

- Try to eat fruit only in the morning. There is a lot of fructose and glucose in fruit which will have your insulin levels rise. This also increases cortisol levels, which is a stress hormone, and that makes it difficult to relax and sleep
- Have more complex foods for lunch, as they take longer to digest. Examples are all kinds of starches, such as pasta, potatoes or bread. Try to separate those from protein though, such as meat, as that is more digestive friendly.
- In the evening you can have more concentrated foods rich in protein, like some meat with vegetables.

## 3. Watch how your body reacts to alcohol

The liver tends to kick in quite some time after you have your alcohol intake.

So a cool beer might help you to go to sleep easier. But its digestion a couple of hours later will most likely lead to those famous 3-4 am wake ups.

## 4. Exercise in the evening: yes or no?

The truth is that we all react differently to exercise. For a long time the general consensus was that exercising in the evening would be too stimulating to have you sleep well. But a study in 2013 has shown that it often doesn't make much of a difference at all.

So if you are someone who has been dealing with sleep issues and you avoided exercising in the evening because you thought it might make things worse, give it a try and see how your body reacts to it. You might be surprised.

## 5. You might be too tired!

This sounds completely contradictory, so let me explain. If you are consistently lacking your optimal amount of sleep, you are collecting a sleep debt.

Imagine an empty backpack. During the day you collect bricks, let's say one every two hours. At night, through your sleep, your body is recovering and progressively getting rid of the bricks. So if you get enough hours of

sleep your backpack is empty the next day.

So what happens if you don't get enough sleep? You basically wake up with one or even more bricks in your backpack. The weight is getting heavier and heavier.

So here is the good news. It is very easy for humans to recuperate sleep and chuck all of those bricks out. So don't worry about having an overly heavy backpack all your life.

But a consequence of consistent sleep deprivation is that your body gets stressed. It starts producing insulin and adrenalin – both of these are counterproductive to sleep. So even though you are tired and craving sleep you feel wound up, nervous and 'itchy'.

So what can you do? Listen to your body and catch the first window of opportunity when it tells you that it is sleepy. That might be as early as 9pm. But it will help you to drift into a perfect night of sleep and you will feel superhuman the next day. ❶



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# Mind Games

Our tech guy **Colin Moors** delves into the world of the pro gamer



**B**y the time you get to read this, you'll have no doubt been awed by the athleticism, the courage and the grit of the athletes at the Olympic Games in Rio. Trained for months, these men and women make even the most demanding physical challenges seem easy. They put their whole lives into the pursuit of perfection in their chosen field and are, rightly, seen as role models for the young.

As well as these honed, sculpted paragons of fitness, your average teenager now has a new set of idols. These modern heroes have swapped goggles for prescription glasses and Lycra vests for hoodies. Only the expensive trainers remain consistent. Who are these people? Professional gamers.

The games in this context are computer games, competed for solo or as part of a team or 'clan'. Professional gaming has been around for quite some time now, but it has only really hit the headlines in the mainstream media in the past two or three years. Gaming on consoles such as the Xbox or Playstation is a multi-billion euro industry. Pro gamers prefer to use a dedicated gaming computer with top-quality graphics and a solid network connection, as well as specially designed keyboards and mice designed to give them the competitive edge. To be the best requires good equipment, a sound strategic knowledge and lightning-fast reactions. In many ways it could be argued that the pro gamer is every bit as highly trained – in his or her discipline – as a





physical athlete.

As well as turning the teenage obsession with gaming into a realistic, if distant, job opportunity, the pro-gaming scene is also a strong catalyst for advances in computing technology. The ties between gaming and the game production studios and hardware industries are getting ever closer. Games are compiled with competition in mind and hardware is produced specifically for the exacting gamer. One of the most celebrated pro gamers ever, Jonathan Wendel (aka 'Fatal1ty') has now retired from gaming at the grand old age of 35, having swept up something in the region of half a million dollars from tournaments alone. However, this was only a start and he now runs a gaming accessory business and licences his name to all manner of gaming kit.

Many gamers go on to become part of a sponsored team, meaning they really do get paid to play computer games all day. This may sound like the ideal job for some but it becomes just that – a job. With tournaments in venues in South Korea that were formerly used for the FIFA World Cup in 2002 now packed out with people eager to cheer on their favourite teams, simple playtime has dropped by the wayside and hard work stepped up to replace it. Tuesday to Friday are spent with the team, playing endless games and discussing tactics and strategies. Competitive games are on Saturday and Sunday only but on their Monday off, the dedicated gamer will put in the usual number of hours – between 12 and 16, depending on how driven they are. What little time they have to themselves gets eaten up by being photographed for team photo

opportunities or sponsorship obligations. Many sleep around five hours a night during the gaming season.

This intense pressure to perform can lead, almost inevitably, to drug use. Gamers don't need steroids or boosted blood and amphetamines would leave them unable to rein in their emotions well enough to play. As pro gaming is a relatively new sport, the regulations applied to 'normal' sports men and women don't yet apply in any official capacity. The gamers' drugs of choice carry no obvious visual cues so often go undetected. Ritalin and Adderall, drugs specifically for use in treating Attention Deficit Hyperactivity Disorder (ADHD) are designed to make the user focus their thoughts more clearly and is thus a top choice for those who need a little extra to help their game. Overuse or non-prescribed use has some horrifying side effects, from a schizophrenia-like state to major psychoses and heart failure or sudden death. Some, like their Olympic counterparts, feel this is a risk worth taking.

But it's not all gloom in the world of competitive gaming. The vast majority are as clean living and hardworking as me (I don't know about you) and take the whole thing very seriously. Serious seems to be the operative word for these people, too. While they may not be in the same league as Cristiano Ronaldo, there's a very real chance that the people at the top of their game can have a following bigger than that of some movie stars. With female gamers every bit as good as their male counterparts, there's fan worship, money and fame for anyone who wants to take it.

The next time a teenage family member asks you to lend them some money for game time or tells you they need another couple of hours on the computer to work on their kill/death ratio, cut them some slack – it could be the best investment you make this year. ❶



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# What next for the EU and Turkey?

**Gerry Callaghan** looks ahead to what sort of relationship lies in wait for one of the EU's biggest allies

**H**istorically, the European Union (EU) has aided countries in their transition from dictatorship to democracy. Under President Recep Tayyip Erdogan, Turkey now heads in exactly the opposite direction. How, then, can the EU react to Turkey as its ruling Justice and Development (AKP) Party continues eroding human rights and democracy?

The Second World War edged Europe toward the brink of totalitarian rule under Hitler's Third Reich. In its aftermath, the leaders of Europe looked for a solution to stop the conflicts that had plagued the continent for millennia. In 1951, French foreign minister Robert Schuman proposed the founding of a supranational institution to prevent future wars on the European continent. The idea was to "make war not only unthinkable but materially impossible". This led to the creation of the European Coal and Steel Community which was formally established under the Treaty of Paris. It would ultimately lead to the development of the EU we know today.

Since then, the EU, formerly the European Community (EC), has played an integral part in helping countries break from authoritarian rule and develop democratic institutions. Previously, both acceding and candidate countries made concessions and adjustments to national policy to become members of the progressive European institution. For instance, Spain and Portugal, after the fall of General Franco and Marcello Caetano in the mid-70s, changed political direction to better align themselves



Photo © Cancillería del Ecuador

**“ THE EU HAS  
EXPERIENCED  
CRISIS AFTER  
CRISIS ”**

with EC values. The same can be said for Eastern European countries after the fall of the Iron Curtain in the late 80s, as they moved in a similar direction. Brussels created incentives for nation states to break with dictatorship and adopt democracy. These incentives were predominantly economical, for example, having access to the Common (now Single) Market, which, in the past, provided ample incentive.

However, over the past eight years, the EU has experienced crisis after crisis. Beginning with the financial and the subsequent sovereign debt crisis, the institution's inability to deal with its current Member States' widely disparaging economies has caused a drop in support for the supranational body. The seemingly indefinite financial crisis caused a significant backlash against the EU in many member countries. The United Kingdom's decision to leave the union is one concrete example, but the rise of far-right parties in both the European and national parliaments further solidifies the sceptical mood of the continent. The EU's problems were confounded further by the chaos caused by western interventions in Iraq and Syria, which has now led to the ongoing humanitarian and migration crises. This was not dealt with effectively – it was merely diverted by using Turkey as a barrier. The uncertainty that currently engulfs the EU has made it significantly less attractive to external candidates. This is abundantly clear with the situation Brussels now finds itself in regarding Turkey, which has been an associate member since 1963.

The Turkish president has taken steps that continue to move his country farther and farther away from EU values and democracy. Previously, when the EU welcomed the likes of Spain and Portugal, and the former Soviet bloc countries, it was seen as an expansionist body. It welcomed the new members to further increase its reach and overall stability. The

situation with Turkey at the moment is quite the contrary. The country is heading in the opposite political direction under Erdogan, as he continues on the path of political oppression at an ever-accelerated rate since the coup attempt on 15 July.

Turkey has been a democracy for quite some time, holding its first free elections in 1950, and its application to accede to the EU was made officially in April 1987. However, controversy surrounds Turkish accession and it is unlikely to see full EU membership in the near future, if at all. Firstly, because of its size and the voting power it would possess in the European Parliament - it would become the institution's second largest country after Germany, with a population of 75 million. Secondly, opposition from domestic parties and national parliaments on the grounds that Turkey is predominantly Muslim and, therefore, likely to change the fabric of European identity.

## “ CONTROVERSY SURROUNDS TURKISH ACCESSION ”

Whether we agree with those arguments or not is irrelevant. European leaders will not take the risk of supporting Ankara's membership for fear of a backlash at home. This puts the EU in

a tricky situation. Erdogan can see the EU is struggling, both economically and politically, and he understands that it is unlikely to receive Turkey fully into the club. Therefore, the incentives that previous applicant countries had to change national policy is left wanting in this instance. If the EU will not grant Turkish membership, then what incentive would stop Erdogan's assault on democracy? Several European leaders have been critical of the President, but the EU needs Turkish support to control the migration crisis.

