NOVEMBER 2016 #73

# Together magazine

CHARITY
TOUTES À L'ÉCOLE

FITNESS
*MODERN MAN*

LUXURY
THE BIG BRANDS

BEAUTY
BOOSTERS

POLITICS
*RUSSIA IS BACK*

TECHNOLOGY
*VIRUSES*

DESIGN
*LIONEL JADOT*

WINE
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TRAVEL
*CANADA*

MONEY
*MAN AND ROBOT*

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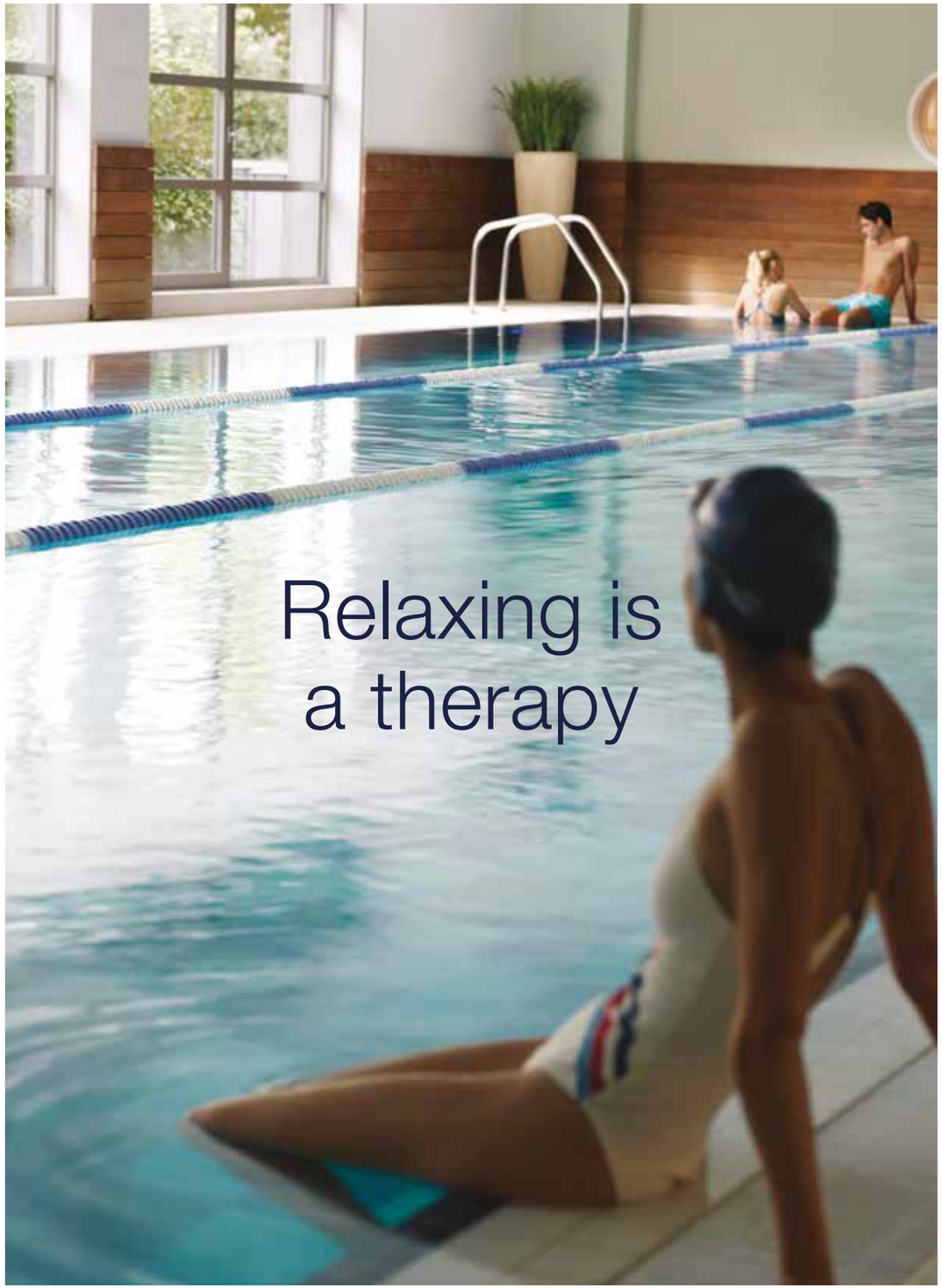

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# Editor's LETTER

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

## ON THE COVER

Ben Affleck stars in
*Batman v. Superman:*
*Dawn of Justice*

# BRANCHING OUT

When I was a boy the teacher asked us to think about and talk about architecture – we were only nine at the time, so he was met by a sea of blank faces. But once he explained to us what it was all about we got excited and started making rough (very rough) sketches of what we thought our homes should look like. An early introduction to a subject I still love.

I said that all the houses in our neighbourhood should be completely different, totally unique. Quite a few years later I met a young architect and I scribbled for him something I had been thinking about. It was a tree house – not up in the branches but around the tree trunk. He said: "But you'll damage the tree and the house because the tree will expand and affect the structure." Spoil sport.

So I sketched in wheels for the walls and concertina rubber between the house and the tree so that the house would adapt to the tree. Only recently, I saw that somehow had done just that. However, it wasn't our featured Belgian designer and architect Lionel Jadot, who had to fell a maple tree to clear the plot for a client's house. He decided to put the tree in the centre of the house, making it a focal point of the new home.

It's clear that we have to get very creative if we want to strike a balance between an out of control human population, a sadly diminishing animal kingdom and all the needs of nature herself.

**Paul Morris**
EDITOR

/togethermagazine @together_Mag

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**Success: Tim Ferriss' book The 4-Hour Workweek**
Audio books are a 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. *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."

**Luxury phones: World's most expensive phones**
One of the iPhone Diamond Ecstasy phones can cost you up to €2 million. The iPhone 6 Diamond Ecstasy range is encased in 24-carat gold and is encrusted with more than 788 VS1 diamonds. But you can even customize your most expensive iPhone by choosing between gold, rose gold or platinum finishes and you can add different precious stones including rubies, sapphires, tourmalines and coloured diamonds.

**Yucatan travel: A peninsula awash with mystery**
Sorcha Glackin headed for Mexico's glorious peninsula. Close your eyes and imagine the most turquoise water you have ever seen. Chances are, you're not even close to imagining the vividness of the Caribbean Sea in Mexico. In fact, as we made our way by taxi to the Hotel Fiesta Americana Grand Coral Beach Cancun, my travel companion had to remove her sunglasses to ensure what she was seeing was real.

**Wine tips: Eastern European wine history**
As western Europeans, our wine culture has been greatly influenced by famous classical countries such as France, Spain and Italy. For a long time, they were all we knew about wines. A few years ago, we discovered 'New World wines'. And we like them! They are more and more present in our consumption. But do you know you did not have to go so far to find new exciting wines?

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# Starring in Belgium

**Katie Melua**
This very special winter tour by the beautiful young Georgian-British singer-songwriter will be accompanied by a choir of 23 women from Gori, Georgia, her homeland. This European tour will feature her new album, *In Winter*, and end in Brussels' Cirque Royal, a show with more than a few surprises up its sleeve. **21 November**. Cirque Royal. Tickets from **€41**
*www.cirque-royal.org*

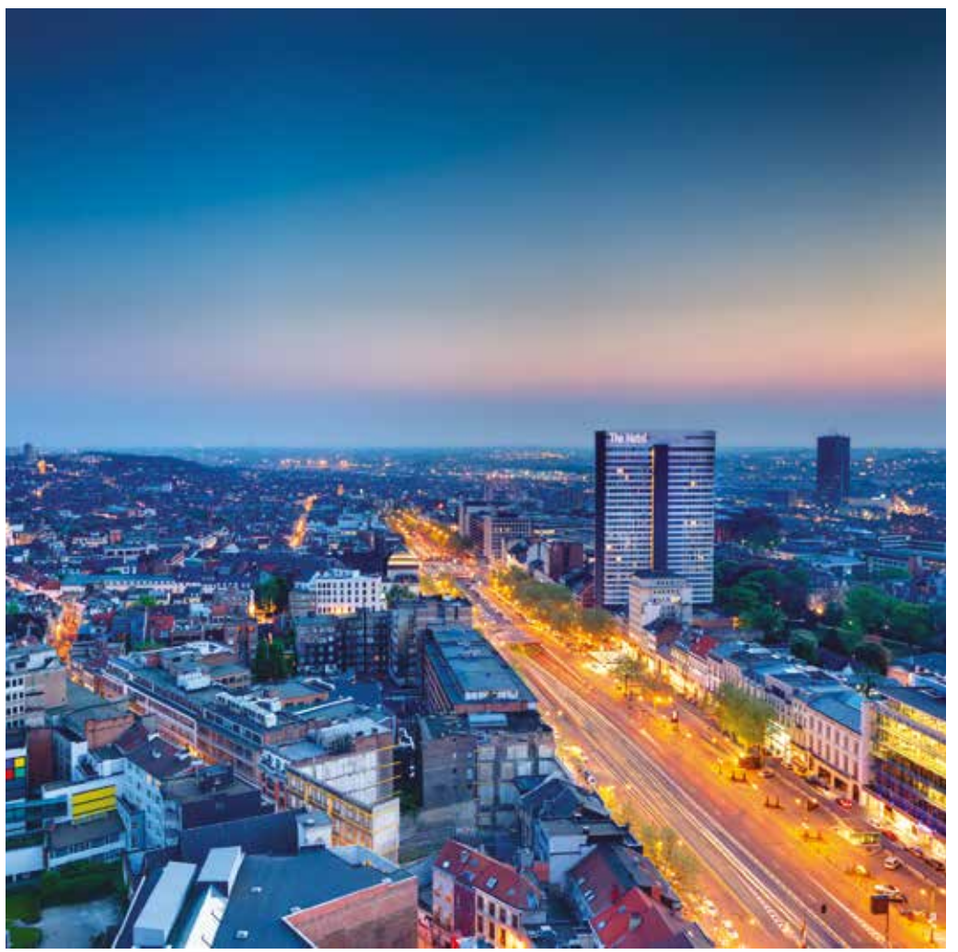
**Pixies**
The Boston-formed American alternative rock band brings its heady mix of psychedelia, noise pop, hard rock, surf pop and surf rock. Singer-songwriter Black Francis takes on offbeat subjects such as extraterrestrials, surrealism, incest and biblical violence. **25 November**. Lotto Arena, Antwerp. Tickets: **€45**
*www.liveneation.be*

**The Veils**
This London-based indie/alternative band is fronted by lead singer and songwriter Finn Andrews. They are known for their chaotic and highly cathartic live performances and Finn's often scarily possessed stage presence. Finn has been called "a young but maturing real artist in the vein of Nick Cave and David Bowie". **25 November**. Botanique, Orangerie. Tickets: **€17**
*www.botanique.be*

**Alice on the roof**
Alice Dutoit, better known by her stage name Alice on the Roof, is a 21-year-old Belgian singer born in Soignies. The rising star became known when she made the semi-final of *The Voice Belgique*. Her first single, *Easy Come Easy Go*, was a smash hit in her homeland in 2015 and raced to the top of the charts. **8 December**. Ancienne Belgique. **€33**
*www.abconcerts.be*



WHAT **HOTEL?**



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# ‘Toutes à l’école’: Educating tomorrow’s women

You can help this remarkable initiative by buying a collector’s pastry box

Throughout the world, fewer than one third of the children enrolled in schools are girls. Because of this observation, the journalist Tina Kieffer decided to found a charity called ‘Toutes à l’école’ in 2005. Its mission is to provide high-level education to under-privileged girls and to allow them to get jobs in the future where they can enjoy freedom and dignity. ‘Toutes à l’école’ chose Cambodia in 2006 for its first school, Happy Chandara.

Founder-President Tina Kieffer said: “This first pilot school will be a blueprint for others that will follow, so that women with degrees will be able to influence the economic and political environments of their countries. ‘Toutes à l’école’ has decided to give priority to the education of girls. Although we defend education as a fundamental right for all children in the world, whatever their sex, it appeared urgent to improve the immense unfairness that girls undergo, which makes them victims for life.”

Fine biscuit maker Delacre and designer Serge Bensimon have teamed up to help the association. The firm has unveiled a new limited edition of its iconic box of pastry cookies, and each of the three collector’s boxes has been designed by Bensimon. They are priced at €11.99 and can be found at the Delacre store and many other large shops.

**For free, educated women**

Julie Pierre, Delacre’s Marketing Manager, explains: “For ten years now, thanks to ‘Toutes à l’école’, hundreds of little girls from disadvantaged families have discovered the pleasure of learning, to build a future with free and educated women. Our company has always been intimately linked to the world of the family and the sharing of experience and expertise. It is therefore natural that we have chosen to support childhood education through this association.”

For his part, Serge Bensimon says: “Linking artistic work with charity is always exciting and full of passion. It’s a way of expelling obscurantism and ignorance through altruism. These ‘collector’ boxes allow everyone to help bring a concrete future for the women of tomorrow.”

*www.toutes-a-l-ecole.org*

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GOING PLACES TOGETHER

# PERSONAL DEVELOPMENT

*Will humans dream of electric sheep?*



# The eye of the beholder

myASPRIA Contributor **Nils Courcy** undertook the perilous exercise of defining male beauty in the present day

Today's man is well-groomed and proud of it. The modern male is now abandoning the weight room and signing up for activities that were long considered to be a female preserve: yoga, stretching, bodystep, bums and tums, bodyArt, body balance, pilates, ballet, etc.

Conversely, certain physical attributes, quintessential symbols of virility, power and protection, are no longer the exclusive prerogative of men. Preconceived ideas, such as "he must be strong" and "she must be beautiful", are being swept aside with the breakdown of genres. And without exaggeration, there is no denying that today some women have more physical stamina and are more resilient than many men.

Female emancipation is daunting for the male sex and is changing the rules of the game in terms of social roles. Machismo is on the decline, and our new androgynous society has a different vision of the man of today. Male beauty is becoming more complex to understand and its borders with female beauty are blurring. Masculinity is gradually being permeated by femininity. The last straw for the 'stronger sex'!

**The Apollo of modern times**

I have frequently met men tormented by a deep identity crisis within their relationship: "My wife wants me to be manly, muscular, a bit of a bad boy, but also demands that I be groomed, elegant or even sophisticated." It is a common observation that, over and beyond a destabilizing psychological effect on some men, this questioning of their allegedly male prerogatives could strongly affect their testosterone production, the sex hormone that is fundamental for libido, energy and general health.

Male identity, undermined by the current redefinition of genres, is undoubtedly being reconstructed through new standards of beauty, standards that do not necessarily comply with the ideal of 'Greek beauty' frozen in time by the ubiquitous statues of Apollo: perfectly symmetrical facial features, protruding and well-proportioned muscles and a form of natural grace insinuated by perfect harmony.

But what is the real face of the Apollo of modern times assiduously roaming the gyms? After interviewing the females in the corridors, it seems that women have a rather cryptic take on male beauty, defining it as "a general appearance" or reducing it to important details such as "elegant hands, deep eyes, beautiful skin, a manly beard, a groomed look" etc. Some even emphasise the importance of "intriguing imperfections" that they claim exude a certain charm. Indeed!

Most of the time we got a wholesale response: "Quite tall, a fairly broad frame, strong shoulders, reassuring arms, comfortable chest and well-rounded buttocks." And even if the absolute must remains for 80% of them "well-drawn abs" and the famous "six pack" (yes, that again!), a paradox sometimes emerges. Many of them crave love handles! In short these revelations generally refer to a relatively muscular body that tends to correspond to conventional standards of beauty.

Phew, that's our aesthete reassured in his relentless cult of the body!

