

Together

magazine

DEC 2016 / JAN 2017 #74

**FOOD
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CHASTAIN**

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1. Le zinc contribue au maintien des cheveux sains et participe à la synthèse des protéines (comme la kératine).

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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Editor's LETTER

*Together:
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ON THE COVER



Jessica Chastain
is starring in *Miss Sloane*

PLANES, TRAINS AND AUTOMOBILES

This is the time of year when many people in the international community in Belgium pack their bags and head home to a bewildering number of cities, towns and villages through the world. Around the European district, you can see them struggling through the cobbles with reinforced Samsonites.

What should be a pleasant, relaxing experience can be fraught with difficulty as planes are cancelled, trains are delayed because of the wrong leaves on the line (this really happened to me in the UK) and automobiles grind to a halt in face of the sheer weight of numbers on the roads.

Spare a thought for poor Neal Page (Steve Martin) in the John Hughes film *Planes, Trains and Automobiles*, who has problems with all three forms of transport in his attempt to get home to his family. And he also has to cope with the unwelcome company of Del Griffith (John Candy), a loner and social outcast who has no hearth to hurry home to. He is a curtain-ring salesman, no less.

It's one of those films that can only be served up at Christmas, like cranberry sauce, but it gently reinforces the reasons to be cheerful over the festive season. Of course (no spoilers on my watch), the transport gods find a way of helping them out. Rent it over the holiday period, followed by *It's a Wonderful Life*. You may well be weeping profusely into that sauce, but at least you'll know you're home.

Have a great and safe time over the festive period and we'll catch up with you next year.

Paul Morris
Editor





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RUTH FRANCKEN - *Man Chair* - 1968

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Together

magazine

PUBLISHER
David Mc Gowan
david@togethermedia.eu

KEY ACCOUNT DIRECTOR
Renaud Philippart
renaud@togethermedia.eu
+32 (0) 494 64 67 93

ACCOUNT DIRECTOR
Caroline Dierckx
caroline@togethermedia.eu
+32 (0) 479 47 47 77

EDITOR
Paul Morris
paul@togethermedia.eu

DESIGNER
Xavier Bostem
carafe.xavier@gmail.com

CONTRIBUTORS
Sophie Bruno; James Drew
Gerry Callaghan; Nils Courcy
David Deruytter; Philippe Geluck
Christine Hansen; Colin Moors
Bob Monard; Paul Morris
Gemma Rose; Sarbani Sen
Delphine Stefens

ART DIRECTOR
Nicholas Sirot

ONLINE EDITOR
Paul Morris
paul@togethermedia.eu

FOUNDER
Jérôme Stéfanski

Together Media
Boulevard St Michel, 47
B-1040 Brussels
+32 (0)2 400 00 24
info@togethermedia.eu
www.togethermag.eu

For advertising sales rates please consult
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LIFE OF LEISURE

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Morgan Freeman: A heavenly Hollywood talent

Together chatted to Morgan Freeman, a man who has played God – twice. Not too many actors can say they have convincingly played God on the big screen. Morgan Freeman has played the Almighty twice in *Bruce Almighty* and its sequel *Evan Almighty*. Freeman appears in his first swords-and-sandals epic *Ben-Hur*, a re-imagining of the previously adapted biblical tale.