Therefore, economic sanctions or the severing of ties becomes difficult and likely to push Turkey away from the EU. So it seems that power, for the time being, lies squarely at Erdogan's feet. The AKP leader has continued





arresting journalists and closing down news agencies that criticize his rule. The failed coup attempt has only given him more impetus and a greater legitimacy, since he now possesses a mandate as a democratically elected government to prevent it from reoccurring. Under Erdogan, more than 60,000 people in the military, judiciary, civil service and education have been detained, suspended or placed under investigation.

Europe, then, has a significant but uncertain role now to play, but not in controlling the direction that Turkey travels, but how far in the current trajectory it goes. EU leaders have yet another crisis to contend with, and may face a choice between severing or loosening economic ties with a vital ally, which will only serve to exacerbate the migration crisis, or conceding on some of its fundamental principles in the name of short to medium term stability, hoping that Erdogan stops short of regressing his country into totalitarianism. ❶

A full-page advertisement for ATELIER.NA. A man in a grey pinstripe suit, blue shirt, and striped tie stands in a room with large windows. He is holding a pair of red gloves. In the background, there is a desk with a lamp and a patterned blanket draped over a chair. A brown suitcase and a small wooden box are on the floor. The brand logo 'ATELIER.NA PARIS' is in the top left, and the website 'WWW.ATELIERNA.COM' is in the bottom right.

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Money

# Saving The Millennials

**Dave Deruytter** takes a look at the possible financial plight of a generation

**T**he current generation below 35 years of age, the Millennials, risk being poorer off than their parents. It has been more than a century since that happened. What is needed to stop it materializing?

In the aftermath of the financial and economic crisis of 2007 and 2008, worldwide economic growth has been much lower than in the decade before. This has led to higher unemployment and to companies reducing costs, including labour and headcount. Business does that to keep up healthy levels of profits in stagnant or low-growth markets. Cost reduction is also fueled by the fact that investors still have the same Return On Equity (ROE) expectations they had before the crisis of 2007, notwithstanding the fact that risk-free interest rates have tumbled to at times below zero percent.

It is obvious that investment return on 'risk assets' should be higher than the one on 'risk-free assets' before an investor is willing to take a chance. Still at the time that 10-year government bonds yielded 7%, a ROE on stocks of 15% gave an 8% mark-up for the risk involved in shares. Today with the 10 year government bond yield at 0% a ROE on stocks of 15% looks unsustainably high. Logically, today a ROE of 8% should look good, not low.



At the same time, companies and rich individuals have kept optimizing the taxes they pay using all kinds of complex structures onshore and offshore, leading to poorer governments. Those governments in turn have lured investors with low taxation in a round

of fierce competition with neighbouring and BRICS countries. Furthermore, the vast disintermediation effect of the global digital and internet race has accelerated the cost reduction plans of many large established international groups.

The result of all this on wages and employment is pretty drastic. Wages have also been under pressure given the increased labour and capital mobility over the past decade. Companies and people are much more mobile than before. However, even though this is necessary for the global economy, it has led to production plants being shifted to low cost, low tax countries and to workers moving to the countries with the higher wages for the same type of jobs. If a young person with a Master's degree in a country with high youth unemployment today sees the opportunity to go abroad for €1,000 per month, few of them will hesitate to make the move. The country he or she is leaving loses the brains. The country receiving graduate gains them at a cheap price and, sometimes, compared to



the cost of employing a local at €1,500 per month. Flexible labour and capital markets are good for global economic growth, but education systems, entrepreneurial support and labour and tax laws should be equipped to manage this new reality.

Luckily governments, particularly in the west, have social transfers to help the unemployed, low-skilled or low wage earners, but given that their tax income has decreased, even those governments are looking at 'optimizing' their social transfers, to keep them only for those who are really in need. That deals another blow to the income and wealth of the young generation compared to their parents.

The solutions to the problem are not that difficult to find and many of them are known. The issue is that things have moved so fast on company cost reduction, the disintermediation pressure of global digitalization, capital and labour mobility, the tax competition between countries to attract investments and the economic rise of China and the other BRICS countries. Governments at all levels have been overtaken by the speed of these five waves –because they all are happening at the same time, it amplifies into one giant tsunami rolling ashore.

Much faster action is needed on the level of making sure that countries raise 'enough' taxes from individuals and companies. If the income and wealth of the young generation is the top priority, then that should be reflected in the labour and tax laws worldwide. Probably by higher taxation of company income and of financial and wealth income of individuals, but lower taxation on labour And



## **“ FLEXIBLE LABOUR AND CAPITAL MARKETS ARE GOOD ”**

also more support for entrepreneurs and innovation, fully-funded state pension schemes supplemented by large private schemes and lower pay for risk-free employment.

One should not underestimate the auto corrective capabilities of free capital markets, but with a little help from governments this should happen much more easily and quicker, and without giant crashes to the

economic system such as the one we have seen after 2007.

I remember a great cartoon that speaks more than a thousand words on this matter. A father sits with his young son in a cave by a fireside with his children. The father says: “Yes, the planet got destroyed. But for a beautiful moment in time we created a lot of value for shareholders.”

Life and structural advances of mankind should not be left to the capital markets alone. Some clever coordinated global government coaching is needed. We should stop complaining about taxation, labour protection or minimum wages. The extremes should be taken out of the tax and legal systems. To move too far away from the centre in either direction should be discouraged.

Don't (only) ask what the 'young generation' can do for you, but (also) what you can do for the 'young generation'. ❶



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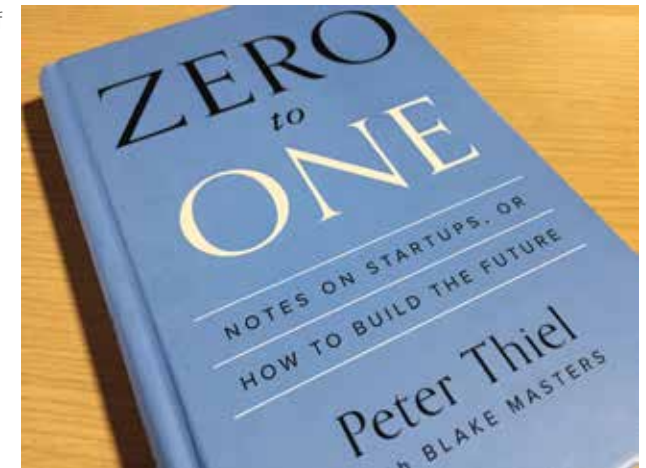
# Success in your ears

We look at the audio books that can help you reach your dreams

**A**udio books are perfect way of educating yourself further in the world of business – while you are cycling through the park, jogging on a treadmill or settling into bed at night, coaches are giving you their expert advice.

## **Zero to One by Peter Thiel with Blake Masters**

Thiel is an entrepreneur and investor. He started PayPal in 1998, led it as CEO, and took it public in 2012. Masters' notes on Thiel's class *Computer Science 183: Startup* became an internet sensation.



Thiel's book is subtitled 'Notes on startups, or how to build the future' – in it he asks the big questions and answers them.

His first question is all about the challenge of the future. He asks: "What important truth do few people agree with you on? Answering this deceptively tricky question is the key to any future progress and to building a great business." It seems to me a better start to the book might well have been his later chapter dedicated to foundations, which suggest that "the decisions you make today will govern what your business looks like years from now".

In short, every entrepreneur has to get a few things right from the start, including a caveat against short-term thinking. He believes "the most important lesson an entrepreneur can learn is to think big but start small".

One intriguing title for a section is 'Party Like It's 1999', dealing with the dogmas created after the dot-com crash. It certainly continues to haunt us. Thiel says: "The first step to thinking clearly is to question what we think we know about the past."

He also takes on the tricky problem about how we view competition, seen by many as the

spur that gets them moving, becoming almost a lifestyle in itself. But he wonders if, in fact, it is holding us back, and suggests that the one key feature that enables companies to innovate is... good old-fashion happiness.

He goes on to handle questions as to whether success is about luck or skill, and how to adopt a more definite attitude and engineer a better future. He advises us to "follow the money" and it will "change your life".

Other chapters are entitled 'Secrets', "learn to find them and see your fortune rise"; 'The Mechanics of Mafia', featuring "the PayPal Mafia"; 'If You Build It, Will They Come?', the strange conundrum that the best product does not always win; and, a very popular topic among entrepreneurs these days, 'Seeing Green', "to-date it's been a huge flop, as entrepreneurs neglected to answer the seven questions that every business must get right".

Thiel says: "We cannot take for granted that the future will be better, and that means we have to work to build it now."

It all appears to all come back to those foundations.

### The 4-Hour Workweek by Tim Ferriss

*Men's Journal* called it: "The most surprising self-help hit of the decade." And according to Phil Town of *The New York Times* it is: "Stunning and amazing. From mini-retirements to outsourcing your life, it's all here. Whether you're a wage slave or a Fortune 500 CEO, this book will change your life!"

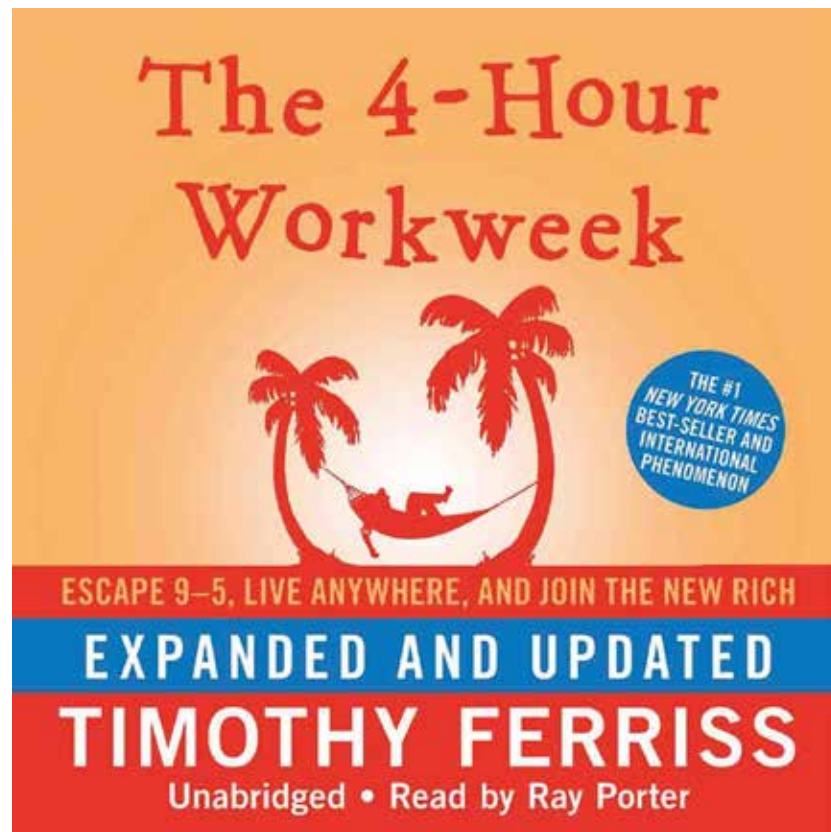
High praise indeed, but what's it all about? Well, it's all about a phenomenon. Giving it its full title, *The 4-Hour Workweek: Escape 9-5, Live Anywhere, and Join the New Rich* is the work of Timothy Ferriss, an American writer, educational activist, and entrepreneur. The self-help book has spent more than four years on *The New York Times* Best Seller List, has been translated into 35 languages and has sold more than 1,350,000 copies worldwide. It is a very snappy title – is there a worker out there who could resist it.