**The ingredients of the magic formula**
So what is the recipe for transforming these many aesthetic requirements into physical goals? While for the love handles the answer is easily found in any food with a high glycemic load such as soft drinks, confectionery, pasta, rice, bread, etc., it seems that the recipe for

**" FEMALE EMANCIPATION IS DAUNTING FOR THE MALE SEX "**

the perfect aesthetic is a little more complex, but far from impossible to achieve! Here are a few basic ingredients:

***Concentrate on functional work***
As we have seen, beauty is often synonymous with harmony. No more 'bulking up' and strictly 'isolated' workouts that can sometimes lead to unsightly asymmetries between body parts. The body is one and indivisible, and to develop overall body strength and well-proportioned athletic muscles, opt for complex movements

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respecting the natural body mechanics.

***Bring it on!***
Being strong and muscular also necessarily involves muscle mass gain or 'muscle hypertrophy'. A muscle subjected to overload tears and becomes bigger and stronger after repair (rest assured, 48 hours are all it takes to rebuild a muscle). Then increase your weights to progress continuously. A common programme, as effective for beginners as it is for experienced practitioners, will be to undergo a session including one exercise per muscle group and perform three to four sets of 10 to 12 repetitions per exercise, with a suitable weight to achieve the total exhaustion of the muscle at the end of the session. This type of training requires a very significant protein intake.

***Always dreamed of a 'V'-shaped body?***
To impress, consider developing your shoulders! Some exercises are known to develop the shoulder girdle (chest and shoulders) and the latissimus dorsi: nothing beats regular pull sessions for that. While these sessions may seem prohibitive and very gruelling at the beginning, progress will be visible quickly. And think about swimming in addition to muscle activity.

***Shapely buttocks? A simple solution: squats, squats and squats!***
The gluteus maximus is the largest muscle in the body, so do not underestimate the effort required to keep it in shape. Start with body weight exercises such as squats, lunges and dead lifts. Once the technique is perfectly executed, bring on the suitable weight. Your partners will quickly thank you for it!

***Beautiful arms? Not so easy but oh so sexy ...***
One of the weight training staples is the 'curl'. But working the biceps should not come at the expense of their antagonist muscles, the triceps. So regularly alternate concentric exercises (pulling) for the biceps and eccentric (pushing) for the triceps. Follow this tip from the coach: the biceps and triceps are short muscles that require near maximal amplitude of movements, in order to elongate the fibres and avoid shortening their original size even further.

***HIIT: know what it stands for***
For shapely abs, doing planks and crunches will not suffice. It is important to maintain a low fat mass (ideally less than 10% of body weight). So gradually introduce cardiovascular High Intensity Interval Training. As if by magic, you will quickly reduce your body fat while heavily minimizing the loss of muscle mass. Opt in parallel for a strict nutritional diet with limited carbohydrate intake.

**" WHAT IS THE REAL FACE OF THE APOLLO OF MODERN TIMES? "**

***Don't only go by appearances!***
Looking after your appearance in the long term also requires appropriate and constant fundamental training. Training your heart means regular endurance activity. Breathing and muscle stretching should not be overlooked either: consider yoga and all its derivative forms. Finally, sleep and nutrition are essential if you want to become an athletic, healthy and handsome man.

Despite this new vision of the male standards of beauty, it will continue to be incarnated in a body, inseparable from the desire it evokes or provokes. Your best asset to cultivate your energy, health and beauty remains therefore the regular practice of a variety of sports activities.

At Aspria, we believe that the body in its external representation is not the only beauty attribute. Our wellbeing centres perfectly embody this new vision of the modern man, to meet new needs, set new benchmarks and help him 'feel good' rather than 'look good'. Who knows, maybe at the end of the day, self-confidence may be your greatest asset.

# Real or synthetic?

Our nutrition expert **Sophie Bruno** looks at the value of food, vitamins and supplements

People worldwide are increasingly resorting to nutritional supplements in the hope of achieving optimal health, alleviating health conditions or defying ageing. The supplement industry is booming, making it a billion euro industry. The most popular dietary supplements are those that are alleged to boost vitality and the immune system, limit the signs of ageing, cut the risk of chronic disease such as cancer or treat specific ailments such as arthritis.

As a result of the huge array of dietary supplements now available, the nutrition landscape is becoming a minefield for consumers to navigate, and it becomes increasingly challenging to have an appreciation of the broader health, safety and efficacy implications of supplements.

Dietary or nutritional supplements comprise products that aim to supplement the diet and provide additional nutrients that may be lacking or may not be consumed in sufficient quantities. Supplements encompass vitamins, minerals, herbs, amino acids, enzymes, fibre and fatty acids. They also come in a variety of forms, including tablets, capsules, powders, drinks and supplement bars.

Nutrients play a vital role in the human body, as they are required for virtually every bodily function. Despite their vital importance, the body only requires minute amounts and, bar a few exceptions, is also incapable of manufacturing these substances. As such, we can exclusively obtain them from extrinsic sources: i.e. food.

The best way for the general public to meet their nutritional requirements is through diet. Individuals who consume a varied and balanced diet will achieve a nutritional adequacy. Supplements cannot replicate the quality and variety of nutrients obtained from whole foods. In the context of a balanced diet, dietary supplements may not be worth the added effort or expense.

Whole foods, like fruits and vegetables, contain a multitude of micronutrients, along with other components such as fibre and plant compounds, which act synergistically to confer health benefits and prevent diseases. In addition, whole foods are a rich source of naturally occurring phytochemicals and antioxidants, which deliver an additional natural protection against disease. The complex combination of nutrients in foods interacts in ways that are not yet fully understood. Synthetic supplements mimic the way natural vitamins behave in our bodies and are isolated from other substances found in food. We appear to absorb synthetic forms as well as natural forms. However, whether the conferred benefits will resemble those of the natural forms is largely inconclusive.

**“ NUTRIENTS PLAY A VITAL ROLE IN THE HUMAN BODY ”**

We need thirteen vitamins to maintain our health – vitamins A, C, D, E, K and the eight B vitamins. Vitamins that are water-soluble – the eight B vitamins and vitamin C – are used rapidly by the body, and the excess is excreted rather than stored. Fat-soluble vitamins – A, D, E and K – are stored in the liver and fat tissues. Amounts in excess of what is needed are more likely to accumulate in the body and could lead to vitamin poisoning.

Vitamin C supports the proper growth and repair of body tissues and is thought to help fight the common cold. A recent review concluded that there is little evidence that vitamin C supplementation prevents infection or the general cold. However, the review found that regular doses of vitamin C of more than 1g per day could slightly reduce the duration of a cold by 8% in adults and 13% in children.

Vitamin A aids vision, immunity and red blood cell development. Eating carrots, leafy green vegetables, fish and liver will supply you with adequate levels of vitamin A. Since vitamin A is a fat-soluble vitamin, it is important not to over-consume it.

Vitamin D aids with calcium absorption and is important for strong bones and teeth. Although some foods contain Vitamin D, nutritional adequacy will only be met via exposure to the sun. So, in the winter months, when it is not possible to produce Vitamin D, supplementation is advisable. Vitamin D deficiency has been associated with some chronic conditions such as cardiovascular disease and diabetes.

Vitamin E is needed to maintain cell structure, and it is also a powerful antioxidant that can be found in nuts, seeds, leafy greens and avocado.

Vitamin K helps blood clots. Add these rich sources, including dark-green leafy vegetables and fish, to your diet.

There are eight essential B vitamins. These vitamins are important as they extract energy from the foods you eat, aid with red blood cell production and help keep nerves healthy. Animal sources such as poultry, fish, meat, eggs and dairy are key sources of B vitamins.

Research suggests there is no reduction in mortality in people who take antioxidant supplements. Furthermore, some studies

indicate that vitamins A and E and beta-carotene, separately, may even increase the risk of death. The adverse consequences of consumption of synthetic supplements may be due to the interference with intrinsic essential 'defensive mechanisms' and pathways. Indeed, the process of oxidation is part of numerous chemical reactions in the body, and there is controversy as to whether supplementation may upset the natural balance of the reactions.

The evidence shows an association between omega-3s and healthier cholesterol levels, a lower risk of dementia, inflammation and oxidative damage. However, the evidence suggests that consumption of whole fish is more advantageous than supplementation, perhaps due to the additional nutrients in fish, which may act synergistically to reduce cognitive decline.

There are certain groups of the population who are at risk of nutritional deficiencies and for whom supplementation is advised, including pregnant women, people aged 50 and over, vegans and vegetarians and those afflicted with medical conditions that manifest compromised nutrient absorption.

Supplements should *supplement* your diet and should not be considered a substitute for food; the primary way to obtain nutrients is directly from food. For those who eat reasonably well, taking a multivitamin supplement can be an efficient way to obtain a consistent supply of necessary nutrients. If your diet is unbalanced or nutritionally deficient, you should not be solely dependent on a multivitamin as your chief source of essential micronutrients.



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# Quitting the day job

Serendipity led **Gemma Rose** to a bookshop and a man living his dream

*Photo © Georg Kotschy*

One sunny lunch time in April, I was feeling a bit down in the dumps. One of my favourite *F**k It* philosophy mantras is "Be open to something spectacular happening today". I decided to take that advice, leaving the confines of my dreary office in pursuit of something spectacular. Whilst exploring Brussels' Matongé quarter, a small, paper-clipped review posted on a shop window caught my eye: "The brand-new second hand bookshop Tulibris feels like the living room of its owner, Peter De Meersman," read the opening sentence. My blog is called 'Living room philosophy'. Believing that this was my spectacular (and serendipitous) occasion, I walked in and warmly greeted Peter, who was sitting at his desk, engrossed in a book.

Quitting the day job to do what we love is a fantasy for many of us, and a reality for probably very few. A lot of us don't particularly like our day jobs. A report published this year by the office furniture manufacturer Steelcase found that only 13% of workers around the globe are highly engaged and satisfied in their jobs. Out of 17 countries surveyed, only 5% of workers felt this way in France and 6% in Belgium. Even if we are desperate to quit our jobs, the fear of financial insecurity impedes us. This was a fear amongst 29% of UK workers last year, when asked by the London School of Business and Finance why they had not changed careers.

After working in the private and public sectors,

Peter decided to quit the day job. The decision was not on the spur of the moment, but rather one where preparation met opportunity. For over two decades, Peter had been collecting second-hand books. After being in both challenging and more routine jobs in government, he realized that he needed a break from bureaucratic life. This was all the more so as something was tugging at him. About a year-and-a-half before leaving government, he began to check out commercial properties, out of curiosity. "I didn't have any solid plans yet. But the thought of opening a book shop, which had been in the back of my mind for many years, was getting stronger and stronger." In January 2015, he signed the lease for the shop. Five months later, he started his five-year sabbatical.

**" ONLY 13% OF WORKERS AROUND THE GLOBE ARE HIGHLY ENGAGED "**

Trust in intuition has played a big role in Peter's decision-making. As soon as he visited the rue de la Tulipe premises, it was, to him, love at first sight. "The quiet and charming street," he excitedly explained to me, his eyes brightening. "This building with enormous windows, high ceilings and character, plus a jazz café opposite. It was ideal!" Indeed, it is a light and spacious book shop, with a warm glow emanating from the standing lamps, and of course, his reading lamp. The shop is designed to give the impression that one is really at home, and is encouraged to linger and wonder.

Steve Jobs called it connecting the dots: following your curiosity and intuition and trusting that what you did in your past will somehow connect to your future. Peter's idea to start his bookshop was an idea that had been simmering in his subconscious for decades. "There will be a moment when the time is ripe," he advised. "It took me 25 years before I was actually aware of what I really wanted to do. But none of that time in between was wasted. Everyone instinctively knows when the moment is right to jump in. And when you do, seize the moment, grab it."

Peter has doubts about whether his shop will survive, particularly when it's been a slow day. However, his doubts shift when he sees customers entering and showing their interest. "Those people coming in remind me why I'm doing this. They give me hope," he said. He may have doubts, but he has no regrets.

Looking at Peter makes me wonder what the secret is to successfully quitting the day job. A safety net, such as being able to return to your old job, helps. So does knowing others who are self-employed. Peter's parents were, so the risk of financial insecurity and instability may be less discomforting for him. Not rushing to quit is important and instead focusing on sensing when the time is ripe to take the leap.

Peter recognises the inherent risks involved. Nonetheless, to coin his phrase, his "bubble of freedom" confirms that he is doing the right thing. "In life, you are never totally free," he remarked. "But you can create a bubble in which you are. This shop is my bubble of freedom. I love what I do."





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# Keeping it clean

Our tech guy **Colin Moors** offers sound advice on protecting your computer

Usually, around this point, I'd be setting the scene for the latest in gadgets, technology and computing. This time around, however, I'm going to need to offer some advice. As dull as that may sound, read on – give me five minutes of your time and I'll save you hours, and maybe even a few euros.

For every great program and cool tech toy out there, there's someone, somewhere who's figured out a way to use it to cause you and your money (or personal data) to part company. I'm going to run down the top three in my experience and tell you what you can do to combat them.

The first rule of keeping a clean PC is not to be a bad boy or girl in the first place. Stay away from the dark side. Do a search for "download latest movies" and I guarantee the top 1,000 results – at least – will have some kind of what we in the business call 'malware', programs and code designed to do bad things. Of course, even the most innocuous sites can trick you, it's just that those looking for illegal downloads are the very epitome of a 'quick win' for scammers. Here are some things that are more statistically likely to happen:

**Fake porn/virus windows**
These things pop up, seemingly at random but are anything but. They'll wait a little while until you're settled in and then pop up, often filling the entire screen, telling you that you've either been caught looking at porn (statistically likely, don't kid yourself) or that you have an unusually high number of viruses on your system. In the first case, there's usually a Western Union account to mail the 'fine' to. Of course, there's no fine, and no police will visit your home. In fact, they wouldn't tell you if they were coming now, would they?

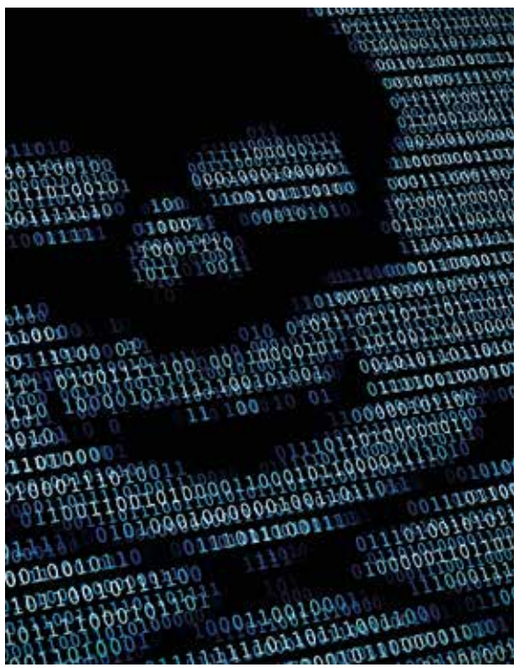
The second is slightly more sophisticated, if you'll excuse the liberal use of the term. A window will pop up, as before, but this time, there will be a number to call, where they will remove these pesky viruses for the crowd-pleasing price of just $299. Oh, there will be a real person on the other end of the phone but he won't be from Microsoft.

The rules here are that a) no screen will ever pop up asking you to pay a fine. It just never happens, and is always a scam, and b) Microsoft never, ever cold call or ask you to phone them out of the blue. There may be specific cases where they will but it will never be via a pop-up on your screen.

To get rid of these screens:
- Press Ctrl-Alt-Delete and start Task Manager
- Find Internet Explorer, right click it and choose 'end task'.
- Run every available antivirus tool you have.

Reliable and free anti-malware tools are:
- Spybot Search & Destroy. This unwieldy name belies a true behemoth of the scam-killing world. Always download it from safer-networking.org to be sure you have the correct product.

- MalwareBytes Anti-Malware. This is a complement to the above, as both will find slightly different things. Use both. Download from malwarebytes.com only.



Neither of these should be paid for unless you want the extras offered from the legitimate download sites. Both are otherwise free to use forever and will regularly update.