Luxury Motorbikes: The four most expensive ever

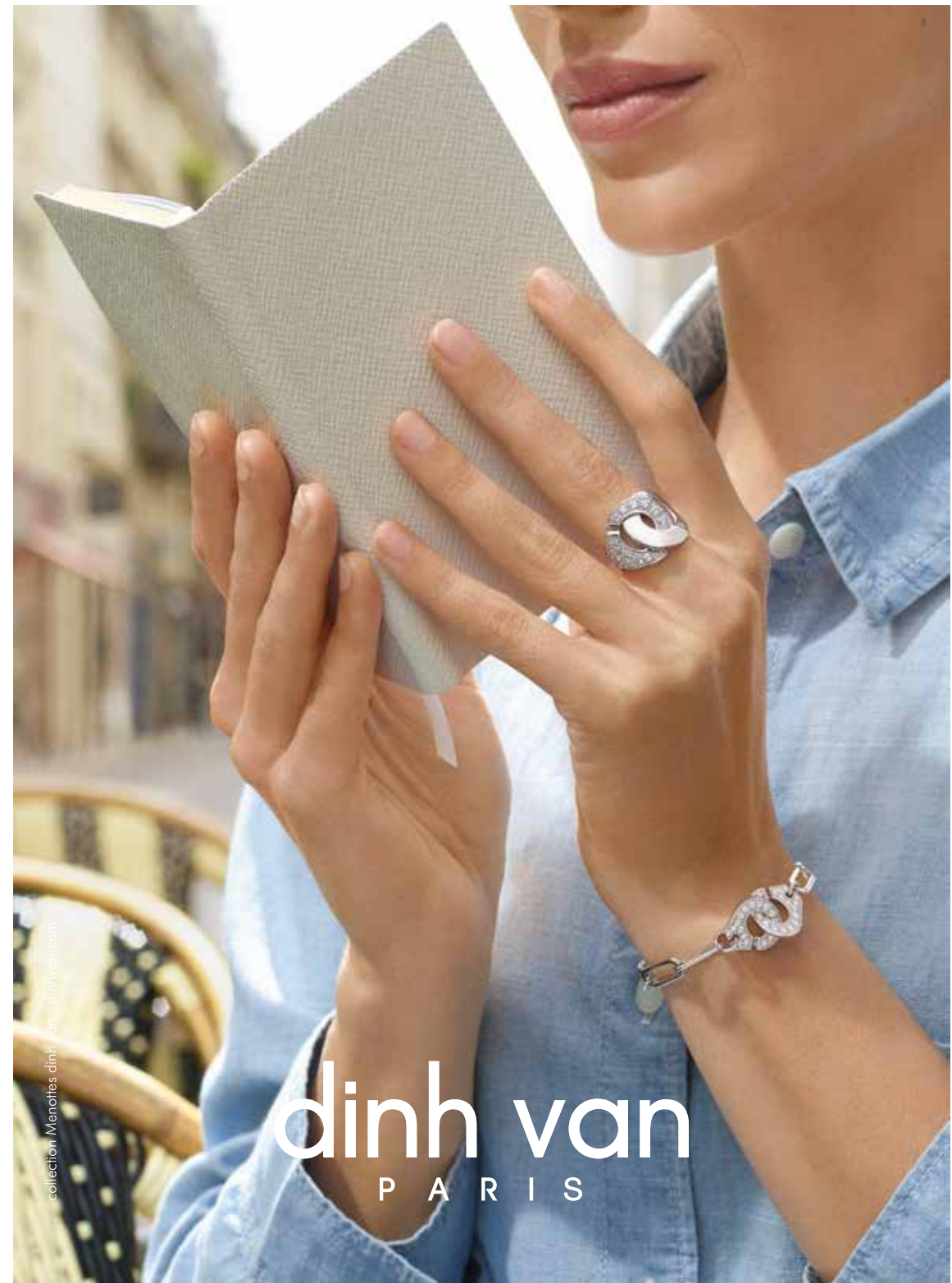
Not something you would expect from a chain of retail stores but they are responsible for the most expensive luxury motorcycle in the world, thanks to its Limited Edition Fighter. When it was released it had a starting price of an already high \$110,000. The Fighter ended up on auction for just under ten million euros. Some say the unique body resembles the inside of a watch. It could reach speeds of 190 miles per hour, and only 45 of them were made in this limited edition.

Self improvement tips: Just be yourself

Rolf Dobelli, Swiss author of the best-selling book *The Art of Thinking Clearly* does not follow the news. In his persuasive essay, 'Avoid News', he asks the question, "Out of approximately 10,000 news stories that you have read in the past 12 months, name one that – because you consumed it – allowed you to make a better decision about a serious matter affecting your life...?"