It focuses on what Ferriss refers to as "lifestyle design". He sets out to debunk the traditional "deferred life plan" myth, which sees us work grueling hours and take few vacations and save money in order to relax after retirement. In short, he wants it all, and he wants it now. Although the book has had its detractors – *USA Today*: "If it all sounds too good to be true, maybe it is." – it has clearly struck a chord with many people in the same

position as Ferriss was before he took a three-week sabbatical in Europe and dramatically cut back his time on email and outsourced small, daily tasks to 'virtual assistants'. His personal escape from a workaholic lifestyle was the genesis of the book.

For the four main pillars of his book, Ferriss uses the acronym 'DEAL': Definition, Elimination, Automation and Liberation. Through these powerful four notions, he builds the route to a very different lifestyle – without making you stumble on your road to success. One of the good things about his approach is that, if you have doubts about what he is claiming, you can simply head for his website [fourhourworkweek.com](http://fourhourworkweek.com) and download the first 50 pages to see if it's your cup of tea or not.

You can download both these books on Amazon or via iTunes. ●



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# LIFESTYLE

*It is still one of the most legendary motorcycles ever conceived*



## LIFESTYLE

Luxury

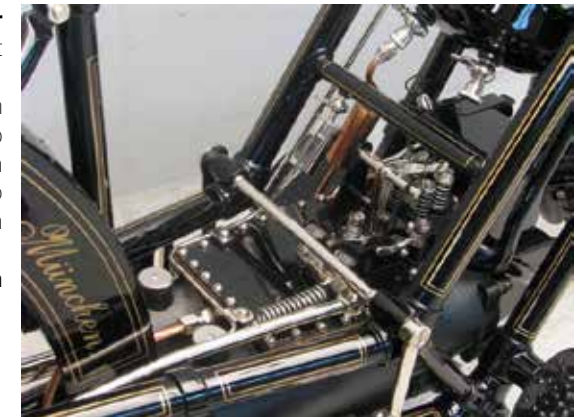
# Motorbikes: The four most expensive ever

There are many things in life that can turn our heads – these luxury cruisers are certainly among them

### Hildebrand & Wolfmüller

This is where it all began, with the first motorcycle ever to go into production. Hildebrand & Wolfmüller manufactured them in Germany from 1894 to 1897. It's top speed was a mere 28 mph and it weighed in at 110 lbs. The factory closed in 1919 so very few exist today. You can see one in museums from Germany to Indonesia.

€3.14m





### Ecosse Spirit

One for the speed freaks but you need to take lessons at the Ecosse factory before you can drive one. Only ten of these Spirit models were made in the titanium series. Three engineers from the US and the UK collaborated on this machine, weighing in at 120 kilos and capable of speeds of up to 370 kph.

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### 1949 E90 AJS Porcupine

Only four versions of the 1949 E90 AJS Porcupine were produced and it is still one of the most legendary motorcycles ever conceived. AJS driver Les Graham won just one world championship in 1949 driving it - this is the only twin cylinder motorcycle to win the 500cc event. A rare and prestigious title for a very rare bike. **€6.3m**





## LIFESTYLE

Luxury

### Neiman Marcus Limited Edition Fighter

Not something you would expect from a chain of retail stores but they are responsible for the most expensive luxury motorcycle in the world, thanks to its Limited Edition Fighter. When it was released it had a starting price of an already high \$110,000. The Fighter ended up on auction for just under ten million euros. Some say the unique body resembles the inside of a watch. It could reach speeds of 190 miles per hour, and only 45 of them were made in this limited edition. Its creator said: "It's our street-legal sci-fi dream come to life." **€9.9m**



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# Country Files

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Models: Marine et François @ Hakim model management

Her: Total look Zadig & Voltaire  
Shirt: Jean-Paul Knott  
Him: Total look Paul Smith  
Shoes: Ape







Total look Paul Smith



Shirt: Jean-Paul Knott  
Trousers: Paul Smith  
Jacket & shoes: Zadig & voltaire





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# Shopping



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## LIFESTYLE

Shopping

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### Rosie Assoulin

This season, Rosie Assoulin has designed 'Jewel-y McHue-y', a 12-piece collection featuring a blend of ton-sur-ton and contrasting colourways. For her first collection with Atelier Swarovski, the New York-based designer revamps traditional Georgian settings with modern materials, using bold, expressive Swarovski crystal to create an understated statement. Cocktail ring: **€199**  
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### Espèces

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## LIFESTYLE

Shopping

### Boucheron

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### Sara Esther Universel Materia

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



### Calvin Klein

Calvin Klein Watches & Jewelry presents its new collection for AW16. Shade earrings. **€95**  
[be.calvinklein.com](http://be.calvinklein.com)



### Vanessa Tugendhaft

Belgian jewellery designer Vanessa Tugendhaft has worked in an uncluttered manner to create geometric shapes sublimated by fine diamond paving. 0.27 carat diamond, 1.72 gr gold: **€915**

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# Pencils out!

Our beauty expert **Delphine Stefens** offers tips to stay trendy this term

**I**t's that time of the year again... Except this time around, besides the usual stress that goes with it, you actually get to have some fun too. For luscious lashes and lines thick and thin are right on-trend. So grab your pencils, pens and brushes and make this flattering autumn trend yours.



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# Eric's Garden Party

**Paul Morris** spoke to a local businessman celebrating a big anniversary

**R**unning your own business can be a precarious affair. So when you reach twenty years doing it you must celebrate it. That's exactly what Eric's Garden did. Eric invited his clients to a barbecue. He said: "It was a great opportunity to see my clients in a social atmosphere, and it was a chance for them to get to know each other."

All these clients start out as what he calls 'members', people who have signed up for a yearly maintenance contract. It is a service company specialized in garden maintenance but which also offers landscaping to his customers. Eric explained: "For us, it all starts with the maintenance and if landscaping work is required then we take care of it. Our goal is to satisfy the customer, to make their lives easier by ensuring their gardens looks great all year long. It's a very practical arrangement for international people."

Over those 20 years the international community has changed. "There are fewer Americans, but now there are people from all over the world, especially Asia and South America. So we get to meet them, and, since they are often travelling, make sure that the garden is in great shape all year long."

And where does he get his inspiration from? "Different places but one event made an impression on me recently: The Chelsea Flower Show. There were flowers from all over the world, with designers using wonderful creativity, creating sculptures. I highly recommend it."

It appears that setting up in business for himself runs in his blood. "I'm an entrepreneur, and I wouldn't have it any other way. I couldn't imagine myself doing something else. That's what I get pleasure from."

Check the website for areas that the firm covers in and around Brussels.  
[www.ericsgarden.be](http://www.ericsgarden.be)



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# Journuit: Furniture soulmates

In our design pages **Paul Morris** looks at a new kid on the Belgian design block and an established family firm



**B**elgian furniture label Journuit launched in September with a mission to “challenge the status quo to create your dream sofa”. The founding mothers of the label, Stephanie Duval and Nele Pieters, believe that your home should be a reflection of the life you want to lead, but finding your “furniture soulmate” can be a challenge. It’s not easy to find one that is comfortable, beautiful and affordable, while still unique to your tastes. Duval and Pieters believed it was possible to create them, and so they did.

They say: “We create furniture that marries

characteristics all too often considered opposites or contrasts. We aim for the sweet spot between high quality and affordability, between beautiful design and ultimate comfort. We are not furniture makers, but we work with the best of the best in Belgium to refine our vision and produce our designs. Our experience as outsiders to the industry has taught us that challenging the status quo can deliver amazing results.”

So how is it possible for these newbies to keep their designs affordable? Their response: “By radically cutting unnecessary costs. We



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Design

## “ FINDING YOUR FURNITURE SOULMATE CAN BE A CHALLENGE ”

don't hire high profile designers, we don't own fancy flagship stores and we'll never run expensive advertising campaigns. We invest all of our time and energy in our research and development to become the specialist in high quality sofas that look great, feel even better and are entirely made in Belgium.”

The sofas are only sold online, in their web shop [www.journuit.be](http://www.journuit.be) (site live from 22 September). There, you can read up on every little detail about the different models and materials, and you can create your own dream sofa by customizing the designs with your choice of fabrics, leathers, legs and extras. Prices start from €990 for a two-seater sofa.

So where can I try one out, sit on it? “Of course you'll likely want to see them up close before you buy one. That is why we're working with the coolest places all over Belgium to showcase our designs in their interior, where everyone is free to try them and look through our fabric sample book.”

The first collection has three different models – Pillow Talk, Utilitarian and Cosy Island – all of which are available in almost 100 different fabrics, and in a multitude of different set-ups, from two- and three-seaters to corner seats and love seats (their favourite!).

The inspiration for their Cosy Island model was: “Do you sometimes dream about spending an entire day in your sofa?”

The answer would be, “Yes.”