**CryptoLocker (aka RansomWare)**
A particularly unpleasant beast. There are numerous variants of this, and the fun all begins when you open an innocent-looking file in your email. It may even appear to come from a friend. Once the program is installed, it encrypts or 'scrambles' many of your important files until a certain target percentage of your drive or drives has been reached. It does this using what's called a 'public key', a base number by which all files are encrypted. These keys are so large, with hundreds of decimal digits, that none above 230 digits has so far been decrypted by anyone or anything.

**" STAY AWAY FROM THE DARK SIDE "**

Once the target is reached, you'll receive an email or on-screen message demanding money in exchange for the decryption program and the key used to encrypt your data. It's a simple proposition and a very real one – if you don't pay, you'll never see your data again.

You're being held to ransom by maths – and there is little you can do. To make it worse, the decryption program is real but not always that effective. You may end up paying hundreds of euros for nothing.

What to do? Well, it sounds counter-intuitive but don't pay. Many sites now have a handle on these types of programs and most reputable anti-virus companies offer either a free cleaning service (such as Trend Micro) or will be able to give you practical advice on removal. Paying the money simply encourages the propagation of these scams and as painful as it might be, cutting off their money supply will tell them they need to find some other way of extorting cash.

If you make regular backups (and if not, why not?) go back to previous versions to restore lost files. This isn't always 100% successful, as sometimes, you may have backed up the encrypted ones. It is, at least, damage limitation.

Most of these situations can be avoided by installing a reputable virus scanner and remover. Most of the 'usual suspects' will clean 99.9% of viruses, old and new. My top five includes McAfee, BitDefender and Kaspersky. I'm sure your favourite will also do the job admirably but I'd offer a caution against using Norton. There's nothing wrong with the product, but it tends to try to scare you into buying extras and is quite persistent. If you're already worried about viruses, Norton will do nothing to calm you.

So, finally, we come to:

**The Microsoft Support phone scam**
Your telephone will ring and a voice on the other end will tell you that 'Microsoft' has detected unusual activity or viruses on your computer and will clean them for a fee. That fee will also include loading your machine with other malware designed to make them money. There is a simple fix for this one - put the phone down. Microsoft will **never** cold call you directly about your personal PC. Ever. End of story.

Be safe out there.

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# Listen, learn, be successful

We continue our recommendations for audio books that can inspire you to reach your dreams. Educate yourself further in the world of business and life while you're on the move

Napoleon Hill was an American author and impresario from the 'new thought' tradition of the 20th century. He went on to become an early producer of personal-success literature. At the time of Hill's death in 1970, his best-known work, *Think and Grow Rich* (1937) had sold 20 million copies. His works insisted that "fervid expectations are essential to increasing one's income". Hill was an advisor to two presidents of the United States of America, Woodrow Wilson and Franklin Delano Roosevelt.

This book conveys the experience of more than 500 men of great wealth, who started from scratch, with nothing to give in return for riches except for, according to Hill, "thoughts, ideas and organized plans". His intention is to "provide you with a perfect system of self-analysis that will readily disclose what has been standing between you and 'the big money' in the past". It describes the case of the famous Andrew Carnegie whose formula of personal achievement allowed him to accumulate hundreds of millions of dollars for himself and made no fewer than a score of millionaires of men to whom he taught his secret.

But where to start? Hill's suggestion is that it requires "one idea, plan or suggestion to start you toward your goal". Somewhere in the book you will find this needed stimulus to begin to reach your goals. But it's not all about the money. The book states: "Riches cannot always be measured in money! Money and material things are essential for freedom of body and mind, but there are some who will

Photo © The original hardcover

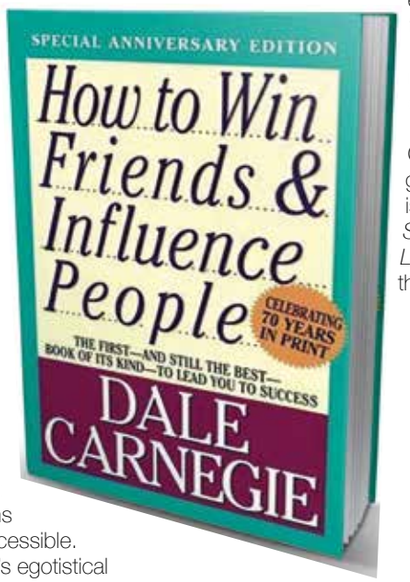
**" RICHES CANNOT ALWAYS BE MEASURED IN MONEY "**

feel that the greatest of all riches can be evaluated only in terms of lasting friendships, harmonious family relationships, sympathy and understanding between business associates, and introspective harmony which brings one peace of mind measurable only in spiritual values!"

The publishers warn us to be prepared when we expose ourselves to the influence of this philosophy, to experience "a changed life which may help you not only to negotiate your way through life with harmony and understanding, but also to prepare you for the accumulation of material riches in abundance".

**How to Win Friends & Influence People**
If you know of only one self-help book then it is likely to be this one. Dale Carnegie's subtitle to his book *How to Win Friends & Influence People* is The Only Book You Need To Lead You to Success. A bold statement, indeed.

Carnegie (1888 –1955) was an American writer and lecturer and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills. He was born poor on a Missouri farm, and yet went on to write *How to Win Friends and Influence People* in 1936, a bestseller that remains extremely popular today. He also wrote *How to Stop Worrying and Start Living* and several other books.




The core principal idea in his books is that "it is possible to change other people's behaviour by changing one's behaviour toward them". Carnegie combined age-old truisms with the emerging field of psychology to present a handbook in human relations which was interesting and accessible. Emphasizing the use of other's egotistical tendencies to one's advantage, Carnegie maintained that "success could be found by charm, appreciation, and personality".

His four-part book contains advice on how to create success in business and in personal life:

Part One: Fundamental Techniques in Handling People
Part Two: Six Ways to Make People Like You
Part Three: How to Win People to Your Way of Thinking
Part Four: Be a Leader – How to Change People Without Giving Offense or Arousing Resentment

It is a tool that is used in Dale Carnegie Training. The course is continuous, running through five phases, dealing with building greater self-confidence, strengthening your people skills, enhancing communication skills, developing leadership skills and improving attitude and reducing stress.

It is now represented in more than 90 countries and more than eight million people have completed Dale Carnegie Training. It has expanded into sales training, leadership training, presentations training, and most recently customized corporate solutions.

One of the books that is given out to course students is Napoloen Hill's *How to Stop Worrying and Start Living,* which also appears in this issue.

**" IT IS POSSIBLE TO CHANGE OTHER PEOPLE'S BEHAVIOUR BY CHANGING ONE'S BEHAVIOUR TOWARD THEM "**

**Rich Dad Poor Dad by Robert Kiyosaki**
*Rich Dad Poor Dad* tells the story of Robert Kiyosaki and his two dads—his real father and the father of his best friend, his rich dad—and the ways in which both men shaped his thoughts about money and investing. The book explodes the myth that you need to earn a high income to be rich and explains the difference between working for money and having your money work for you.

This is the #1 personal finance book of all time, which has challenged and changed the way tens of millions of people around the world think about money. His book title holds four of the top ten spots on Nielsen Bookscan List's Lift-to-Date Sales from 2001-2008 alone. In addition, Kiyosaki has been featured on shows such as *Larry King Live*, *Oprah*, *The Doctors*, Bloomberg International Television and CNN.

He is an educational entrepreneur, co-creator of the Cashflow® board game, founder of the financial education-based Rich Dad Company and author of New York Times Bestsellers: *Rich Dad Poor Dad*, *Conspiracy of the Rich: The 8 New Rules of Money*, and *Unfair Advantage*.

Aside from the books, Kiyosaki explains the advantages of having a Rich Dad coach. He says: "Having a Rich Dad Coach is like having your very own rich dad — someone to give you feedback, hold you accountable and to encourage your success. The focus is on you and how you will personally get out of the rat race.

Take a look at where you are right now and then consider where you want to be. Your coach will help you get there. By going through this process, you will come away with a real, workable plan — customized to your strengths and passions."

Kiyosaki also hosts his own radio show - it's entertaining, compelling and often has rebellious point of view on money, entrepreneurship and more.

There is a perfect opportunity to see Kiyosaki; to not just hear him, but see him in the flesh.

**" TAKE A LOOK AT WHERE YOU ARE RIGHT NOW "**

He is coming to Amsterdam's Elicium Ballroom for the *Achieving the Unimagined* event, where he will be one of the keynote speakers. Previous speakers were Tony Blair and Bill Clinton.

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# Will humans dream of electric sheep?

**Dave Deruytter** suggests that the human to cyborg route may happen faster than we think

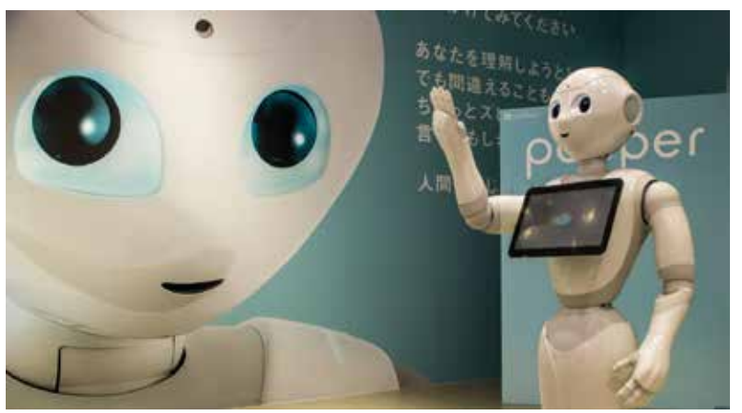
With robots and robotics on the rise in companies, what is the future of human employment? What will there be left for us to do?

Robots in the broadest sense of the word have been around for millennia. Many religions make reference in their history to supernatural mechanical beings that protected their religious artifacts. At that time, of course, they were imaginary robots, but the fascination was already there very early on. Later, two millennia ago, automated machines, musical organs for instance, became popular.

The term 'robot' as such was first used by a man from (the then) Czechoslovakia in 1920. The first industrial robot was put into service in 1961 in the USA. In the early nineties, the Japanese car industry used very impressive industrial robots. I recall a visit to a Toyota car manufacturing plant near Nagoya at that time. It was forbidden to take pictures, and robot arms were all around us, welding and manipulating parts into nice, finished cars – all done at a high speed.

Half of the employees in the factory looked like very efficient servants to the robots, the other half were controlling, checking that the completed vehicle conformed to the set standard. On the subway in those days in Tokyo a clever audio tape automatically announced the next subway station and on which side of the carriage the doors would open. An early hint at software in robotics.

With digitalization and microchip development gaining speed because of global accessibility and low cost, robots are entering every part of our world. They function as receptionists in hotels, teachers at school, companions for the elderly; they also answer the phone in some companies. When searching for the answer to any question, Apple's Siri and its 'colleagues' can be called in for help anytime, anywhere you are online. 3D printers are printing houses and will be creating organs. Robots are doing complex operations in hospitals.



**Does anybody still need a human being for work at a company or in a government administration?**
Humans need a salary, social security and holidays and they can be moody, particularly on Monday mornings. Robots on the other hand do not complain, but need programming, energy and maintenance. Programming! That must be it then. That is where our future lies. The robots need someone to tell them what to do and how to do it. That is something we humans are good at and love doing: being in command and telling others what to do, including our dogs – we love being the boss. Well, sadly, Artificial Intelligence experts tell us that even that will soon probably no longer be needed. Robots can be taught to do that too. Intelligence and creativity will not be our exclusive turf anymore, they say.

Still, we will have to regulate, govern and police the robots, won't we? We will not let them take full charge of our world, of democracy, of capitalism. When you look at the way the world is today, they might perhaps make a better job of doing it than we have managed to do so far.

**Will we be needed for anything then in the future?**
If not, will the robots be ready to work for us while we have fun all day and enjoy life? We might ask them to compete in football and other games or participate in the Olympics, whilst we watch and applaud. Will advanced robots, androids, humanoids feel anything? If yes, then they might get distracted from their work too, as we humans do now and then, even when we shouldn't.

**" DOES ANYBODY STILL NEED A HUMAN BEING? "**

**Will robots build up memories?**
With the advancement of 'big data' they should be able to do so. When properly programmed they should also be able to show empathy to us and to each other.

**Survival of the fittest!**
In order to defend our position, maybe we should start to upgrade ourselves. Add a bit of memory, a few quad processors extra, bionic eyes, super mechanical knees or hips or a

*Photo © Glory Ltd*

new heart pump, 3D printed in flesh and blood or biomechanical.

In the end what if everything in our body has been replaced by something biomechanical or artificial? Are we still human then? What about our memories? How would we download them on an external or internal extra memory device? Maybe the replacement of anything that doesn't function in our body by something artificial is the way to eternal life.

Bye, bye Mrs. Jeanne Calment's record of longevity, passing 122 years on this earth. Even the Jedis of *Star Wars* only lived for around 600 years and looked pretty dreadful in the end.

**What about overcrowding of the planet if we all live forever?**
Well, since we would potentially live eternally, there should be no problem travelling for thousands of light years to another planet. If we are fully mechanical I trust there will not even be a need for oxygen, allowing a wider choice of planets to visit. Who would need planets anyway if we are all mechanical?

But if we still feel things and have a visual memory we might want to go back, at least now and then, to the blue planet. Yet would sophisticated holograms of green trees, blue seas, white beaches and greyish mountains suffice? As the universe is said to be infinite, there is no need to care about overpopulation. There will always be another rock in space to go to.

All of this seems far away if we look at it through the current state of affairs and yet it could be round the corner if we accept the ever-accelerating speed of technological advance. It will be important to go with the flow in order not to become obsolete in a few years of time. However, development is rarely linear over time. There will be hiccups on the road ahead, but the direction seems to be unstoppable. I think we should join the trend.

When you compare new smartphones with the not-so-smart phones of five years ago, the giant technological leap is clearly evident. If you extrapolate that evolution five years in the future and accept that the speed of change will probably increase, we might already have a few microchips in our heads by then. I am looking forward to the new *Blade Runner 2049* movie for any hints or clues of how things may look further down the road. In a generation from now your next door neighbours might be robots.



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# The Bear is back

**Gerry Callaghan** looks at Russia's return to the global power table

*Juggling on the Berlin Wall © Yann Forget*

Russia is back as a major global player after decades on the sidelines of the international political scene. US and European populations are becoming increasingly disillusioned with their political systems, causing much division and inaction. In the West, support for our seemingly perpetual state of war has dwindled. But as the West takes a step aside to reassess its internal worries, focusing more on domestic matters – namely, the US Election and the UK's Brexit vote – Russia stepped up its aggression in Syria.

The country has been on the resurgence since Russian President Vladimir Putin's invasion of South Ossetia in 2008, to his subsequent annexation of Crimea in 2014, and his backing of Russian separatists in eastern Ukraine. However, his successful military support for the Bashar al-Assad government in Syria came as the biggest surprise to the West, who expected the Assad regime to fall quickly despite Russia's intervention. That hasn't happened, and global politics now looks to be slowly shifting from US hegemony to a more multipolar international system.

Putin first began to reassert Russian power in 2008 as Russian troops marched into South Ossetia. He followed this up in 2014 by annexing the Crimean peninsula of Ukraine, and invading the east of the country. Finally, at the end of 2015, Russian forces entered Syria. The country's actions make EU sanctions a possibility, which will seriously hamper the country's ailing economy. Also, the sharp decline in oil prices stifled the Russian economy. But Kremlin control over the Russian media has maintained President Putin's high approval rating, which sits above 80% per cent despite the country's longest recession since the collapse of the Soviet Union. The Russian media also successfully managed to portray Putin's military deployments in Crimea and Syria as victories against Western encroachment.