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Starring in Belgium



Beach Slang

Beach Slang are an American punk rock band from Philadelphia, Pennsylvania, formed in 2013 by artist JP Flexner. Their debut full-length album, *The Things We Do to Find People Who Feel Like Us*, was released on 30 October, 2015. The band bring their newly release second studio album, *A Loud Bash of Teenage Feelings*, to Brussels. **27 January 2017**. Witloof Bar, Botanique. **€14**
www.botanique.be



One Night of Queen

This touring two-hour stage show pays tribute to the stage theatrics and music of Queen. It is performed by Gary Mullen and The Works, headed by Freddie Mercury imitator Gary Mullen, who had previously won the competition show *Stars in Their Eyes* with his vocal and visual imitation of Mercury. **10 January 2017**. Cirque Royal. **€35**
www.cirque-royal.org



Bootleg Beatles

This Beatles tribute band have performed more than 4,000 concerts since their establishment in March 1980. The gig is usually broken up into four parts, including 'Beatlemania Conquers the World' and 'Sgt Pepper and Magical Mystery Tour'. **19 February 2017**. Theaterzaal CC De Kollebloem, Puurs. **€20**
www.ccdekollebloem.be



The Divine Comedy

The orchestral pop band from Northern Ireland formed in 1989 and is fronted by Neil Hannon. To date, eleven studio albums have been released under the Divine Comedy banner. The group achieved their greatest commercial success in the 1990s, during which they had nine singles that made the UK Top 40, including the top ten hit *National Express*. **30 January 2017**. Cirque Royal. **€29**
www.livenation.be



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Art for L'Acceuil

This month we highlight a charity that is dedicating a four-day exhibition to help disadvantaged children

The ASBL L'Acceuil could receive more children, but it needs help... your help. The funding granted to it by the authorities is insufficient – without the support of individuals like you and us the centre cannot continue to exist and help these children in need.

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What is Art for L'Acceuil?

This year, the centre is organizing for the 16th consecutive year 'Art for L'Acceuil', an exhibition that aims to raise additional funds to top up the subsidies to allow the centre to function properly. The association invites you to discover artists and their works from Thursday 26-29 January, 2017 in Hangar H18 in Ixelles.

The jury is composed of professionals from the Belgian artistic world who will select from the artists present at the event the winner of the 'Coup de Cœur' award. You will discover a



selection of works in various disciplines such as painting, sculpture, photography and design.

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PERSONAL
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Fitness

Post-festive exercise

myASPRIA contributor **Nils Courcy** helps us to counteract festive indulgence



The end-of-year celebrations are often a time when we take a break from physical exercise and the theme is always the same: Eat well and, above all, do nothing. How can we ensure that guilt doesn't spoil everything and that we start the New Year in good shape?

In general terms, if you want to avoid putting on weight, you need to burn more fat than you consume. While it's not easy to control your insulin and your glycaemic load during festive meals, it's also not easy to completely cancel out the half dozen little pieces of toast with foie gras, the tartiflette and Grandma Claudette's triple chocolate yule log which were devoured the day previously. Unless you finish the evening with an hour of frenzied rock 'n' roll, you need to find a solution to cancel out these naughty little excesses very quickly.

So what's the best way to do that?

During the festive season

Contrary to popular belief, doing long hours of cardio-vascular work isn't an effective way of eliminating fat, because the energy you use comes essentially from glycogen (sugar stored in our liver and muscles). On the other hand, a "lipolysis" cardio workout proves to be much more suitable because it aims to draw energy from our fat reserves by breaking down fatty acids within the cell and using them as fuel (in place of glucose). Your 'lipolysis threshold' is calculated in the following way: $[(220 - \text{age}) - \text{resting heart rate}] / 2 + \text{resting heart rate}$. The result is the heart rate you should maintain throughout your exercise if you want to slim down.

In practice, this generally means a long walk. We all know that the only marathons you'll be



running will be endless family meals, so a big bowl of fresh air with a brisk walk in the woods will do you the world of good. And it also aids digestion!