Photo © Gilles Draps



Photo © Gilles Draps

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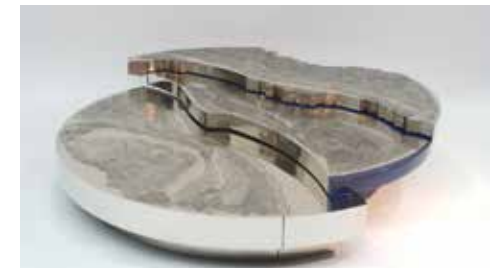


#### **Maison Armand Jonckers**

The House of Armand Jonckers conceives exclusive works, bringing together refined metals, precious minerals, coloured resins and distorted objects "to suggest a poetic universe in a constant state of renewal. The search for a point of balance between the original raw material and the human touch". It is one house, three designers, covering two generations: Armand, born in Lyon in 1939 to a French mother from Alsace and a Belgian father; Alexandra Jonckers, whose training included La Cambre in Brussels; and Grégoire Jonckers, the firm's pioneer of new territory.

Armand trained at Beaux Arts de Lausanne in sculpture and engraving. He has been exploring new fields of inspiration since 1964, through which he feeds his creative imagination at the frontiers of design and art. The artist's earliest sculptures are included in private collections in Paris, Brussels, Antwerp and New York.

Alexandra brings a breath of creativity to the trio at the House.



Trained in industrial design at the Beaux Arts de Lyon, Arts et Métiers (school of art and craft) in Brussels and La Cambre, also in Brussels, she is making her first inroads into designing accessories and stage design.

Grégoire is the firm's pioneer of new territory. The sculpture in Armand Jonckers crystal, conceived by Grégoire for the Baccarat Hotel in New York, is a perfect illustration of this. [www.armandjonckers.com](http://www.armandjonckers.com)



# LIFE OF LEISURE

The island of San Giorgio Maggiore for breathtaking views from atop the church's bell tower



LIFE OF  
LEISURE

Interview

## Morgan Freeman: A heavenly talent

This month *Together* chatted to a man who has played God – twice



**N**ot too many actors can say they have convincingly played God on the big screen. Morgan Freeman has played the Almighty twice in *Bruce Almighty* and its sequel *Evan Almighty*. Freeman appears in his first swords-and-sandals epic *Ben-Hur*, a re-imagining of the previously adapted biblical tale.

Based on Lew Wallace's *Ben-Hur: A Tale of the Christ*, *Ben-Hur* tells the story of Judah Ben-Hur (Jack Huston), a prince falsely accused of treason by his adopted brother Messala (Toby Kebbell), an officer in the Roman army. Stripped of his title, Ben-Hur is forced into slavery. Escaping a slave ship after several years, Ben-Hur is rescued by a Sheik named Ilderim (Freeman), who becomes his mentor and benefactor, and eventually teaches the former slave to race chariots.

For African-American writer John Ridley it was important to have an actor of Freeman's calibre to show the honour and dignity of the character and make him integral to the story.

"It was extremely important to give this character a voice and make him more faithful to the era and true to life," he said.

Freeman, 79, who is a noted animal lover, worked with a variety of creatures on location in Italy, including horses, camels and donkeys, as his character leads his caravan from town to town competing in chariot races.

Born in Memphis, Tenn., Freeman began his career on the New York stage in the early 1960s after a stint in the Air Force. He earned Oscar nominations for his performances in *Street Smart*, *Driving Miss Daisy* and *The*







*Shawshank Redemption*. He finally took home Oscar gold in 2005 for his supporting role in Clint Eastwood's *Million Dollar Baby*. He was nominated for his spot-on depiction of civil and human rights leader Nelson Mandela for *Invictus* in 2010.



Freeman spoke about reuniting with *Wanted* filmmaker Timur Bekmambetov to star in this remake, which has more of Jesus (played by 300's Rodrigo Santoro) and why he continues to work at a steady pace when other men his age are more inclined to slow down.

The no-nonsense actor seems genuinely touched when he receives a standing ovation as he enters a hotel suite full of journalists to talk about his new film. Perhaps it's that show of respect, that appreciation that partially motivates him to continue as a performer after six decades of practicing his craft.

**Together: Did you have any hesitation in taking a role in this movie because it's a remake of a classic movie?**

Freeman: No! All the more reason to do it. It's a reimagining of a story that's already been told three or four times. At least twice before in movies. I worked with Timur before. I know he's very innovative when it comes to special effects and stuff like that. I couldn't see how it

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was not going to be an exciting adventure.

### How much does the costume – in this case wearing the dreadlocks – inform your character?

I took the job mainly because I got to wear these terrific costumes and wear this extraordinary hair. You take work primarily because it's going to pay you because that's your profession. That's how you do it. And it's going to somehow fulfill something in you, work-wise. It's all right to say I enjoy wearing the costumes. It's part of the job.

### Wasn't it hot wearing the wig?

It wasn't at all. It was very comfortable. The man who created the wig is the same guy who created wigs for *Driving Miss Daisy*, interestingly enough. He's one of those Italians whose family has been making wigs for generations. They're very good at it. The first day I got to the set, you go and get your final costume fitting and get hair and makeup. I was going to try this wig on and see how I like it.

### What was it like working with the horses? None of them got hurt, right?

No. Of course not. That would be an absolute no-no. Nobody is going to rent horses to you today with the idea that you're going to do something (bad) to them. The ASPCA watches

**“ IN THE BOOK,  
THEY WANTED TO  
CALL HIM ARAB ”**





what happens on set. You can't even hurt a cockroach on a movie set. Did you know that? When we were making *Se7en*, in the scene about the gluttony guy, I shone my light on the cockroaches, and there was a cockroach wrangler. You do not hurt anything that you use in a movie. If it lives, it had better be alive when you are done. I am as serious! That includes maggots!

**There was a scene where you were shooting and the horses were misbehaving and you had to reshoot that scene?**

The only animals I remember not cooperating were the camels. We were trying to shoot this one caravan scene. It was going to be a mile-long scene of donkeys, camels and people and the camels did not cooperate. (He laughs.) There were six or seven guys trying to control these camels and they were having none of it. It's clear that they didn't want to deal with humans.

**This is a role that Hugh Griffith won an Oscar for in the 1959 version of "Ben-Hur." His performance was very comic. And he was Welsh. So was part of the attraction playing an African character and as an African-American, you're better suited to play the role?**

## " YOU HAVE TO FIGURE OUT YOUR PAST LIFE "

Absolutely! I didn't know it was an African character (in the book). I never read the book. In the book, they wanted to call him Arab. One of the things I asked Timur for was one of the lines, "I am not Arab!"

**What do you think of the bloody revenge themes in the movie?**

It's part of the full tapestry of the film. Over here you have people that are looking for revenge and over here is a man looking for salvation. We're looking for a world where we feel safe, all of us.

**Do you see this as a religious film? In the 1959 version we never see Jesus, but in this he is a central character.**

Yeah, but that is the story of Judah Ben-Hur. When I spoke with Timur on the phone about it, he was telling me he wanted it to have more depth and have more of a spiritual quality to it. He wanted it to be more humanized. I said: "Fine, Timur. That's good."



**Did you come up with a back story for your character?**

No.

**You have that speech about your character and your child...**

And that's why you don't have to come up with a back story because it's all in that speech. There are roles, and I've taken them, where you have to sit down and figure out who you are on your own. You have to figure out your past life. Why do I make this decision at this time? You ask the writer and he'll give you a very clear answer but it may not satisfy your need for sense memory.

**In an age of superhero movies and Pokemon Go!, how do you think audiences will relate to or find appeal in Ben-Hur?**

You have different audiences. You have the youth factor. They are going to flood your superhero movies, action movies, where "Follow me! Wait here!" is most of the dialogue. And then you have this kind of world-renowned epic story that, in itself, is heroic, which usually will appeal to a broader audience. That's the essential difference, I think. How broad can an audience be for a particular film or story?

**Timur taps into this action aspect.**

Yes, he's very, very good at that. You've got so much great technology. You can't beat a GoPro.

**You played God how many times?**  
Twice.

**You filmed this in Italy for several months. What did you do during your downtime?**

I was staying at this very nice hotel, the

Cavaliere. I could see the Vatican from my hotel window. They have on the seventh floor a very nice lounge to hang out. It's quiet. People don't come running over to you with their cameras and want to take pictures. There was a nice lady who ran this part of the hotel and our favorite restaurant, Luciano's. Oh man, it was so great there. That was about it. I'm no longer able to walk the streets in any city of the world that I've been in.

**Have you ever not been given a role you wanted?**

Yeah. Probably one of the misperceptions about being an actor is that people think you can do whatever you want to do. Nope. You can't. Clint Eastwood can't do what he wants to do. It doesn't work that way.

**What do you look for in a character these days?**

Money... and a nice place to stay.

**Do you have something else coming up?**

Yes. It's another remake. It's called *Going in Style*, which stars Michael Caine and Christopher Lloyd. It's directed by Zach Braff. We're three old guys that are pissed off at life, and the banks have a lot to do with our being pissed off. Remember when people were getting foreclosed and when they'd made all of these bank loans, which were so easy to get and then they shifted them around? It's about that. It's a comedy. I'm told a very funny comedy.

**What's your secret to staying so humble in Hollywood?**

I don't live here. I go where people put you in your place.

**Do you ever think of stopping? Just hang out on your boat?**

No. I'm not going to stop. I'm going to be stopped. When the phone stops ringing, that's when I'll say: "OK, it was a nice ride. Thank you very much."



  
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**LIFE OF  
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Travel

# Mauritius: Constance Le Prince Maurice

**David McGowan** allowed himself to be totally pampered on a paradise island



**R**omantic hideaway, stunning architectural design, luxurious setting, be pampered, lush tropical greenery and an infinity pool, Feng Shui principles employed to create the perfect sense of harmony...

Sold? This is Constance Le Prince Maurice, where style, space and architectural design create the perfect hotel lifestyle. Inspired by Feng Shui principles to create the perfect sense of harmony, all beds stand high above floor level to help the circulation of Qi. In the first hall of the Archipel restaurant, internal concrete columns are at the centre of the hall so as to increase



## “ INTIMACY IS THE KEY HERE ”

the concentration of energy in the centre.

The Hotel Director is a Frenchman called Christophe who has been managing the hotel for more than seven years. His focus is on gastronomy and wine – in fact there are 25,000 bottles of wine down in the cellar. They buy these exceptional wines directly from the producer.