**" THE WEST HAS SHOWN SIGNS OF DECLINE IN GLOBAL CLOUT "**

*Russian soldiers near the village of Karaleti, Georgia, 2008*

Despite the hysteria created by the US and European media and its irresponsible rhetoric of a looming third world war, Moscow is not looking for a rerun of the Cold War era. It is looking to increase its soft power and influence around the globe with trade deals and investment, in Japan and India for example. It has neither the economic resources nor the desire to reclaim its lost Soviet territories. There is no doubt that Vladimir Putin has watched from the sidelines as the US wrestled with the responsibilities of a unipolar world, something he will not be keen to replicate.

Over the past decade, the West has shown signs of decline in global clout, with several unsuccessful, costly and extremely unpopular invasions in the Middle East. Terror attacks and heightened alerts at home, combined with successive failed military campaigns in the region, predictably led to disillusionment over the West's perpetual state of war. So, as appetites cool for more 'democratic' interventions in foreign lands, the West is now watching Russia closely as it imposes itself in Syria.

However, according to US and European military advisers, the Russian military was not supposed to be capable of conducting warfare outside its territory. Western leaders assumed, like themselves in Iraq and Afghanistan, that Russia would quickly find itself bogged down in a Syrian quagmire – but things haven't turned out quite as expected. Following the

*Al Madina Souq, Aleppo, Syria, pre-war*

collapse of months of diplomacy, Russia is pursuing an air campaign in Syria to bolster its ally, Assad, against US-backed rebels and it is establishing permanent bases there. Furious over Russia's bombardment of the city of Aleppo – in which countless innocent victims were killed – European leaders have warned the Kremlin that it could face consequences if it maintains its offensive in the besieged rebel-held part of the city.

The sharp rhetoric after the EU Summit in October was a substantial change of tone for European leaders, who have long been focused on when they can begin rescinding existing sanctions on Russia rather than stepping them up. Instead, Russian actions in recent months to protect Assad, its largest arms buyer, have changed the conversation entirely. From the Russian-backed destruction of Aleppo, to the shipment of nuclear-capable missiles to Kaliningrad, recent steps have galvanized Western anger and plunged relations to a new low.

Europe's toughened stance marks a partial victory for Washington, which has struggled to garner European support for sanctions and has historically taken a harder position on Russia than its EU partners. The stand arose against Russia's punishing airstrike campaign, a campaign that has made little distinction between militia and civilians. "The bombardment of Aleppo is a disregard of principles of humanity, and we cannot accept it," said German Chancellor, Angela Merkel after EU leaders discussed Russia at the summit. A day earlier in Berlin, Merkel and French President, François Hollande, met with Putin to discuss the situation in both Ukraine and Syria. The leaders criticized Russian actions in Syria and said they would push for a full cease-fire in Syria along with an end to the offensive on Aleppo.

Pressure is likely to slow Russian aggression and end the bombardment, but only after Russia has seriously diminished the perceived threat from the Syrian rebels to Assad's regime. The country will continue its growth in global influence over the next few decades as Moscow reasserts itself. Despite western media's apocalyptic predictions, the Russians are not aiming at global domination, but trying to rebuild their economy and further economic relations and influence around the globe. Therefore, Russia is well and truly back on the international scene, but the Cold War is not.



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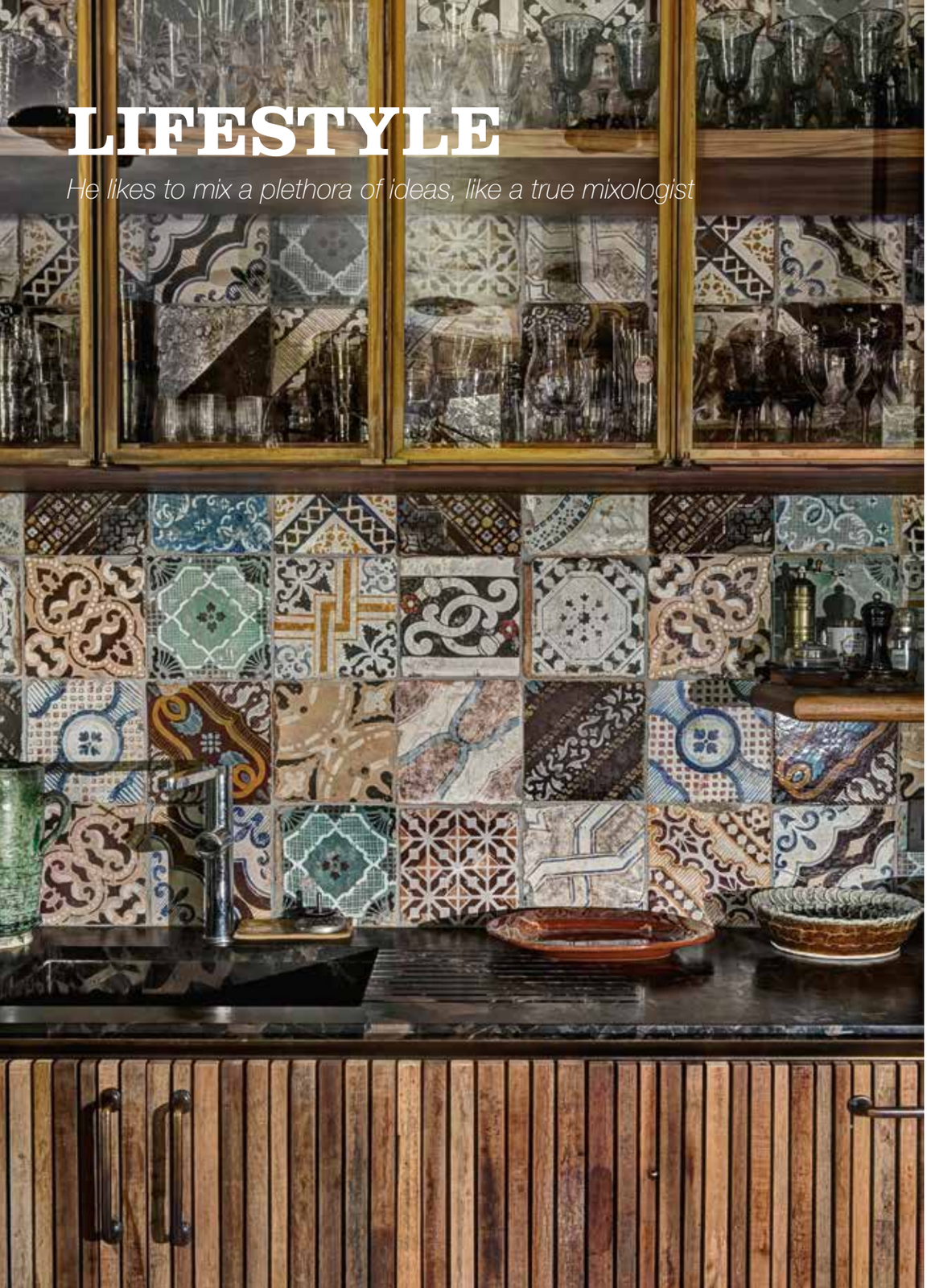


# LIFESTYLE

*He likes to mix a plethora of ideas, like a true mixologist*



# Branding luxury

This month we look at some of the iconic and very wealthy brands in the fashion world

Photo © Jean-Pierre Dalbéra

**Ralph Lauren**
What began 40 years ago with a collection of ties has grown into an entire world, redefining American style. Ralph Lauren has always stood for providing quality products, creating worlds and inviting people to take part in the dream. Lauren says: "We were the innovators of lifestyle advertisements that tell a story and the first to create stores that encourage customers to participate in that lifestyle.
The online site takes this participation to a new level as a rich and exciting interactive destination. When you're transported into the world of Ralph Lauren online, you can shop for great products for yourself and your home, learn about adventure, style and culture in *RL Magazine* and on RL TV, find one-of-a-kind vintage pieces and exquisite gifts and much, much more. "Back when all this started," he says, "I felt sure that there were no boundaries. I'm even more sure of that today."
Net worth: €4.04 billion.
*www.ralphlauren.com*

**Prada**
Prada was founded in 1913 by Mario Prada, Miuccia Prada's grandfather, in Milan. Located in the prestigious Galleria Vittorio Emanuele II, Prada was an exclusive, stylish store selling luggage, accessories and luxury goods, in fine materials and of sophisticated workmanship. Prada now produces men's and women's leather goods, clothing and footwear, combining contemporary, cutting-edge sophistication with one-of-a-kind, sublimely-crafted products. Prada also operates in the eyewear, fragrance and mobile phone sectors. Innovation is at the core of Prada's success, with no sector escaping the Group's avante-garde approach, distribution included. It was the first brand to launch a new type of store, known as "Prada Epicentres", designed by internationally-acclaimed architects such as Rem Koolhaas, and Herzog & de Meuron, both winners of the Pritzker Prize (the Nobel for architecture).
**Net worth: €4.27 billion**
*www.pradagroup.com*

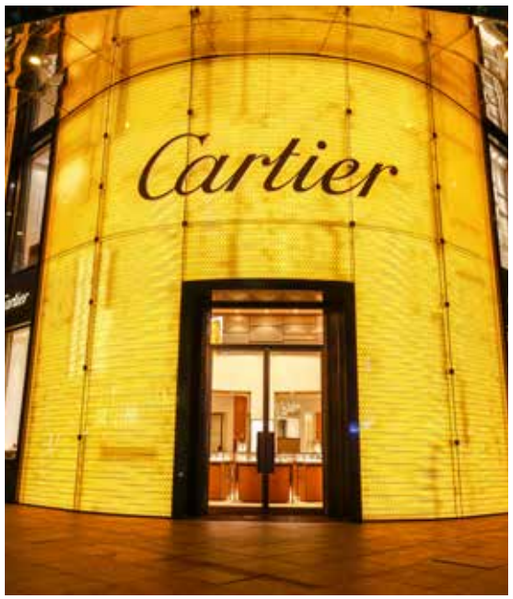
**Burberry**
At the tender age of 21, dressmaker Thomas Burberry established his eponymous company, initially specializing in outdoor attire. The first store opened in the same year on Winchester Street, Basingstoke. In 1879, Thomas Burberry made his breakthrough when he invented gabardine. Tightly woven and durable, the weatherproof fabric revolutionized rainwear with its breathable and lightweight qualities, and went on to form the basis of the company's iconic trench coat. The origins of our signature outerwear design can be found in the Tielocken, a coat patented in 1912 and designed by Thomas Burberry. Now worn across the world, the trench coat has evolved over the years to become the much-recognized style of today. The company's activities are executed by a global team of almost 11,000 employees.
**Net worth: €4.34 billion**
*www.burberryplc.com*

**Tiffany & Co**
This is a firm that goes way back. Founded by Charles Lewis Tiffany and John B. Young in Brooklyn, Connecticut in 1837 as a "stationery and fancy goods emporium", the store initially sold a wide variety of stationery items, and operated as Tiffany, Young and Ellis in Lower Manhattan. The name was shortened to Tiffany & Company in 1853 when Charles Tiffany took control and established the firm's emphasis on jewelry. Tiffany & Company has since opened stores in major cities all over the world.

Since 1940, Tiffany's flagship store has operated at the corner of Fifth Avenue and 57th Street in Manhattan, New York City, U.S. The polished granite exterior is well known for its window displays, and the store has been the location for a number of films, including *Breakfast at Tiffany's*, starring Audrey Hepburn,
**Net worth: €5.16 billion**

**Cartier**
Cartier is a French luxury goods conglomerate, which designs, manufactures, distributes and sells jewellery and watches. Founded in Paris, France in 1847 by Louis-François Cartier, the company remained under family control until 1964. Like many of these huge brands, it has its headquarters in Paris.

Cartier is well known for its jewellery and wrist watches, including the 'Bestiary' (best illustrated by the Panthère brooch of the 1940s created for Wallis Simpson), the diamond necklace created for Bhupinder Singh the Maharaja of Patiala and the 'Santos' wristwatch in 1904. They remain the favoured jewellers to royalty and the very well-off and now have branches throughout the world, including recently its first flagship store in Seoul, South Korea, and a shop in the newly-developed River Oaks District, in Houston.
**Net worth: €5.5 billion**



**Hermès**
Hermès International S.A. is a French high fashion luxury goods manufacturer established in 1837, the same year as fellow international brand Tiffany & Co. Hermès specializes in leather, lifestyle accessories, home furnishings, perfumery, jewellery, watches and ready-to-wear. Its logo, since the 1950s, is of a Ducal carriage with horse. Thierry Hermès (1801–1878) was born in Krefeld, Germany in 1801 to a French father and a German mother. He first established Hermès as a harness workshop in the Grands Boulevards quarter of Paris, dedicated to serving European noblemen, producing high-quality wrought harnesses and bridles.

Hermès's son, Charles-Émile Hermès took over management from his father and moved the shop in 1880 to 24 rue du Faubourg Saint-Honoré where – remarkably – it remains to this day. But the firm has changed, including creating, in 2015, a partnership with Apple Inc. to produce the Apple Watch Hermès, combining Apple's smartwatch with Hermès specially crafted single tour, double tour and cuff watch bands. It's a long way from harnesses and bridles. Wonder what old Thierry would think of it all.
**Net worth: €6.18 billion**

**Louis Vuitton**

Louis Vuitton Malletier, commonly referred to as Louis Vuitton or shortened to LV, was founded in 1854 by Louis Vuitton. Like Gucci, his first breakthrough was in designing more practical, lightweight luxury luggage. When he died, his son took over and by 1913, when the Louis Vuitton Building opened on the Champs-Elysees, it was the largest travel-goods store in the world at the time. The company now operates in 50 countries with more than 460 stores worldwide.

The label's LV monogram appears on most of its products, ranging from luxury trunks and leather goods to ready-to-wear, shoes, watches, jewelry, accessories, sunglasses and books. According to a Millward Brown 2010 study, Louis Vuitton is the world's 29th most valuable brand, right after Gillette and before Wells Fargo.

**Net worth:** A staggering **€20 billion**

*www.louisvuitton.com*

**Gucci**

Gucci was founded by Guccio Gucci (so good they named him twice) in Florence in 1921. As an immigrant hotel worker in Paris, young Gucci admired the luxurious luggage he saw guests bring with them. On his return to Florence, he established a shop in 1920 that sold fine leather goods with classic styling. He maintained traditional aspects of fabrication, initially employing skilled workers in basic Florentine leather crafts, who were attentive to finishing.

Influential, innovative and progressive, Gucci is reinventing a wholly modern approach to fashion. Under the new vision of creative director Alessandro Michele, the House has redefined luxury for the 21st century, further reinforcing its position as one of the world's most desirable fashion houses. Eclectic, contemporary, romantic, Gucci products still represent the pinnacle of Italian craftsmanship and are unsurpassed for their quality and attention to detail.

**Net worth: €12.1 billion**

*www.gucci.com*

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# The single man

Photographer: Aylen Torres
Art director: Nicholas Sirot
Makeup artist: Edith Carpentier @TOUCH by DOMINIQUE Models
for MAC COSMETIC and Hair KEVIN MURPHY
Model: Laurens@rebelmanagement.be

Thank you to Denis Meyers, *Remember Souvenir, www.remember-souvenir.me*
A collector's book is being prepared and can be pre-booked on the site.