The hotel, created by Jean Marc Eynaud and designer David Edwards, was built in 1988 and boasts 89 rooms. Intimacy is the key here. You get to lounge in the intimate and secluded setting. Families can head for the beach and golfers to two 18-hole championship golf courses.

And if you want to get out of the heat on the beach to another kind of heat, visit U Spa by Constance, a service designed to restore your wellbeing.

We were truly pampered on this trip. The service is beyond anything you can imagine. For example, I lifted my T-shirt to wipe my glasses and a beach boy ran over telling me to wait - he pulled out a spray and tissue and proceeded to clean my glasses. He then cleaned everybody's glasses on the beach! And the rooms are so super beautiful, walled with old oak.

The sea is to die for, and they have two gastronomic restaurants. In one of them, where you sit above the water on little terraces on stilts, you may get lucky and see one of the three sharks that live in the lagoon. Apparently, they got stuck there when they built the wall separating the sea.

We were leaving and I asked them to get my car. It was taking longer than five minutes (which was unusual there) so I went to see what was happening: they were hand-washing it for me!

I have never enjoyed such luxury. It became a chore just to put your socks on, as you get so used to having everything done for you. Quite simply, the best hotel that I have ever stayed in. I'll be back.

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# The bride of the sea

**Delphine Stefens** heads to Venice for a spot of sun, spa and linguistics



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**I**t's very much single, thoroughly exhausted and slightly flustered that I head to La Serenissima – a birthday treat that's meant to bring me some peace of mind as my brain activity is entirely focused on stretching my linguistic neurons back into shape on an adjusted diet of pasta and Spritz. It worked like a charm.

## Work hard

Through ESL-Séjours linguistiques in Brussels, which comes to me highly recommended as the specialist for language studies abroad, I book a two-week course in Venice and opt for a single room with private bathroom at the Redentore residence rather than a stay with a host family. The classes, 20 hours a week in the standard course I sign up for, take place at the Istituto Venezia, conveniently located in the

Dorsoduro *sestiero* (neighbourhood), from 9 am until 1 pm with a coffee break around 11 am – Bar Salus opposite the school's entrance makes a good cappuccino.

The classes are small, the level homogenous and the teachers go out of their way to provide the right mix of theory and practice as well as plenty of opportunities to enhance the students' speaking skills. My classmates are of all ages and from all over the world, the vibe is good and the learning goes beyond the classroom. Indeed, the school organizes daily extracurricular activities and also lets you make use of a set of umbrellas and beach beds on the Lido.

I sometimes went for a wander in the streets after class, retreating to the less touristy

Giudecca, the small island in the Venetian lagoon where the residence is situated, for lunch and then siesta. It is after all a holiday and the art of *dolce far niente* is well worth mastering. The residence is adjacent to a cloister and offers a beautiful garden view. The

To keep the magic going during my second week in Venice, I indulge in a short, but sweet stay at Hotel Danieli. The stately hall never fails to impress and the lounge bar is an institution in itself, but for my aperitivo, I enjoy the



Hotel Danieli

peaceful setting makes up for the spartan room that has everything you need except for maybe a little coziness.

## Play hard

For a taste of old-world hospitality and charm at its best, I head to the Gritti Palace and Hotel Danieli of the Luxury Collection of the Starwood Hotels and Resorts. At the Gritti, I visit the Acqua di Parma Blu Mediterraneo Spa, a fragrant haven in the sizzling city. After a brief moment to settle down, I choose a scent to personalize the signature body massage that will soon transport me to bliss. Pre-holiday knots are definitely taken care of and I feel new energy flowing. Totally invigorated, I head to the hotel's famous Bar Longhi to make the pleasure last among a décor of sculpted mirrors, Murano glass and plenty of marble.

marvelous lagoon view from the balcony of my room.

For dinner, I go up to the top floor to the recently opened The Egg Nicola Batavia @ Hotel Danieli. In this intimate venue, the egg and its perfect simplicity, as the name suggests, inspire everything. One signature dish for instance is the quail egg *en palet* with spinach and licorice, illustrating the bistro's ambition to provide a fine dining experience with seemingly simple yet inspiring combinations of topnotch *terroir* ingredients.

The distinguished chef's concept originated two years ago in his native Turin, and in Venice it is conducted in collaboration with Hotel Danieli's Executive Chef Dario Parascandolo, who helms the kitchen of Ristorante Terrazza





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Restaurant Terrazza Danieli



The Egg Nicola Batavia @ Hotel Danieli

Danieli and that is where I head to for lunch the next day. That's where breakfast is served and where I hastily return to for more of that breathtaking view during lunch.

Parascandolo's menu is enchanting and his octopus to die for. He willingly guides my lunch companion and me through a memorable feast punctuated by impeccable service. When it is time to get back to the real world, I'm in love. With la dolce vita.

**Live a little**

Places to go when you're tired of the crowd: the island of San Giorgio for breathtaking views from atop the church's bell tower and a visit to the Fondazione Giorgio Cini.

Giudecca for a quick lunch with a tramezzino at the bar or pasta with artichokes outside at La Palanca. Enjoy the view by night with dinner at Ai Cacciatori.

Set sail on a true legend with Il Moro di Venezia.

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[danielihotelvenice.com](http://danielihotelvenice.com)



# Britanny

**Paul Morris** heeded the old call: "Go west, young man!"

**T**he first thing to do in Rennes is take a tour of the historical centre – the route twists and winds around, leading you into the flamboyant Gothic architecture of Saint-Yves Chapel, and then out into streets lined with remarkably well-maintained timber houses, emblazoned with age and colours that you can't define.

Go up to the square that houses the Parlement of Brittany, whose façade boasts so many beautiful windows – a building flanked by elegant private mansions.

Head downhill to the Portes Mordelaises, a mediaeval castle entrance gate with two towers – and you will have passed countless restaurants offering crepes and galettes, the local delicacies across Brittany.

I tried a creperie with a difference. The black flour galettes served in Creperie Saint Georges have been named after famous people called George, including George Patton, George Clemenceau and Giorgio Armani. I plumped for the Georges Remi (Hergé, no less), packed with egg, mushrooms and tomatoes in a parsley sauce.

## Where to stay

Hôtel des Lices is located in Rennes' Old Town, close to the opera house.  
[www.hotel-des-lices.com](http://www.hotel-des-lices.com)  
[www.tourisme-rennes.com](http://www.tourisme-rennes.com)

Not far by train from Rennes lies the lovely seaside resort of Saint-Malo, on the English Channel. Its beach meanders around the base

of those old thick walls, and you can get lost in it quite easily. I escaped the bustle (in summer it can get very busy) and kicked back in the suburb of Saint-Servan, where you can visit The Solidor Tower, a 14th-century building that holds a collection tracing the history of voyages around Cape Horn.

Talk of water is never far away, so, especially if you have kids onboard, visit the Great Aquarium Saint-Malo, one of the largest aquaria in France.

## Where to stay

The Hotel Le Cunningham is located in Saint-Servan, a refurbished 17th century manor house facing the sea. A short walk down the hill is the excellent Le Spinnaker traditional seafood restaurant, right on the seafront.  
[www.st-malo-hotel-cunningham.com](http://www.st-malo-hotel-cunningham.com)  
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**How to get there:** Tickets for this journey were booked on [www.voyages-sncf.com](http://www.voyages-sncf.com), the European rail expert and official online distributor of high speed train tickets in France and Europe. The mobile application and the website [www.voyages-sncf.com](http://www.voyages-sncf.com) are dedicated to bookings from Belgium for all train journeys in France (TGV, iDTGV, Intercités) or international trains (TGV, Thalys, Eurostar, Elipsos, TGV Lyria, TGV France Italie, TGV France Espagne, CityNightLine, Italo). The online calendar makes it possible to book the best deals three months in advance on more than 200 train journeys.



Photo © D. TORCHUT

# Balthazar Hotel: Kick-start your day

**Paul Morris** settles into a hotel in Rennes that is a must-not-miss

**W**herever you go on the planet, you know when you're in a Sofitel. All the hotels have an elegant, contemporary feel. The receptions are inviting, the décor cool and refined. The Balthazar Hotel and Spa, in the heart of Rennes, is no different. It could not be better placed, just a short walk from the Parlement of Brittany. Impressive in scale, established in an elegant townhouse, it somehow manages to reduce itself when you arrive at the reception and you are immediately looked after by the staff. In this case, the receptionist pointed to where I would have my breakfast the following morning.

Sofitel hotels always do a great breakfast, and one thing they are renowned for is that each hotel offers something local to kick-start your day – I recall the succulent herbal sausages in Marseille. So what else but delicately-cooked local pancakes to go

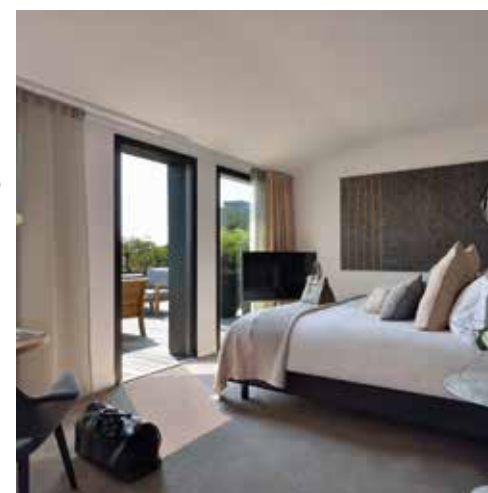


with an impressive hot and cold breakfast, in an open breakfast room with high ceilings and a sense of calm?

Once I had wandered the old, cobbled streets of the old town, there were places in the hotel where you could simply pause and enjoy a well-earned break, such as The Nuxe Spa, the leafy patio and La Table de Balthazar restaurant, renowned locally for its Sunday brunch.

## “SOFITEL HOTELS ALWAYS DO A GREAT BREAKFAST”

With 56 rooms and three suites, the hotel boasts WIFI, excellent room service and valet parking. A recent innovation at the Sofitel hotels is MyBed™, offering customized comfort with a king-size bed that is divinely soft – I would have slept on it in the elegant bed linen if it wasn't for the thought of that inviting breakfast. It allows its guests to personalize their MyBed™ by choosing the pillow that best suits them.