Coat: APC
Shirt: Jean-Paul KNOTT
Trousers: Hermès
Shoes: Apc

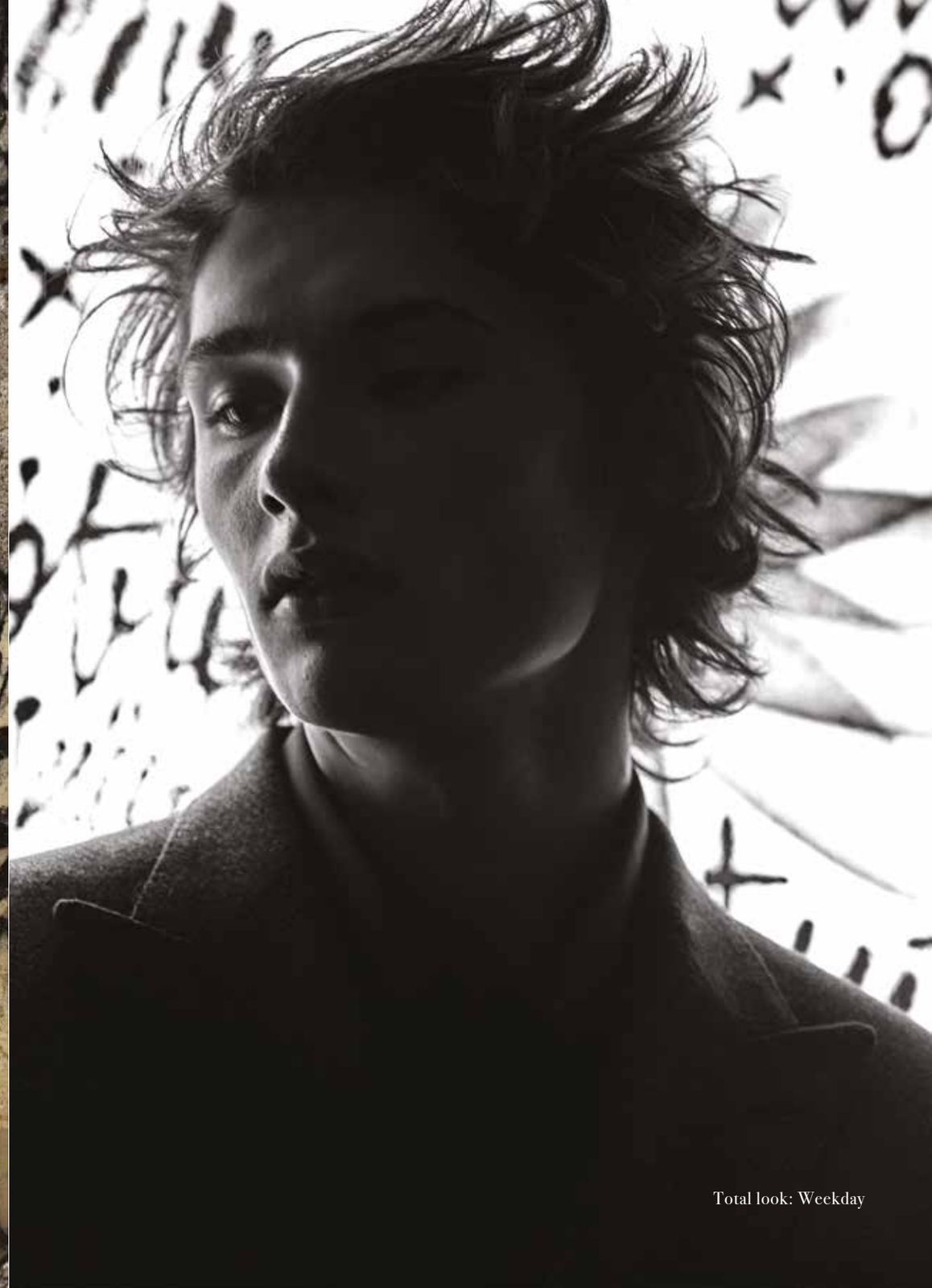
Total look: Weekday

Shirt: Jean-Paul KNOTT
Trousers: Hermès

Total look: Café costume

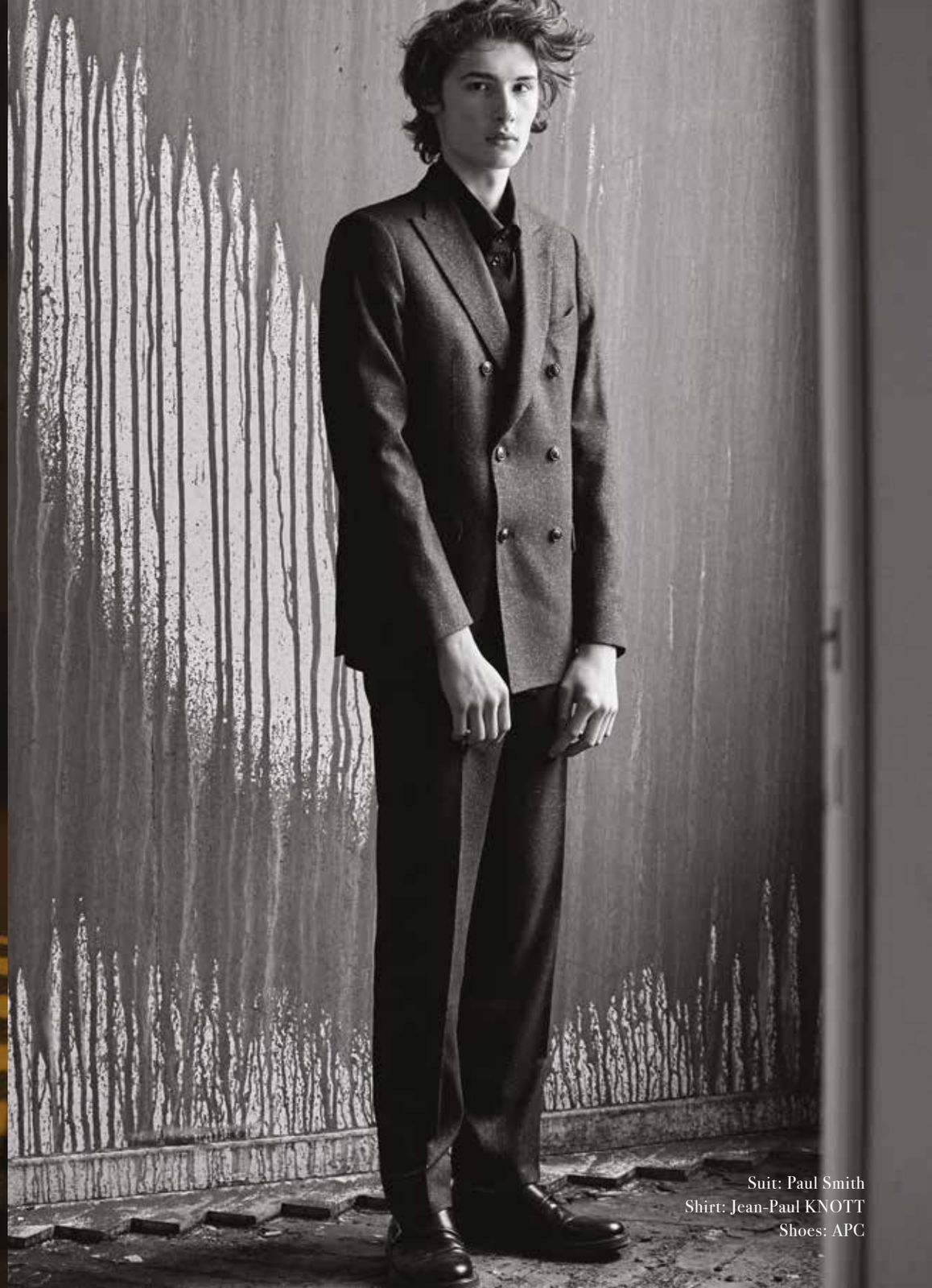
Shirt: Jean-Paul KNOTT
Suit: Café costume
Shoes: APC

Total look: Hermès



Total look: Weekday

Shirt: Cos
Coat: APC



Suit: Paul Smith
Shirt: Jean-Paul KNOTT
Shoes: APC

# Shopping

**Panerai Radomir Firenze**

The Radiomir Firenze 3 Days Acciaio – 47mm is unique and different: only 99 watches are being made, entirely decorated with engraving carried out by hand by expert Italian craftsmen. The designs have been inspired by recurrent motifs in Florentine iconography, such as the Florentine lily, the emblem of Tuscany's most important city since the 11th century. The brushed steel case, 47 mm in diameter, has the same dimensions as the first watch created by Officine Panerai in 1936.

The decoration requires more than a week of work on the part of one engraver, work that is made particularly demanding by the hardness of the AISI 316L stainless steel. This unique timepiece is sold exclusively in Officine Panerai's historic Florence boutique in Piazza San Giovanni. *www.panerai.com*

**Vivobarefoot**

The Gobi Hi-Top and the Scott are designed to let you feel the ground and keep you warm at the same time. From exploring the many Belgian hiking trails to walking around with your families and friends preparing for Saint Nicholas, these are the perfect companions for all your activities this autumn and winter. Try them out at the Vivobarefoot Store Brussels, opening 14 November in Woluwe St. Pierre. Gobi Hi-Top (women's): **€185**. Scott (men's): **€190** *www.vivobarefoot.com*

**Chaumet**

The history of Chaumet has been entwined with the history of France ever since its founding in 1780, in Paris. Indeed, it very quickly became the official jeweller to Empress Josephine. Chaumet's high jewellery savoir-faire has been passed down through generations of jewellers for 235 years. Crafted at the very heart of Place Vendôme, the jewellery and watchmaking creations reflect these exceptional skills and pay tribute to the Parisian style, such as the Liens Lumière watch, an object of style that celebrates feminity and distinction.

On this watch variation of the Liens line, crisscrossed ribbons cradle the dial and enfold the bracelet. A jewellery timepiece illuminated by white mother-of-pearl and enhanced by the sparkle of more than 400 diamonds. Price on demand *www.chaumet.com*

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**Rado Konstantin Grcic**

A minimalist design icon has been reborn: the Rado Ceramica, a timepiece known for its striking linear shape and visionary use of high-tech ceramic, has been redesigned by renowned industrial designer Konstantin Grcic. In this new design, one of Rado's most recognizable high-tech ceramic timepieces has been given a contemporary interpretation while retaining the strong geometric shape that made the original such a classic.

Like the original upon which it is based, the new Ceramica is a high-tech ceramic timepiece for both men and women who appreciate purist, modern aesthetics. **€1,810**

**Van Esser**

For his gold jewellery, Denis Van Esser seeks out the most beautiful diamonds and more beautiful gemstones. But they also keep an eye out for inherited objects in the bottom of a drawer that the client may want to turn into new, contemporary jewellery items. The creativity of Denis Van Esser knows no boundaries, as evidenced by years faithfully servicing its international clientele. Panda cufflinks, in 18 carat white gold and finished with a 9.25 carat diamonds. Price on demand
*www.vanesserbelgium.com*

**Olivier Stevigny**

Designer and goldsmith at heart, Stevigny's inspiration comes from art and nature, but also fashion and everyday things. The collection Mathisse is characterized by distinct structures and whimsical shapes. From the Mathisse Nature Collection: Les Petites Iles, this couple of loverings are made in sterling silver with a 0.5ct diamond. **€385**
*www.mathissebystevigny.be*

**Delfood**
Delfood has announced its new 2016-2017 range. Among the novelties alongside two exclusive gins by Louis Delhaize (NB Gin, elected the best in the world in 2015 and the Louis gin, created on the occasion of 140 years of Louis Delhaize) is the new Gordon Castle (the only gin to win a gold medal at the world contest of Brussels in 2016).

A mention also for two new Cavas from the Grapus and Carrusel brands. Finally, note the presentation of a new range of salads, spreads, an aperitif concept 'pick & mix' of the Louis brand (Delfood private label) but also a new range of organic fruits and vegetables and Belvas handmade chocolate, which is also BIO.
*www.delfood.be*

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**Impressive results**

Recommended by many health experts, it contains natural, bioavailable keratin. Marketed pharmaceutically since 2012, the product combines the 18 amino acids in the keratin molecule with a complex of 10 vitamins: B, C, E and beta-carotene, and three minerals (zinc, iron and copper). A unique and comprehensive combination, this product contains all the nutrients needed for strength, shine and growth of your hair.

**Belgian pharmaceutical firm's innovation at the heart of progress**

Trenker Pharmaceutical Laboratories guarantees the quality of materials used and products manufactured. Trenker Laboratories were founded in 1933 by Rodolphe Henry Trenker and have remained independent from any group, which has given it a considerable degree of flexibility, allowing it to propose original products adapted for each market.

The range of products includes original, ethical, phytopharmaceutical, nutraceutical and OTC preparations. The Production and Quality Control departments comply with the strictest GMP (Good Manufacturing Practice) and GLP (Good Laboratory Practice) standards. This allows Trenker to manufacture powders, tablets, film-coated tablets, sachets, capsules and liquids in the best conditions.

It is quite rightly proud of a family business philosophy that places healthcare professionals and patients at the heart of its concerns.

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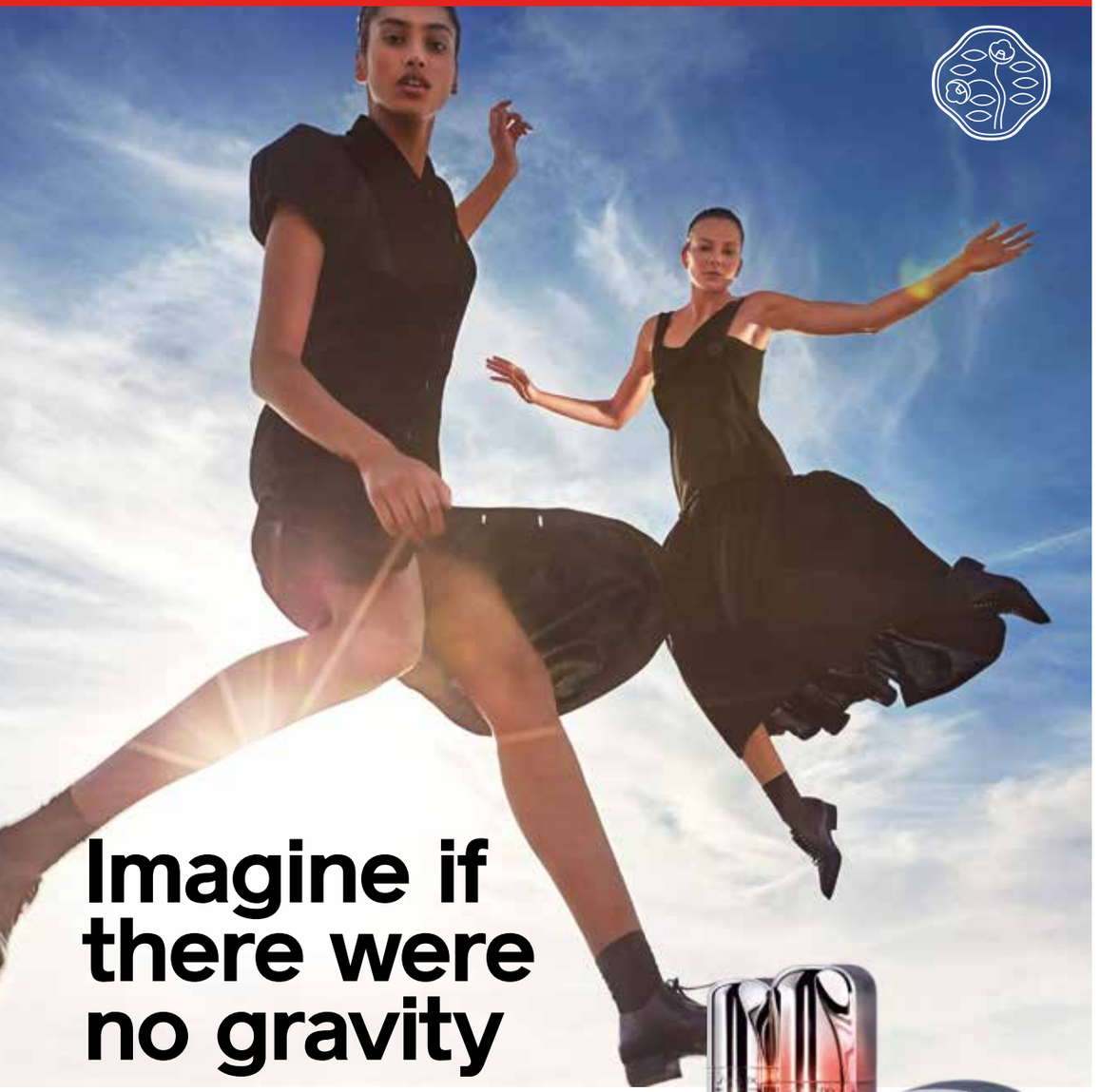


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# Boost your beauty routine

This month our beauty expert **Delphine Stefens** talks pick-me-ups and boosters

As customers get savvier, the one-size-fits-all approach gives way to tailor-made solutions that take our ever-changing lifestyles and needs into account.