**Balthazar Hotel & Spa  
Rennes MGallery by  
Sofitel**

[www.hotel-balthazar.com](http://www.hotel-balthazar.com)

1



# Wallonia: Castles galore!

We offer up just some of the castles and stately homes to be found in Wallonia

**W**allonia is blessed with many secular buildings of all styles – there are no fewer than 112 castles – and you can find castles in all the provinces of the region. But there is much more to be found by going on the website to the Things To Do section and search criteria such as industrial sites, historic sites, religious buildings etc.

In the meantime we have searched for some grand castles and fine stately homes...

Photo Chateau Lavaux Sainte Anne © CGT - A. Siquet



## Feudal castle and museums of Lavaux-Sainte-Anne

Located in the Famenne region, this is a military construction that has become an historic building and nature reserve. The story of the castle is full of changes, reflected in its various museums. Discover Seigneurial life in the Renaissance, rural life in Famenne in the 19th century and the beginning of the 20th century. Don't miss the Nature museum and then plunge into the flora and fauna typical of the Famenne region by taking the route through the ecological area, with its peaceful lakes.

[www.chateau-lavaux.com](http://www.chateau-lavaux.com)

Photo © Jean-Pol GRANDMONT



## Château de Petite Somme

I wonder if you knew you can experience Indian culture in the heart of the Belgian Ardennes. Near Durbuy, you will find the fairytale castle of Petite Somme. The castle has a long history which now houses the spiritual community, Radhadesh Ardennes. The new residents have thoroughly restored the castle and transformed it into a true spiritual oasis where you can explore the colourful culture of Indian traditions. Take a tour, watch an Indian dance, visit MOSA: the Museum of Sacred Art or stay over and explore the wooded estate.

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

Photo © Marc.vandersmissen



## Castle of Beloeil

Listed in Wallonia's major heritage register, the Castle of Beloeil has been the residence of the Princes of Ligne since the 14th century. A rich collection of works of art from the 15th to the 19th century, depicting the Ligne family's history, is displayed in its numerous rooms.. The library is 18m long and 6m high and contains some 20,000 books! The gardens at the centre of a 25-hectare park are listed as 'exceptional gardens of Wallonia' and are among the most beautiful French formal gardens in Europe. Take a fun ride on the little train.

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

Photo © La ferme du monceau



## The Monceau farm

On the edge of the Ardennes village of Juseret you can breathe in the changing seasons in a 17th century castle farm. The farm offers a variety of activities that bring rural heritage to everyone: milk the cows, feed the animals, churn cream, knead bread, plant cabbages, card wool, walk with ponies or donkeys and explore the forest.

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

## Exceptional parks and gardens

There are nine exceptional parks and gardens in Wallonia, with entertainment and activities at certain times of the year. Some of these places are open all year, others are not so best to the check the opening hours on the site.

They are: Parc du Château de Modave (pictured), Parc et Jardins du Château de Seneffe, Parc du Château de Beloeil, Le Parc du château d'Attre, Jardin-potager du Château d'Ecaussinnes-Lalaing, Le parc d'Enghien, Le domaine de Freyr, Domaine régional Solvay - Château de La Hulpe and Parc de Mariemont.

[www.jardins.tourismewallonie.be](http://www.jardins.tourismewallonie.be)  
[www.tourismewallonie.be/en](http://www.tourismewallonie.be/en)



Photo Chateau de Modave © CGT - A. Siquet

# Golf down to a tee

Budding golfer **James Drew** speaks with James Beckman, the chief operating officer of Golf Club D'Hulencourt



One of Belgium's leading golf courses. Golf Club D'Hulencourt, which is owned by leading chemicals businessman Patrick Solvay, is to be found just a 30-minute drive away from Brussels, and the club speaks of an earlier time, when service and quality of experience were paramount.

And it is these factors that are the driving force behind Chief Operating Officer James Beckman's ambitions for the club, ambitions that he was only too happy to share with me during a very pleasant day spent at Hulencourt.

I haven't actually swung a club there yet, but I will be doing so very soon, thanks to James' very kind invitation.

There are a lot of golf courses in Belgium, considering the country's size, and not all of them are doing as well as Hulencourt is. So, what is behind James's work?

"Well," he says, "the club was founded 27 years ago, by Patrick Solvay and a Flemish couple, Jean and Yvonne Van Den Bussche. Yvonne is also still a very active member of the club and its council. There are many golf courses in the Brussels region, and for me it is very important to ensure that Hulencourt differentiates itself from our competitors. For myself, I have played golf for 43 years, and have now been involved with the club for around ten years.

"What we have decided to do is be a very high-level service-oriented club – everything

needs to be of the highest quality. This begins, of course, with the golf course itself, its presentation and conditioning, all year round.

"We have just recently constructed a new golf bag store, our locker facilities are state-of-the-art, and of course we ensure that the welcome



we offer from the moment a golfer arrives here is never less than first rate.

"Quite a few clubs have a very large business aspect to them; this club does have many members who are high up in business, but when they come here, they are encouraged to come here for relaxation – some of course will want to discuss business, but they wish to do it in a relaxing, discreet atmosphere.

"For the most part, such clients want to relax and enjoy their golf, leaving the stresses of the office behind. We have a number of high-profile Belgian business people, and I think they come here because they know that they will not be bothered."

So, does James try to attract an 'exclusive' clientele?

"'Exclusive' can be a difficult word, because the club is not snobbish, it does not want to be snobbish – every club has its own defined 'culture', if you like, and we always want to ensure there is a good fit between each player and the club – we obviously want our clients to be happy. I interview every candidate member myself, I explain what the club offers – obviously, we do not take everybody, but

the club does have a very mixed membership, and what I find very heartening to hear from new members, which I frequently do, is how welcoming they have found the existing members to be.

"In addition, our restaurant is high-quality, offering fare that caters to golfers – it's very much a luncheon restaurant."

And James puts particular emphasis on personalized service, as he explained to me while I was very much enjoying a tour of the beautiful, sweeping course in the comfort of one of Hulencourt's very handy buggies, which are numerous.

"We are quite a small club by Belgian standards, we have around 500 members, and our core values are based on three pillars. Firstly, elegance, because golf is and should be an elegant game, inclusiveness based on the best golfing traditions of Scotland (meaning that both men and women are more than welcome), and the third pillar is sport, because golf is a sport, and we really felt that we needed to put energy into the sport side. This is why we hired one of Belgium's leading golf pros, Jérôme Theunis, as our head coach, and he now has his own Academy at the club, and the Academy plays a very important role for our youngsters and existing members."

"Golf, at its heart, is all about enjoyment, about enjoying the experience and enjoying life. And it is this that I believe Golf Club D'Hulencourt provides best of all."

I agree wholeheartedly with James – and I will be teeing up against him shortly. I can't wait.

**Golf Club D'Hulencourt**  
Bruyère d'Hulencourt, 15  
B-1472 Vieux-Genappe  
Tel: +32 (0)67 79 40 40  
[www.golfulencourt.be](http://www.golfulencourt.be) 1



## Europe with a touch of Belgitude

**James Drew** speaks to Stijn Beschuyt, General Manager of Hotel Martin's Brussels EU.



range of savoury flavours."

And what about the fine wines that accompany the food? Stijn says: "We make sure that we offer many European wines, carefully selected for quality and price – we are able to offer many wines by the

**F**or Stijn Beschuyt, recently appointed general manager of Hotel Martin's Brussels EU, it's all about the food. The hotel's restaurant, Icones, is where European food meets local Belgian produce.

Based near the European commission, the hotel and its restaurant are in the heart of Europe, not just physically, but also when it comes to the menu. The current menu boasts an array of food from across the continent, including an orektika (Greece) with beef and tzatziki, a trilogy of tapas (Spain), saltimbocca (Italy), Scotch egg (Scotland) and gravlax (Scandinavia), each with a Belgian touch.

"In a nutshell, it is about ensuring that our food is always freshly sourced locally," says Stijn. "Martin's is almost certainly the 'greenest' hotel in Brussels, and our restaurant likewise. Why should we import beef when we can get the finest cuts on our doorstep? And the same goes for seasonal vegetables which we can source locally all year round."

Head chef, Nicolas Mottart agrees 100%: "It's all about shopping locally, and putting a Belgian edge to the food that we offer," he says. "All year round, you will find a range of changing dishes themed with waffles. And not just for the desserts. The waffle is surprisingly versatile, and works remarkably well with a

glass."

So, who are they selling their culinary expertise to? Stijn is happy to explain: "We are very much trying to sell what we have to the group bookings. With our quick, delicious and sumptuous lunches, we are very much trying to attract groups of EU politicians and businessmen. They can reserve a private zone and enjoy their meal in perfect comfort."

And Martin's excellent terrace provides a tranquil, elegant locale for some of the finest dining and post-work relaxation in town.

And, of course, there's the Winter Barbecue Class – a team building cooking activity for up to 80 people. "We are teaming up with Mmmmh!, another Brussels icon."

A treat that Stijn has in store for a little later in the year...

Watch this space!"

### Hotel Martin's Brussels EU

Boulevard Charlemagne 80  
1000 Brussels  
Belgium  
Tel: +32 (0) 2230 8555  
[www.martins-hotels.com](http://www.martins-hotels.com)



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## AU REPOS DES CHASSEURS



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

**Le perdreau, le canard sauvage, les champignons des bois et la truffe sont à présents à la carte**

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

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

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

## CICCIO BELLO



Ce restaurant, situé au coeur de la commune de Watermael-Boitsfort, propose une cuisine italienne aux saveurs du sud, un large choix de pizzas cuites au feu de bois et de délicieuses pâtes maison. En été, vous profiterez d'une vaste terrasse au soleil pour vous échapper le temps d'un repas. Chaque midi, optez pour notre lunch à 12,50 € (une entrée + un plat). Pour vos fêtes familiales telles que mariage, communion, fêtes d'anniversaires ou autre, le Ciccio Bello dispose d'une lumineuse salle de banquet, pouvant accueillir plus de 40 personnes, avec une agréable vue sur la place Wiener. De plus, l'établissement offre 6 appartements hôtel de 45 à 60 m2 entièrement meublés et équipés.

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

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

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

**LIFE OF  
LEISURE**

Dining

# Where's the beef?

Bord Bia (Irish Food Board) came to town, bearing gifts of... beef.

**P**at Whelan, one of Ireland's foremost butchers, came to Brussels to share the benefit of his inherited expertise as a fifth-generation farmer and butcher. Whelan's book *The Irish Beef Book* is a guide to Irish beef, covering every aspect of buying, preparing and cooking it, including how to create delicious dishes using every part of the animal and empowering readers with the knowledge to seek out the very best beef available. The classics are all included, as are quick and easy midweek suppers and more complex dishes for leisurely weekend entertaining. There is a whole section devoted to 'the perfect steak', and the chapter on roasting removes the fear factor from Sunday lunchtime once and for all.



**“ IRELAND HAS BEEN RAISING AND COOKING BEEF FOR OVER 5,000 YEARS ”**

which enables it to produce a richer meat with omega 3 and 6, and vitamins A.”

Whelan said: “This book is intended to demystify meat cookery and help people explore its wonderful taste opportunities.” His knowledge of animals and butchery gives him an edge and Whelan is enthusiastic about teaching everyone the joys of meat cookery. Each cut requires a certain method of cooking, and he outlines methods and recipes for popular and less fashionable cuts of meat.

Whelan reminded his audience: “Ireland has been raising and cooking beef for over 5,000 years. Irish beef has the particularity to spend almost all of its life in green pastures and enjoys rich pasture feeding in a calcareous soil with a mild current due to the Gulfstream,

In his trip to Brussels he was certainly preaching to the converted, since Belgium's top chefs have long been admirers of Irish beef – among the members of the Belgian branch of the very select Chefs' Irish Beef Club are Jean Callens (Callens Café), Gaëtan Colin (Jaloe), David Martin (Brasserie La Paix), Luc Mignon (Le Saisonnier), Larbi Ouriaghli (Lola), Rocky Renaud (Le Passage), Lionel Rigolet (Comme Chez Soi) and Geert Van Hecke (Karmeliet).

Roland Debuyst, Stéphane Grulois, Luc Mignon and Dimitri Marit were on hand to provide a masters' master class.  
[www.bordbia.ie](http://www.bordbia.ie) ●



# Passionate about the grape

This month we look at Vins Pirard, a family with a passion for wine since 1945



**B**ehind a beautiful house of wine we discover a family of passionate wine merchants – three generations, who for more than 70 years have forged close ties with winemakers they have carefully selected for their expertise. Always respectful of human labour, they like good stories, stories that last – they love author wines and authentic crus.

The adventure started with Jacques Pirard who, with his innate business sense, moved to Verviers and offered a list based on the wines of Bordeaux. He began by representing a Bordeaux wine merchant. But he soon realized that the samples provided by the merchant did not correspond to the wine delivered to customers. This scam encouraged him to go directly to Bordeaux to control the chain from A to Z. What interested him primarily was the taste. He learned on the job by meeting with winemakers and multiplying the tasting sessions.

His son, Emmanuel, the 'nose' of the house followed suit and hunted down wines by selecting them directly at the property. He introduced the Italian and Chilean wines. In

recent years, he shared his expertise with his son Simon. After completing training in marketing at Ephec, Simon went to Santiago in Chile to live with the wine's most beautiful moments – during the harvest.

On returning, he studied for one year at the wine vineyard in Beaune CFPPA High School. With his specialty certificate in wines and derivatives in his pocket, he was selected for an exchange program and stayed for three months in South Africa, in the Cape wine region. Back in Brussels in 2005, he began working with his father, travelling the Brussels region to publicize the company's wines.

Today, he manages the marketing of the wines on the entire network of Pirard outlets. The company provides not only individuals but also some starred tables, such as Le Chalet de la Forêt, Villa Lorraine, Sea Grill and many others. And so the story continues...

[www.espacevins.com](http://www.espacevins.com) •

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LIFE OF  
LEISURE

What's on

# Belgium



### Belgo Peï: Exhibition by Gillis Houben (oil on canvas)

To celebrate its 5th birthday, Home Frit' Home and its Frites Museum pay tribute to Gillis Houben, the dean of the artists they previously exhibited. From Brussels, 83-year-old Gillis Houben is a true 'peï' (an 'old man' in the Brussels language). From the 80s, he spent more than 20 years painting only 'fritkot/friture' or 'baraques à frites' (chip stands) after discovering that no artist had done it before. For a lot of journalists and locals he became 'the fritkot painter'.

Later, he dedicated his art to other Belgian themes, such as surrealism, sometimes with a nod to Magritte. A self-educated man he lived life the hard way, leaving school when he was only 13 years old, because of family problems, and went straight to work. As he got older he had "a thirst to create and began to paint, to write poems and create drama shows".

In the early 80s, with Yves Warson, he shot the Super 8 movie *Fritland*, which has only been shown a few times to the general public. And Home Frit' Home will project the film during the exhibition (agenda to be confirmed at this time, but it should be the 1st weekend of November, on Saturday and Sunday).

The Belgian Fries Micro Museum has more than 500 objects and exhibits of various kinds, exploring the rich world of these little golden potato sticks in all their many manifestations. Open every first week-end of the month or by appointment from 16 September, 2016, to 7 January, 2017.

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







### Funtastic! - Solo Show Laurina Paperina

Trained at the Rovereto Art Institute in 1999 and the School of Fine Arts of Verona in 2005, Laurina Paperina mixes a comic book universe with observations of great acuity on the contemporary world. With just a few strokes and a lot of irony, her work addresses many issues, including politics, super heroes, television, film and even the world of contemporary art. She uses the codes of her generation, from trashiest cartoons to schoolboy pranks. **Until 15 October.** Mazel Galerie, Brussels. [www.mazelgalerie.com](http://www.mazelgalerie.com)



### Dina Goldstein - Beyond Fairy Tales

Goldstein is a Pop Surrealist photographer who gathers fairy tales and gives them a hard edge, showing how Barbie, Snow White, Rapunzel and even Darwin would look if they were alive today. The photos are controversial with a keen eye for detail and dramatically powerful. **Until January 2017.** Artelli Gallery, Antwerp. [www.artelligallery.com](http://www.artelligallery.com)



### Festival International du Film Francophone de Namur

The 31th International Francophone Film Festival of Namur showcases the richness of the Francophonie, presenting each year 150 films from around the Francophone world. The FIFF will open with *La Fille Inconnue* (The Unknown Girl) by Luc and Jean-Pierre Dardenne (Belgium / France). Other titles already announced include *1:54* by Yan England (Quebec), *Le Ciel Attendra* (The Waiting Sky) by Marie-Castille Mention-Schaar (France) and *En Amont du Fleuve* (Above The River). Namur. **30 September - 6 October.** [www.fiff.be](http://www.fiff.be)



## Knokke-Heist, open for Sunday shoppers.

Every day in Knokke-Heist, the sun comes up in style. Sunday's no exception. Fabulous shopping follows beach hopping and an extra delicious waffle topping. Glorious meals seduce passers-by at night, others just go there to fly a kite. In Knokke-Heist, living is art, the people here are Young at Heart.

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What's on

### Philippe Cornet - Snippets from the USA

With the American elections now imminent, and to celebrate the Vif/L'Express Extra Special USA issue, the Botanique Gallery is hosting an exhibition dedicated to the photography of the journalist Philippe Cornet. He is known for his inspired and unyielding writing, and with his snapshots he paints a portrait of the contrasting faces of America.



Cornet says: "To find yourself in Los Angeles at Universal Studios in the summer of 2015, and getting bored stiff whilst queuing endlessly at the fun parks, and photographing the people standing next to you. To discover that the whole of America is there, wearing Minnie Mouse's ears on top of a chador, turbaned up in Indian attire, Afro-American, or standing out like a western Latino. has more than changed since the last time I travelled to New York in the summer of 1981."

**Until 30 October.** Galerie, Botanique. **Entry free of charge**  
[www.botanique.be](http://www.botanique.be)

### National Orchestra of Belgium

The dramatic intensity and profundity of Mozart's last work are astonishing. The Dutch conductor Jan Willem de Vriend knows exactly what he wants: this should be a distinctive, exciting interpretation of the Requiem. The NOB has invited an array of Queen Elisabeth Competition laureates to take part in this performance, including Belgium's Jodie Devos and Werner Van Mechelen.

Programme: Symphony no. 6, op. 58 Johann Wilhelm Wilms, Requiem, KV 626 Wolfgang Amadeus Mozart. **29 October.** Henry Le Boeuf Hall, BOZAR. **Tickets: €13 - €47**  
[www.bozar.be](http://www.bozar.be)



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14 traditional, completely renovated "Maisons de Maître" houses in the heart of the European district in Avenue Michel-Ange and Rue Stevin. While retaining the original exterior features of these houses, built in 1900, the interiors have been converted into apartments and are modernised to the highest standard, as the slogan says "Styled for Living".

The apartments are 45 m<sup>2</sup> to 180 m<sup>2</sup> and comprise of 1 to 3 bedrooms, some on two levels, with a balcony or garden. The apartments are decorated with style: wood parquet, modern tiles in the bathrooms, fully equipped kitchens, isolate-glassed windows, Telekom, sat TV and intercom-system; closed garage available.



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convenience and  
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LIFE OF  
LEISURE

What's on international

# Paris, city of art

**Paul Morris** tries out a very useful  
little card

**T**he next time you're in Paris make sure that you have the Paris Museum Pass in your back pocket. It offers unlimited access to more than 60 museums and monuments in Paris and the surrounding area. You can visit your favourite museum as many times as you like, and without having to queue. There are three passes valid for two (€48), four (€62) or six (€74) consecutive days.

Fittingly for an art trip, I stayed in the Grand Pigalle Hotel, which opens onto the villas of the avenue Frochot, the private estate where Toulouse-Lautrec once lived. It's slogan is 'Bed & Bevarage', and it certainly lives up to that in the excellent wine bar on the ground floor.

It is also very well-placed for museums – I simply pointed myself in the direction of the Seine and wandered downhill. It was hot so I didn't take on the mighty Louvre, but I visited some old favourites, such as the monumental Musée D'Orsay, mainly for its impressive Impressionists; Musée Picasso, not just for some of the best paintings ever produced but for the moving portraits of his family when he was younger; and then the Georges Pompidou Centre for its quirkiness and an excellent current exhibition entitled 'Beat Generation'.