***DIY***
**Boosters Energy**, **Repair** and **Detox Boosters** by **Clarins**
Add three to five drops to your usual cream or mask for a day, a week, a month or whenever you feel like your skin needs a boost of energy, repair or detox. Chinese ginseng, Mexican mimosa tenuiflora and African green coffee offer a made-to-measure solution to respectively sleepless nights, extreme temperatures and urban pollution. **Boosters Energy**, **Repair** and **Detox Boosters** (15ml/**€39**) by **Clarins**.

***Upon prescription***
For the **Kiehl's Apothecary Preparations**, a customer representative helps you determine your top two skin concerns among redness, wrinkles, enlarged pores, clarity and texture and then recommends two targeted complexes that you mix at home for a customized facial concentrate. Free consultation and Skin Strengthening Concentrate (20ml) with Targeted Complexes (2x5ml): **€95**. At the Kiehl's Shops in Brussels, Antwerp and Ghent.

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***More pick-me-ups for your skin***
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The nutritious **Booster Serum with 5 Omegas** (30ml/**€64.95**) by **Novexpert** for normal to very dry or atopic skin that feels uncomfortable due to changing weather conditions or overexposure to A/C. At Ici Paris XL and via *iciparisxl.be*.

The **Moisturizing Booster** (30ml/**€135**) by **Valmont** has hyaluronic acid that helps retain moisture and limits evaporation. Use as a 30-day treatment for optimum moisturizing. At Ici Paris XL and via *iciparisxl.be*

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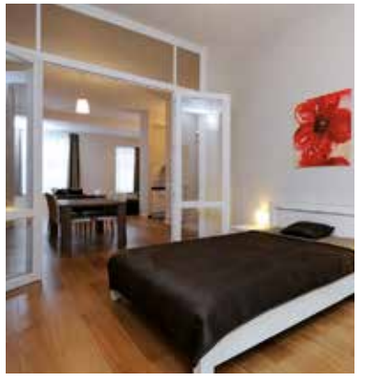

14 traditional, completely renovated “Maisons de Maître” houses in the heart of the European district in Avenue Michel-Ange and Rue Stevin. While retaining the original exterior features of these houses, built in 1900, the interiors have been converted into apartments and are modernised to the highest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

The apartments are 45 m² to 180 m² 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.

The Cortenbergh
styled for living

Project of IG Immobilien Group

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# Lionel Jadot: A sumptuous mixed grill

This month we look at a Belgian creative force who likes to mix it up

Just like his interiors, Lionel Jadot is versatile – to say the least. Son of the Brussels' artisan family Vanhamme, he made his first chair at the age of just six. He has been constantly evolving ever since and can add the titles of architect, interior-architect, designer, artist and filmmaker to his record of achievements. This diversity is his most important quality: he likes to mix a plethora of ideas, like a true mixologist. His interiors have been featured in *AD Interior*, *Casa Vogue* and *Elle*.

Published by Lannoo and written by Thijs Demeulemeester, *Mixed Grill* portrays him in all his complexity: Jadot, the über eclectic, autodidact and creative centipede. *Mixed Grill* because that is how Jadot refers to his studio. Demeulemeester is a Belgian journalist and lifestyle specialist who writes for *De Tijd*, *Knack Weekend* and *Sabato (De Tijd weekend magazine)* – he specializes in architecture, contemporary art and interior design.

We feature images and text from the book depicting some of his extraordinary work.

*www.lioneljadot.com*
*Mixed Grill*. Price: **€45**
*www.lannoo.com*

Photo © Serge Anton

## Primal scream

This is the story of Zeno, a constructivist sculptor who built his own house-cum-workshop in the 1960s. His basic idea was simple: he wanted to create a house from blocks of clay stacked in an entirely unpremeditated way. A kind of artistic accumulation of elementary materials, in which he just happened to live as well. The roof he put on it didn't need to be particularly nice, so long as it kept the rain out. Zeno is a fan of raw primordial materials and radical interventions. And you see that on the façade and in his interior. His hearth is a boulder, his banister is a sawn-up tree trunk, his floor is made of coarsely brushed oak planks.

"I've kept the shape of the house as basic as possible," says Jadot, "an assemblage of blocks with a simple roof on top. The interior emanates a fundamental authenticity…"

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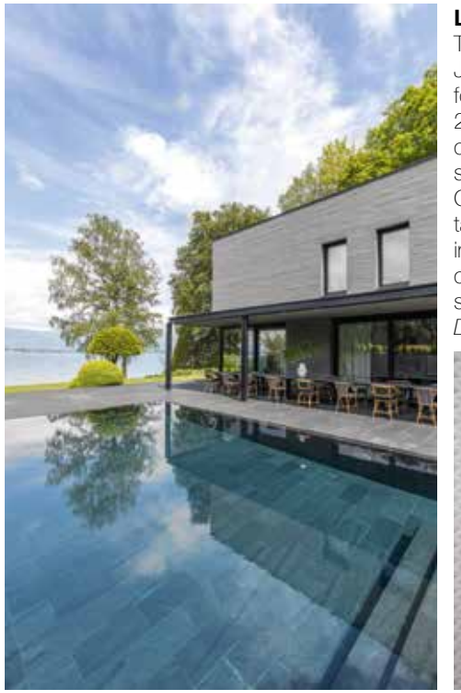

**Less is bore**

This is one of the few occasions on which Lionel Jadot did not devise his own scenario, as the script for this villa in Geneva had already been written in 2015 by its Belgian architect, Marc Corbiau. In this case, Jadot was more a scenographer than a screenwriter, being responsible – in consultation with Corbiau – for filling in the existing architecture. His task was analogous to that of an opera director who interprets an existing score – without disregarding the composer, Corbiau, obviously, but also without surrendering his own individuality. *Thijs Demeulemeester*

*Photo © Serge Anton*

**Walnut tree & grass waves**

If you ask Lionel Jadot to freestyle a stable, a kind of building he has never designed before, you can expect extraordinary results. Starting from a bastide-type farm he designed the grounds as a landscape garden, incorporating paddocks, track and stables – and custom-built hills, for which he had to excavate a huge pile of earth. It required the felling of a particularly large walnut tree, which became the principal eye-catcher by the stairs in the farmhouse. Although the various buildings in the grounds are constructed in industrial materials they fit very well into the surroundings. In part this is due to their cladding in wooden laths – a classic in Jadot's design lexicon – but even more to their undulating green roofs, an organic gesture towards nature.

# Maison Aqueduc

## Charles'Home is proud to present its sixth property in Brussels

A truly unique apartment hotel concept, packed with comfort, Aqueduc is the culmination of an ambitious project that was launched in April 2015. Charles'Home is a new way of living in Brussels where you can feel at home in a unique, cosy environment.

**Quartier Châtelain**

This fantastic location is in Le Châtelain-Bailli area, one of the trendiest districts of the capital. It is a charming district renowned for its fine art and deco architecture, its many restaurants, excellent market and lively bars. The property is ideally located for a nice stroll in this lovely area. Sandwiched between Avenue Louise and Chaussée de Waterloo and easily accessible by public transportation, the building has direct access to Brussels' most emblematic sights while making yourself at Charles'Home.

**Maison Aqueduc**

This typical Brussels Maison de Maître comprises three adjoining rooms. Ideally located just next to Parvis de la Trinité and Rue du Bailli, the building's facade boasts charming blue-coloured stone that's been freshly renovated by Charles'Home. Once inside the property, an elegant atmosphere awaits the guests with an impressive white marble hall characterized by a black carpet.

**Charles'Home**

Maison Aqueduc offers four magnificent, bright apartments. There is an outstanding duplex with two private bedrooms, two bathrooms and a spacious veranda opening onto a gorgeous backyard garden. The first floor comprises a studio and a one-bedroom apartment, while the upper floors are entirely dedicated to a duplex with terrace, offering a Master Bedroom with bathroom, bedroom and night hall.

Charles'Home provides a unique contemporary touch, enhanced by lights, furniture and decoration that have been carefully selected. Smartly decorated in contemporary fashion in black and white, Aqueduc stands out with its elegant, warm atmosphere with carefully selected items throughout. It will take you just a few minutes to make yourself at Charles'Home!

# LIFE OF LEISURE

*It is possible to happily lose a full day to its various exhibitions*



# Ben Affleck: Playing the bad boy

*Together* spoke to an actor, director and fundraiser who has his up and downs in the fickle world of show business

Ben Affleck has a history of rising from the cinematic equivalent of death. Once the darling of Hollywood in the years following *Good Will Hunting* and subsequent high profile romances with Gwyneth Paltrow and then Jennifer Lopez, the hunkish actor saw his world fall apart after *Gigli* bombed and earned him the worst reviews of his career. But then he rebuilt his life with his marriage to Jennifer Garner and a dual career as both actor and director, first with *The Town*, and then with his Oscar-winning film *Argo*.

Last year saw him star in David Fincher's critically-acclaimed *Gone Girl* and then came the news – greeted with scepticism in some circles – that he was going to take over the role of Batman following the departure of Christian Bale. On top of that came the shocking announcement last June that Affleck and Garner were divorcing after ten years of marriage and three children. More stories followed claiming that Affleck was having an affair with his nanny although Garner subsequently stated that their marriage was effectively over long before Ben's rumoured

indiscretion.

But Affleck is a resilient figure and his new film, *Batman v. Superman: Dawn of Justice*, co-starring Henry Cavill as Superman, has proven to be a massive box-office success earning nearly $900 million at the global box-office despite mixed reviews and ongoing reports about Affleck's seemingly dejected appearance while doing press for the film. Affleck delivered a solid if dark take as Batman, and the film's impressive performance has doubtless given the 43-year-old Boston native some solace. He recently began filming the next instalment in the franchise, *Justice League*, again co-starring Cavill as Superman.

**" BATMAN IS FLAWED, HE'S THE BAD BOY "**

When asked to comment on why audiences tend to be drawn more to Batman's dark side than true-blue Superman, Affleck quipped: "There's something uninteresting about being a God like Superman. He's too perfect. It's boring. Batman is flawed, he's the bad boy, you want to chase him, you want to fix him."

Apart from his film work, Affleck has invested considerable time and money in the East Congo Initiative, an economic development programme he co-founded in 2010 that his since poured in millions of direct aid to that war-torn region. ECI supports local Congolese organizations working on a range of issues from small business start-ups to child welfare to women's rights to promoting social justice.

**Together: Ben, what made you want to play Batman?**
I've always been drawn to Batman because he's the most complex and human of all the superheroes. He's a very vulnerable and conflicted character and in that sense he most closely resembles us.

Although we see him as this heroic figure, he's also deeply flawed and broken.

**One of the key elements to the film is the animosity between Batman and Superman. What was the basis for this bad blood?**
Bruce Wayne is a man who has experienced a lot of suffering and he takes issue with the kind of destruction that Superman caused in his fight in (the previous Superman film) and that many innocent people were killed when many buildings were destroyed in the process.

I liked how (director) Zack Snyder wanted to take a look at how there's a human cost to that kind of devastation and you can't ignore the

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consequences of that level of violence. It's the kind of issue that amplifies Bruce's own feelings of resentment and vulnerability, and that's why he reacts so negatively when confronted with Superman and his incredible powers that can hurt people and are beyond our control. Bruce feels threatened by this kind of presence, and he's also projecting his own cynicism and disillusionment onto Superman because he once had a much more positive attitude about the world that has given way to this brooding darkness.

**Was it important for you to be able to bring out Bruce Wayne and Batman's damaged sides?**
That's what always impressed me about Frank Miller's take on Batman. I first started getting interested in those stories when I was a kid growing up in Boston and that's something that has stayed with me ever since.

**" YOU REALIZE THAT IT'S A VERY UNCERTAIN WORLD "**

Bruce Wayne is carrying a lot of emotional baggage and even though he has a lot of advantages and has achieved incredible things he's still struggling with his identity and his outlook on the world. Bruce suffered a lot of psychological scars in his childhood and he's still dealing with a lot of unhealthy behaviour.

**How does your Batman differ from Christian Bale's *Dark Knight* interpretation of the character?**
We're starting out where other versions kind of left off. I'm probably the same age as Christian was in his last one when he retired as Batman. We're doing something different and obviously what Christian and (*Dark Knight* director) Christopher Nolan did was amazing and I have nothing but admiration for them.

That's part of the reason we felt we had to do something different so that we weren't just trying to repeat that for audiences because

they did it so well. So this Batman is a little older, he's a little more world weary. He's been around the block once or twice so he's a little wiser but he's definitely darker and more jaded.

**Your Batman has a mean streak.**
Over the years he's become darker and darker as he confronts all the violence and evil in the world around him. The more he's had to immerse himself in that world, the more cynical and grim it's made him. The best way to describe his mood is that he's very disillusioned and broken in many ways.

**" I KNEW I WANTED TO TAKE THAT STEP "**

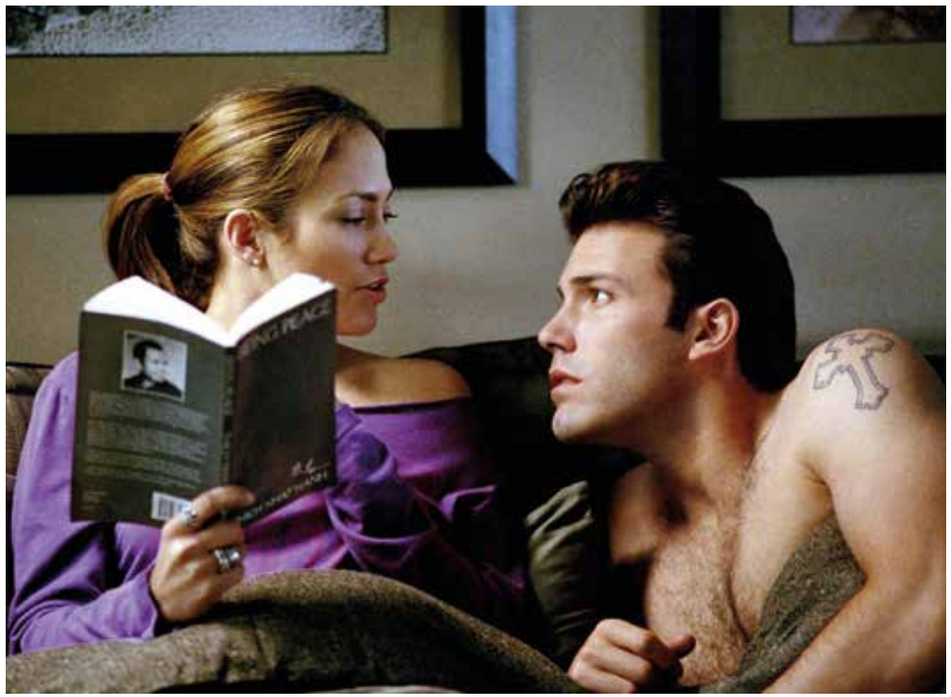
You can't go out at night and fight some of the most evil characters imaginable and not develop a dark view of the world. He also sees that no matter what he does, there are always more criminals cropping up. It's an endless cycle of violence and that contributes to his grim outlook on things, and he never had a very optimistic picture of the world to begin with.

**You did intensive training to bulk up for Batman. But you also get to wear an armoured-plated suit whereas Henry Cavill is wearing a stretch fabric body stocking. Did that take the pressure off you from having to match Henry's physique?**
I trained harder than I ever have to get ready for this movie. I worked for over a year getting ready for this movie but I never felt that I was in competition with Henry.