Beat Generation is a novel retrospective dedicated to the literary and artistic movement born in the late 1940s that would exert



an ever-growing influence for the next two decades. The theme is reflected in all the Centre's activities, with a rich programme of events including readings, concerts, discussions, film screenings, a colloquium, a young people's programme and much more. Beat Generation runs until **3 October** and there are late night openings on Thursdays till 23h00.

[www.centrepompidou.fr](http://www.centrepompidou.fr)

For more information about Paris check out [www.parisinfo.com](http://www.parisinfo.com) or pop into the offices at 25, rue des Pyramides, Paris 1<sup>st</sup>, from where you can go for a wander in the Jardin des Tuileries and use that card to explore the Louvre. **1**



# Cinema

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



## Ben-Hur

Timur Bekmambetov (*Night Watch* (2004), *Day Watch* (2006)) brings the fourth movie adaptation of Lee Wallace's 1880 novel *Ben Hur: A Tale of the Christ* to the big screen – given that the most recent adaptation, starring Charlton Heston back in 1959, won 11 Oscars, this has some pretty big shoes to fill. In a nut-shell then – a nobleman, Judah Ben-Hur (Jack Huston), is falsely accused of an assassination attempt by his childhood friend and adoptive brother Messala (Toby Kebbell). He survives years of slavery under the Romans and attempts to get revenge by challenging his adoptive brother in a grand chariot race while being forever changed after a series of encounters with Jesus of Nazareth. So there you go – let's hope the chariot race is up to scratch.  
141 mins.

## Blood Father

Mel Gibson returns in Jean-François Richet's action thriller (in English), starring Gibson as an ex-con who reunites with his estranged, wayward 16-year-old daughter Lydia (Erin Moriarty), in order to protect her from drug dealers who are trying to kill her.  
88 mins.

## The Infiltrator

Man-of-the-moment John Leguizamo stars in Brad Furman's crime drama, in which U.S. Customs Service special agent Robert Mazur (Bryan Cranston) uses his undercover alias 'Bob Musella' to become a pivotal player for drug lords, cleaning their dirty cash. He infiltrates the world's largest cartel and helps discover the money-laundering organization of drug lord Pablo Escobar, and takes down the Bank of Credit and Commerce International, which had secretly taken illegal ownership of First American Bank shares in Washington, D.C. Advance word is very good on this one...  
127 mins.

## Absolutely Fabulous: The Movie

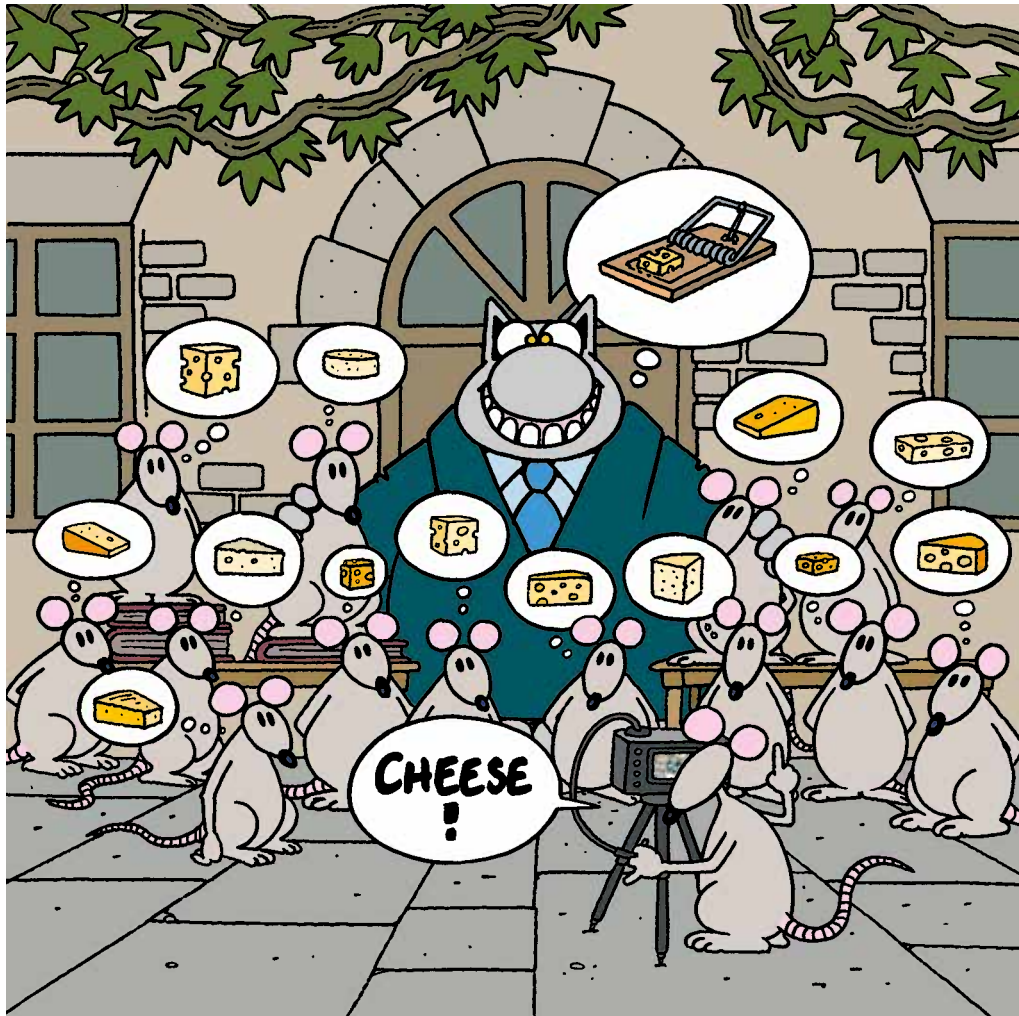
Well, it had to happen, I suppose – Edina (Jennifer Saunders) and Patsy (Joanna Lumley) are on the run, following a rather unfortunate accident at a party that sees Kate Moss go missing presumed dead. And things only get worse and worse from here on... You're likely to love it, if you loved the series – for me, the joke went stale quite some time ago, but what would I know?  
91 mins.

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# Class snap!



LE CHAT by Philippe Geluck



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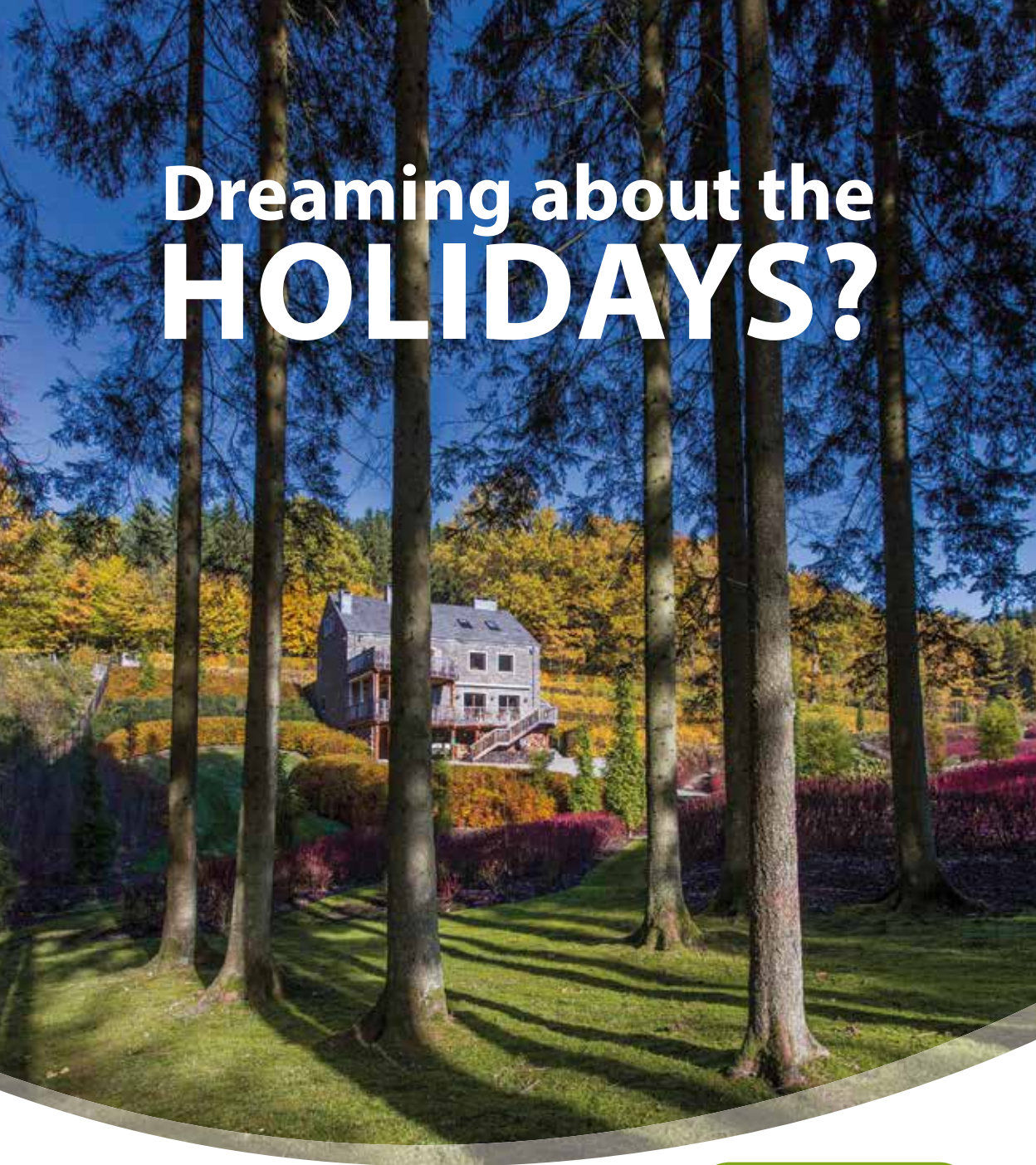
Mrs Nkosi from South Africa, who chose BSB for her daughter Zanoluhle (Year 1)

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