I had seen him in the first movie and at my advanced age I was under no illusions that I was going to be able to match him. I also tried to remind everyone that Superman is an alien being and Batman is human! (Smiles)

**How heavy was the Batsuit?**
It's heavy. They screw you in and you can't get out. You have to have guys come over with drills to get you out so it's kind of claustrophobic and a little restrictive. But it's what you need to do if you're going to fight Superman. You gotta go prepared.

But a lot of the time I was wearing a (motion capture) suit that was like this silly pajama that allowed the digital effects guys to add stuff later.



**Did your children have any input or figure in your decision to play Batman?**
Oh, sure. I wanted to do a movie that had a serious edge and also one that my kids would think was cool. I don't know what the public thinks, but at least my son thinks that playing Batman is cool.

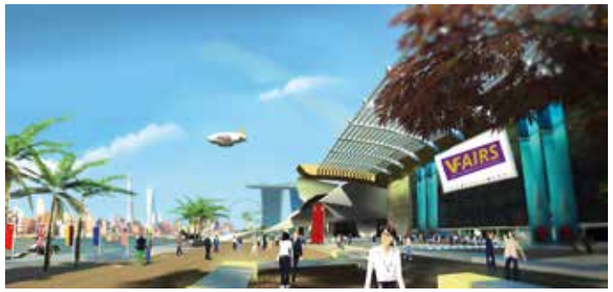
**You've had an up-and-down career in Hollywood. What are your reflections when you look back at your time in the business?**
I feel incredibly fortunate. I've been able to achieve a lot more than I ever expected, and I feel very lucky to be where I am considering how things didn't always go my way. I've always been the same person and I've always wanted to do interesting projects and take risks. Directing was something I wanted to do even though a lot of people were sceptical and the probability of failure was high. But I knew I wanted to take that step and that's worked out very well for me so I feel very grateful for everything that's happened.

**How have you remained so resilient despite having had your life played out in the tabloids and enduring a lot of unfair criticism and speculation about your private life?**
I started out in the film business with a lot of great aspirations and ultimately you realize that it's a very uncertain world. You can have a lot of success and then suddenly everything can go wrong. I know how this business works and one thing I've learnt about my profession is that, just like in life, things are always going to change. I had a lot of luck but I also worked hard to achieve whatever I've done. I think there's always going to be a strong correlation between success and hard work.

**" BRUCE WAYNE IS CARRYING A LOT OF EMOTIONAL BAGGAGE "**

# Together joins the Virtual Travel & Leisure Fair

Together announces an exciting new media partnership.



The team behind the online travel distributor Holidea has partnered with the media marketing expert Yannick Kalantarian to start a new and unique technology venture, a virtual exhibition and convention centre, named the *V*Fairs via their joint media company 2Advice. *Together* has accepted to be an official media partner of VTLF and will bring regular updates from the platform and will be present with a booth at the fair.

2Advice will host in this 3D virtual reality environment a series of virtual fairs and events ranging from job fairs and art fairs to fairs focused on expats and seniors.

The fair allows exhibitors to network and engage. Avatars can walk around the fair, visit booths, exchange business cards, chat, talk, generate leads and network as in real life but easier and faster, without leaving their home or office.

Avatar-based interaction replicates real-life dynamics. It is real-life rather than real-time. It drives lifelike engagement, as people connect and communicate the natural way. Another novel element that has been introduced is the 'virtual bag'. Users can store business cards, brochures and products viewed during their visits to the booths. All bag contacts are downloadable at any time.

Booths are listed and shown in the 3D Map tool, where users can navigate directly to a booth location inside the virtual environment in a click. Text chat is fully accessible to all participants directly in the interface. Voice and video calls can be through Skype, integrated in the platform.

*Together* can also now announce the dates for 2Advice's first Virtual Travel & Leisure Fair (VTLF), which will take place from 24 to 27 November 2016.

The fair will bring a preview of what the summer holiday season 2017 has to offer and last minute deals for winter 2016/2017. Exhibitors range from destinations, tour operators, rail operators, airlines, airports, hotels and resorts, car rental companies and many more.

More information can be obtained via the VTLF website where interested exhibitors can now apply. Follow them also on the dedicated VTLF Facebook page for regular updates.
*www.vtlf.be*

# O Canada!

**Sorcha Glackin** takes us on a whirlwind tour of Canada

**Quebec City**
Quebec city is the heart of French Canada. With its cobblestoned streets and houses dating from the 17th and 18th century, it is very easy to forget that you are in North America.

Overlooking the city, in resplendent grandeur, is Chateau Frontenac, a castle-like hotel that evokes Wes Anderson in its stylish magnificence. The Chateau has been recently renovated and is an absolute must for those visiting the city.

The Old Town itself has understandably been granted designation as a UNESCO World Heritage Site. It is packed with museums and sidewalk cafés, making it all too easy to while away the hours while exploring the town on foot. Situated on a cliff and next to the Saint Louis Fort is the Dufferin Terrace. It offers fantastic views of the Saint Lawrence River, where one can be entertained by the various performers during the summer, or watch the ice fight against the current during the winter.

For those who love Christmas markets, the city's German Christmas market is one of the best markets outside of Europe. Wooden stalls offer bratwurst, gluhwein and an assortment of gifts. If you happen upon one of the choirs as they perform there, you would be forgiven for thinking that Hans Christian Anderson must have made a trip here at some stage.



**“ WATCH THE ICE FIGHT AGAINST THE CURRENT DURING THE WINTER ”**

**Banff National Park**
Banff National Park has it all for the outdoors enthusiast. Situated in the Canadian Rocky Mountains, the park spans 6.641km and is made up of spectacular mountains, glaciers, forests and rivers.

There are three great ski resorts in the park: Sunshine Village, Mount Norquay and Lake Louise, the largest of the three.

During the summer months, The Fairmont Chateau overlooks the turquoise waters of Lake Louise where you can rent a canoe and marvel at the imposing landscape.

During winter months the lake is frozen and becomes a skating rink. For some of us this might be all of the outdoors exertion that is needed to justify the après ski. However, for the experienced skier, Lake Louise offers 139 marked ski runs, ensuring that tedium needn't ever be a problem even for the return visitor.

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**Vancouver**
Vancouver is the perfect destination for those who want the luxury and amenities of a city break, mixed with the excitement and exhilaration of outdoor adventure.

Although it boasts a more temperate climate than most other Canadian cities, its surrounding mountains are snow-covered during winter months, offering a playground for winter sports enthusiasts and the most perfect views of the city.

Vancouverites boast that it is one of the only cities in the world where it is possible to go skiing in the morning and sailing in the afternoon.

The city itself is cosmopolitan in its vibe. The Four Seasons Hotel and Spa is the perfect oasis of luxury and calm to base oneself.

In recent years Vancouver's culinary reputation has grown. Bauhaus in the city's Gastown District is housed in the fabulous Boulder Hotel, first built in 1890. Michelin-star chef Stefan Hartmann has designed an imaginative menu fusing the absolute best of classic German cuisine and traditional European fare.

Kayaking is among the many outdoor pursuits on offer. The city itself offers two different locations. To the west there is English Bay, part of the Pacific Ocean's Strait of Georgia and to the south there is False Creek.

The 30-minute drive to the scenic fjord at Indian Arm is more than worth it for the pristine views.

**Mont Tremblant**
Mont Tremblant first opened as a ski resort in 1939. Situated in the Laurentian Mountains and located 130km north of Montreal, it is a resort that is full of charm and elegance.

Sitting on the rocky shore of Lake Tremblant and nestled in the surrounding woods is the Hotel Quintessence, a hotel of such luxury and surrounded by such natural beauty that it is a destination in itself.

Each of the rooms has its own wood-burning fireplace, and for those looking for extra romance, there is the possibility to stay at the Clagett's Cabin, away from the main building.

It would be remiss of anybody to travel to Quebec and not taste the delicious crepes on offer. Creperie Catherine will satiate any cravings that you may have and for those that may be looking for something other than French pancakes to satisfy their hunger, the French onion soup is a delicious alternative.

**" LAKE LOUISE OFFERS 139 MARKED SKI RUNS "**

**Toronto**
Torontonians have a reputation for being particularly proud of their city and it is easy to see why. It is a young and thriving city with a dynamic feel.

The downtown area boasts a huge array of bars and restaurants to rival any international city. Summer is patio-season where stylish locals take their socializing to the many terraced areas outside the various establishments.

Accommodation in Toronto reflects this. For those looking for more traditional luxury, the Shangri-La and Four Seasons are always reliable in their high standard of rooms and services. However, for those looking for something different, there are a number of boutique options that really raise the game in terms of what is on offer.

The Thompson Hotel is located in Kings West, an area of old factory buildings that has undergone a creative renovation and renaissance. It is now a hub of art galleries and avant garde restaurants.

Rooms at the hotel have been designed by New York's studio Gaia, with floor to ceiling windows that take in the views of the city and lake Ontario. In summer it's 40ft, rooftop, infinity pool attracts discerning guests looking for a place to cool off while taking in all that the city has to offer.

The Royal Ontario Museum is one of the largest museums in North America and the largest in Canada. It is a museum of art, world culture and natural history. It is possible to happily lose a full day to its various exhibitions.

The CN tower looms tall over the city and is the perfect vantage point to take in expansive views of this bustling city.

At weekends during the summer, locals take to their various yacht clubs and boats, or even paddle board to the outlining islands where one can picnic or simply enjoy some of the cuisine on offer at the lakeside restaurants.

With all that is on offer in Canada, you will wonder why you didn't make the trip sooner, and no doubt will be already planning your next trip back.



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

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# MGallery: Luxury, comfort and style

Photo © Abaca Corporate/Philippe Louzon

Photo © Abaca Corporate/Philippe Louzon

## One of Paris' most-recent hotel restorations restores the spirit of another age

You can always judge a hotel by its lobby, and the recently-renovated L'Hôtel Echiquier Opéra Paris MGallery by Sofitel scores high points. From the street, the hotel boasts a Haussmann façade with canopy-lined bulbs evoking the proximity of many theatres. You walk through a short, smart entrance and the stunning, classical lobby opens up before you. It has a very high ceiling and is on two levels – take one step down to a very comfortable and airy space, with furniture in blue and gold.

Here you can have your breakfast or in the evening have a drink at the bar or sit in one of the deep wicker chairs that seem to envelop you. In fact the welcome at breakfast is very friendly and attentive – Sofitel knows how to do breakfast. And at night the young barman was just as efficient and chatty.

The rooms are what you'd expect from a Sofitel MGallery – very cosy, and in this case very chic, very Parisian. They always manage to choose colours in the corridors and in the bedrooms that are very soothing. Of course, there is the small matter of where it is. If you can pull yourself from such luxurious accommodation, beyond the doors is the theatre district, with among the theatres the Folies Bergère – just head for the Seine and enjoy *tout* Paris.
On your return, head up to your room in a stunning gilded wrought-iron gated elevator. La Belle Epoque is alive and well…

By metro, the hotel is a 5-minute walk from Strasbourg-St-Denis (line 4) and Bonne Nouvelle (lines 8 and 9).
*www.sofitel.com*

# Dining

**Steigenberger Wiltcher**
You may be laying in bed on Sunday morning, reading this over a coffee and thinking about what to do for the rest of the day. Hey, it's Brussels, and there are a thousand things you could be doing. However, anyone who is anyone is brunching these days. Without a doubt, the classiest and tastiest brunch of the lot is at the Steigenberger Wiltcher on Avenue Louise.

Held in the elegant Loui Bar & Restaurant and out on the quiet La Terrasse overlooking the courtyard, brunch is a veritable treasure trove for foodies and people who want to kick back in style on a Sunday. Chat while your complimentary glass of champagne arrives. Take your time and when ready, head to one of the food stations to choose your first plate.

This is no formulaic brunch - choose whatever you like and have as much as you want. Start with oysters and a Virgin Mary (or ask the waiters to bring you the real thing), continue on through a wide selection of seafood, then savour freshly roasted meat with a rich and unctuous gravy. Finish off with some premium dried meats and cheeses.

Eat in style and drift off to the sounds of the live piano man. Bon appetit!
*loui.brussels@steigenberger.com*

**Brasserie Le Rendez-vous**
When you are out and about at night in Brussels, it's no easy feat to find something good to eat later on in the evening. Well, this place serves last orders at two in the morning.

Italian Vito Viterbo arrived in Belgium at the age of five and has always worked in the field of Horeca. The restaurant has been open for 40 years and has just been spruced up. If you like space to eat in comfort, Le Rendez-vous is perfect (it's very attractive for larger groups). In fact, pride of place has been given to a grand piano that guests can tinkle away at.

I started with the excellent prawns in garlic then had the rich Ossobuco alla Romano, which was on the day's specials menu. My dining partner went very Belgian with cheese croquettes and hefty chevre chaud salad. And there's a broad wine list to choose from.

It serves food all day – you can come in during the day and order à la carte. It's just a two-minute walk from Louise metro, off rue Jourdan.
*www.brasserie-lerendezvous.be*



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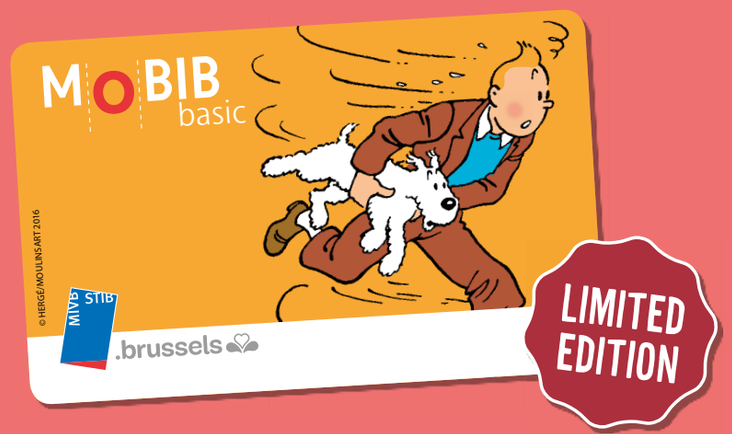


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# Pistolet Original: Favouring local food

A truly Belgian concept has landed in Schuman

You may already know Pistolet Original, the Belgian food concept that opened in the Sablon area more than two years ago. The good news is that a new location has now opened on Rue Breydel in the EU district.

So why don't you come along and discover our Belgian bread-roll, the pistolet, an exclusive fresh bread recipe. We offer more than 30 different filling options: cold and warm recipes, prepared on the spot and also many other homemade dishes, *plat du jour*, vegan dishes and sweet and savoury delicacies. We get all our products directly from the best Belgian producers and every dish is prepared in our own kitchen.

In our new place on Rue Breydel you'll be able to enjoy your meal in the lovely garden even on cool days, as the heated terrace is sheltered from the wind.

Our catering service is also available with various options of 'mini' or regular-size pistolet platters for private or business functions, cocktail parties and other events. Please find our delivery menu on our website and feel free to contact us for any additional information.

More than ever today, choosing to favour local food makes sense: it matters to us and we just love sharing our passion for high-quality, tasty, authentic products.

So choose quality, whether to eat in, take away, or have food delivered anywhere.

We hope to see you very soon…

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Filets de dorade aux crevettes grises
Ou
Dinde tradition farcie aux marrons
Ou
Filet de Marcassin en Poivrade pomme airelles chicon et croquettes
*****
Assortiment de fromages transalpins
*****
Buche de Noël

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Ou
Consommé Mosaïque
*****
Le ½ Homard en Belle vue
Ou
Le foie gras du Périgord
*****
Chevreuil sauce Arlequin pomme airelles chicon et croquettes
Ou
Bar de ligne aux légumes croquants et sauce Mousseline
Ou
Charolais de boeuf aux champignons des bois
*****
Roue de fromages transalpins
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# Château Tifayne: From Belgium to Bordeaux

This month we came across a Belgian who is living his dream among the vines

Photo © Guillaume Bonnaud

Among the multitude of excellent wines available from Bordeaux there is one in particular that has a very Belgian twist to it. Renaud Limbosch is a Belgian who fell head over heels in love with the region and decided to stay. He and his wife, Franziska arrived in France in 1989 and their shared passion for the vineyard and the wine was born. Renaud had been hired as the manager on a wine property in the Gironde, followed by work in an advisory capacity in wineries in the Charentes region, such as Cognac and Pineau des Charentes. Everything changed in December, 1997 when the dream got bigger as they purchased Le Château Tifayne.

Over time the vineyard developed, the cellar was renewed and the initial assortment of red wines spread to rosé, dry white wines and Cremant de Bordeaux. The vineyard boasts five hectares of Castillon, Côtes de Bordeaux and eight hectares of Francs, Côtes de Bordeaux. The Castillon soil consists of a thin clay stratum lying on a limestone rock, whereas the Francs plots are on deeper-seated clay (called 'molasses du Fronsadais'), vestiges of the ancient sediments of rivers and lakes of the region.

As for grape varieties, they produce the four main vines of the region: two thirds of Merlots and a third of Cabernet Sauvignon and Cabernet Francs. From 2008, they decided to cultivate Muscadelle for their dry white wine. Their production really does cover the whole gamut at the dining table, from appetizer to dessert, with the freshness of the youthful whites and rosés, the sparkling Crémant de Bordeaux and their house reds.

As for the reds they offer three types: fruity, round and supple; colour, power and length in mouth; and a nose of black fruits and spices, fine tannins and a good capacity for ageing.

And if you happen to be in the neighbourhood, you can do – for a few nights at least – what Renaud and Franziska and their family have been doing for over twenty years by staying over and sleeping close to the vines. Their B&B has four guest rooms and a reception hall for tastings and events.

We tried their excellent sparkling Cremant de Bordeaux Rosé Brut and Cremant de Bordeaux Blancs de Blancs, and, believe me, they have *la fête* written all over them. They went particularly well with the jumbo moules, with a side of frites – something I'm sure Renaud remembers fondly. And we love a good family story, too!
*www.tifayne.com*

# What's on Belgium

Photo © Terry O'Neill

**Terry O'Neill - Shooting the Stars**
O'Neill is an English photographer who gained renown for documenting the fashions, styles, and celebrities of the 1960s. O'Neill's photographs display his knack for capturing his subjects candidly or in unconventional settings. His work has also been featured in numerous exhibitions. He was awarded The Royal Photographic Society's Centenary medal 'in recognition of a sustained, significant contribution to the art of photography' in 2011. **Until 31 December.** Photo House, Brussels. *www.photohouse.brussels*

**Picasso Sculpture**
"Large, ambitious and unavoidably, dizzyingly peripatetic," wrote *The New York Times* about the Picasso Sculpture exhibition at the MoMA. The Musée Picasso in Paris, in collaboration with BOZAR, builds on the theme. More than 80 sculptures represent the staggering creative power of an artist who really went to town experimenting with a range of materials and techniques. The sculptures conduct a dialogue with paintings, ceramics, photographs and objets d'art from Picasso's private collection. The exhibition takes a fresh look at a less familiar but very personal aspect of the artist's oeuvre. **Until 5 March 2017**. BOZAR. **€16-€18**
*www.bozar.be*

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**Heroes Gallery**
The Heroes Gallery was dreamt up by a few ardent fans of the vintage automotive world. In this digital era, we are all too quick to forget the superb prints and drawings created by passionate artists: these are our snapshot heroes. They have immortalized exceptional cars and unforgettable races, rare moments and courageous drivers: these are our heroes behind the steering wheel.

Some portray the emotion of the moment, others nostalgia for times gone by. But all of them tell a story. The Heroes Gallery, in partnership with Marcel & C°, offers you high-quality photographic impressions in different sizes on plexiglass or aluminium, and at very affordable prices. And if you would like, they can also take care of your own images in the same finishes, so you can also become a hero.
*www.heroes-gallery.com*

**Art Toison D’Or**
Since its renovation in 2010, the Gallery Toison D’Or has a new space (+/- 500m2) dedicated to art. And so the concept Art Toison D’Or was born, exposing painters, sculptors, photographers and designers. After four prestigious events, including that of Gaston Bertrand Foundation, Art Toison D’Or has opened up to emerging artists of worldwide fame as Richard Orlinski.

In collaboration with Tania Klein (responsible ArTiane Gallery in Honfleur), this exhibition will seduce lovers, collectors or neophytes. The monumental sculpture by Richard Orlinski placed on Avenue of the Golden Fleece at the entrance of the gallery, sets the tone.
*www.toisondor.be*

**Steve-O: The End of The World Tour!**

American prankster and comedian Steve-O is coming to Belgium with his latest stand-up comedy show *The End of The World Tour!* Steve-O became instantly world famous when the first season of *Jackass* was aired on MTV in 2000. Johnny Knoxville and Steve-O were the original pranksters, performing various dangerous, self-injuring stunts and pranks. In 2001, Steve-O launched his own Steve-O Don't Try This At Home Tour, establishing himself as an accomplished stage performer. After the end of *Jackass* in 2002, the team made four *Jackass* movies. Shortly after the release of the first movie, Steve-O and fellow *Jackass* performer, Chris Pontius, were given a spin-off show entitled *Wildboyz*. Steve-O continued to thrill audiences with his outrageous stunts.

He has become a *New York Times* bestselling author with the release of his memoir *Professional Idiot* and has established himself as a force in the world of stand-up comedy. **6 December**. Theater Elckerlyc, Antwerp. Tickets: **€27.50**
*www.livecomedy.be*

*Photo © Brussels Museums Nocturnes*

**Brussels Museums Nocturnes**

This year, the Nocturnes museum crawl celebrates its 16th anniversary – old enough now to stay out late! Every Thursday evening, from 17h00 to 22h00, at least five museums will warmly greet visitors. Between 15 September and 8 December, 69 museums will hold many activities related to their collections, in a convivial atmosphere. The list is rich and varied, from 'Archives and Museum of Flemish Life in Brussels' to 'Autoworld', 'Belgian Chocolate Village' to 'BOZAR' and 'Clockarium to Cinquantenaire Museum'. You can discover all the participating museums on the dedicated website. Tickets: **€3** per museum (**€1.50** for 25 and under). Some late-evening openings are free.
*brusselsmuseumsnocturnes.be/en/* ❶



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You are all invited to the latest Vlerick Expat Event

Give your career new inspiration during your stay in Belgium at this free Vlerick Expat Event at Vlerick Business School's Brussels Campus on 14 December. It promises to be a unique experience you simply cannot miss.

**Learning how to focus gives your organization an edge**

At any given moment, the minds of half the teams in any organization are elsewhere. People spend 30-40% of their work time dealing with unplanned interruptions – and then have to get their focus back. And when an organization lacks a clear strategy, its teams have even less focus. But on the flip side, focused teams are happier and more engaged at work. At our expat event, Antonio Nieto-Rodriguez – author of *The Focused Organization* – will discuss how to develop focused, motivated teams where everyone concentrates on reaching strategic business goals.

**What to expect?**

Inspiration from our keynote speaker Antonio Nieto-Rodriguez, who will give you some useful insights into how you can transform your company into a focused organization and use focus as a key competitive advantage. You will have the opportunity to meet Vlerick training experts and network with like-minded people from diverse backgrounds.

**What's on the programme?**

6:00 - 6:30 pm: Welcome
6:30 pm: Introduction by Prof Dirk Buyens, Director Executive Education, Vlerick Business School
6:45 pm - 8 pm: Keynote Address 'The power of focus: how to use focus for competitive advantage', by Antonio Nieto-Rodriguez, expert in project management & strategy implementation, followed by a Q&A
8 pm - 10 pm: Networking reception
For more programme info and to register, visit our event page.
www.vlerick.com/expatevent

**" YOU CAN TRANSFORM YOUR COMPANY INTO A FOCUSED ORGANIZATION "**

If you know other expats who may be interested in this event, please feel free to pass this invitation on to them.

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# What's on International

**We Call It Ludwig**
Museum Ludwig has turned 40! The group exhibition *We Call It Ludwig* is the high point of the landmark year 2016 at the Museum Ludwig. The theme of this wide-ranging show is the institution itself. Initiated by all the curators of the museum, 25 international artists have been invited to develop new works for the exhibition that specifically relate to the Museum Ludwig.

The title *We Call It Ludwig* was purposely kept open-ended, since the exhibition is not intended to offer a concrete definition, but a variety of subjective perspectives that together form a kaleidoscopic image of the institution. The Museum Ludwig defines itself in large part based on its own history, its collection, and, above all, the people who have shaped it – as an artists' museum. Participating artists include Cuban Diango Hernández, The Guerrilla Girls collective, Hans Haacke and Maria Eichhorn. **Until 8 January, 2017**. Museum Ludwig, Cologne.
*www.museum-ludwig.de/en*

**Bodyguard – The Musical**
The blockbuster movie *The Bodyguard* made the dramatic story of the superstar Rachel Marron and her bodyguard Frank Farmer world-famous. One reason for the runaway success of the musical as well as the film is certainly the legendary soundtrack, which won a Grammy award. With sales of more than 45 million copies, it's the most successful film soundtrack of all time. The musical includes live versions of all the songs interpreted by Whitney Houston in the film, as well as many of her other worldwide hits, including *One Moment in Time*, *Saving All My Love*, *I Wanna Dance with Somebody* and one of the greatest hit songs of all time, *I Will Always Love You*. **Until 31 March 2017**. Music Dome, Cologne. www.mehr.de/en

**Getting there**
Thalys can get you to Cologne in comfort in under one hour and fifty minutes. The trains are regular, and there are often reduced price tickets available.
*www.thalys.com/be*

# Cinema

Picturenose.com's **James Drew** offers up his regular dose of upcoming films

### The Crucifixion

When a priest is jailed for the murder of a nun on whom he was performing an exorcism, an investigative journalist (Sophie Cookson) strives to determine whether he in fact murdered a mentally ill person, or if he lost the battle with a demonic presence. All good clean possession fun from director Xavier Gens (*Hitman* (2007)) – it would appear the latter part of the year is likely to be dominated by horror. Oh, goody.
*98 mins*.

### The Girl on the Train

Paula Hawkins' surprise smash-hit debut novel is quickly sent to the big screen, with only its setting changed (from London to New York). A disturbing look at what can happen if you look too closely behind the scenes of other people's lives, it stars Emily Blunt as Rachel Watson, an alcoholic who divorced her husband, Tom Watson (Justin Theroux), after catching him cheating on her with their real estate agent, Anna Boyd (Rebecca Ferguson). During their marriage, Rachel was prone to alcohol-induced blackouts during which she engaged in self-destructive behaviour that Tom later informed her about, and to which she attributes the end of their marriage, in addition to being sterile. She begins stalking Tom and Anna from the privacy of her daily commute by train, growing fascinated with their neighbours Scott (Luke Evans) and Megan Hipwell (Haley Bennett). And from such fascination, things start to get very dark indeed...
*112 mins*.

### Hacksaw Ridge

Ol' Mel's back – Gibson directs this Australian-American biographical war film, which stars Andrew Garfield, Vince Vaughn, Sam Worthington, Luke Bracey, Hugo Weaving, Ryan Corr, Teresa Palmer, Richard Pyros and Rachel Griffiths. The film is based on the true story about US Army medic Desmond T. Doss (Garfield), a Seventh-day Adventist conscientious objector who refused to bear arms, yet was awarded the Medal of Honor by President Harry S. Truman for single-handedly saving the lives of more than 75 of his comrades while under constant enemy fire during the Battle of Okinawa in World War II. Gritty, gripping stuff, no doubt.
*131 mins*.

### Rings

Seriously, though, can we maybe end this horror franchise now? Set 13 years after the events of *The Ring* (2002), which was itself a remake of the infinitely superior Japanese original, *Ringu* (1998), this sees the cursed video tape resurface, and guess what? There is a film within the film... Ulp!
*120 mins*.

*More reviews on picturenose.com*



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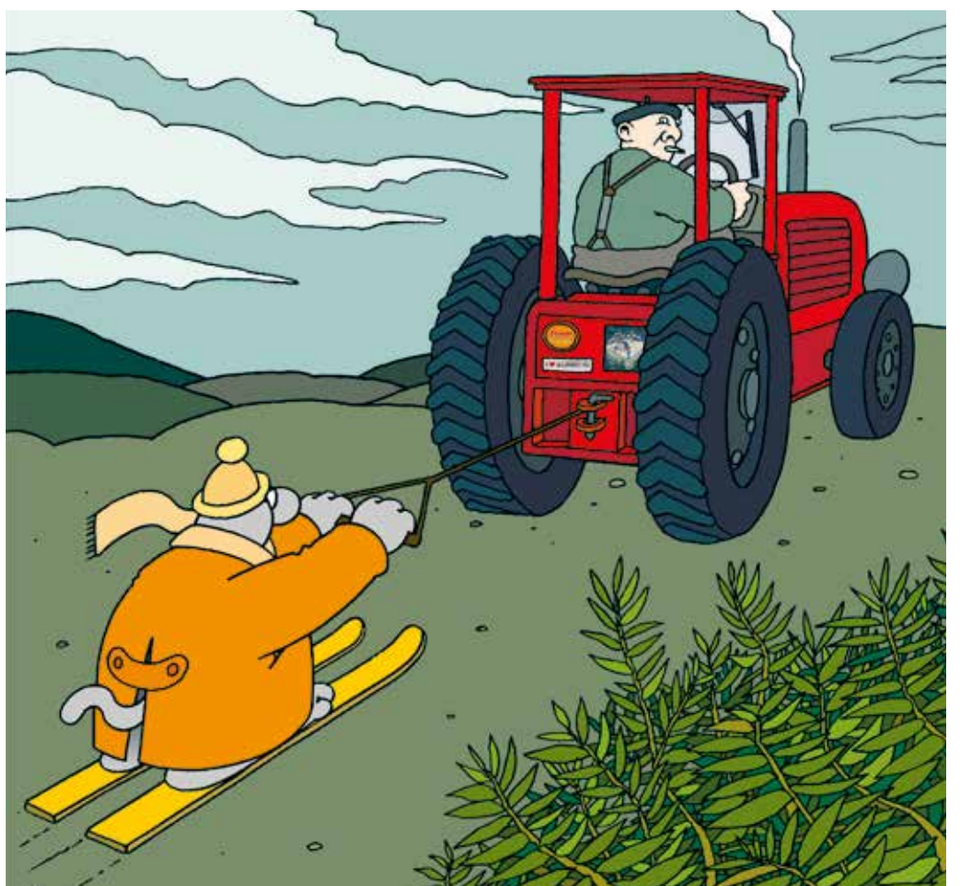

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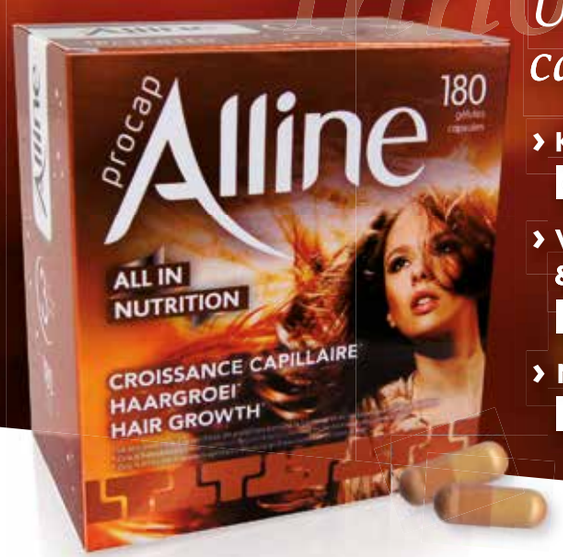


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*2. Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of CynaPlus® on Hair and Nail Parameters. The Scientific World Journal, Volume 2014*

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