To complement that, make the most of the holidays to take care of yourself. It's the ideal opportunity to practise some yoga. It rebalances your hormones, strengthening and stretching your muscles and relaxing you – there are so many benefits.

And because this is the time of year for gifts, why not share a session with your best friend?

In January

Put together a three-week programme to get rid of the kilos you put on by the fireside and reboot your metabolism for good. A few slimming massages, targeting fat deposits, will help you get through the programme. The sauna will also help eliminate toxins.

After this period of rest for the body, start gradually with an aerobic exercise at moderate intensity, such as cycling or swimming. Skipping is the ultimate way to burn calories. Since a skipping rope is very modestly priced,

why not ask Father Christmas for one right away?

In the second week, follow on with at least two big muscle-building sessions on the large muscle groups (legs and back). These more dense and active muscles use more energy, even at rest. And if you're planning to go and enjoy some winter sports in February, your squats sessions will prove to be excellent conditioning for your legs!

“ CANCEL OUT THESE NAUGHTY LITTLE EXCESSES VERY QUICKLY ”

In the final week, choose a week of HIIT training. These high-intensity sessions will help eliminate ten times as much fat mass as a so-called “classic” cardio workout, while simultaneously restricting loss of muscle mass.

If you get back to sport and exercise in a relatively intense way, you'll also be motivated to keep your New Year's resolutions for 2017 more easily, particularly if they involve stopping smoking and reducing your alcohol consumption!

Happy holidays! 🎅

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PERSONAL DEVELOPMENT

Nutrition

Conquering the holidays

Our nutrition expert **Sophie Bruno** suggests that we eat mindfully not mindlessly

December represents a festive time of year to celebrate with family and loved ones. However, enjoying holiday gatherings and socializing does not necessarily mean that you have to sabotage your healthy lifestyle and diet. The end of year celebration season presents many opportunities to overeat and to get off-track. However, during this period it is essential to manage your consumption by implementing an eating action plan. Proper planning and organization will mitigate potential downfalls. Not only will this help to minimize excess food consumption and undesired weight gain, but it will also empower you by helping you to feel in control of the situation, ensuring a stress-free, enjoyable festive season.

What does the science say about weight gain in a short space of time?

The research shows that people consume in excess of 6,000 calories daily during the festive period. So it is no surprise that it is a common occurrence for people to gain weight during this indulgent period. However, scientific research is increasingly suggesting that weight fluctuations may pose some serious metabolic and cardiovascular health risks. Weight cycling (or yo-yo dieting) is a pattern of gaining and losing weight repeatedly. This variation of weight over time can trigger health risks and have a negative effect on body composition, body fat distribution and energy expenditure. Yo-yo dieting has also been associated with elevating cardiovascular risk variables, such as



blood pressure, heart rate, blood glucose and cholesterol levels, and changes in the composition of adipose (fat) tissue. This places additional stress on the cardiovascular system. It is particularly concerning that evidence is emerging that this incidence of cardiovascular risk factors linked to dieting is being observed in people of normal weight rather than in those who are overweight or obese.

In view of this evidence, there is a strong scientific incentive to reduce yo-yo dieting behaviour during the holiday season and to follow healthy, balanced eating practices.



Top tips to help curb your holiday season calories

Eat small frequent meals

Do not go longer than 4-6 hours without eating. Do not save your hunger or calories for a large meal, as this is a recipe for disaster. If your next meal will be later than usual, have a small snack to prevent overeating. When you deprive your body of essential nutrients and energy during the day leading up to the holiday meal, your blood sugar levels will be very low. This will have an impact on your willpower and self-control when it comes to food, but it will also affect your emotions. It is especially important to have a balanced meal and snacks on the days where you will be exposed to temptation. Not skipping meals or snacks will empower you because you will have a better portion control.

Whilst at the party

Watch portion sizes – although the buffet table may look very appealing and tempting with delicious food and alluring desserts lined up,

enjoy smaller portions of your favourite treats. Stick to the main dish and control the number of times you refill your plate. Our eyes are often bigger than our stomachs. Avoid this by taking two items at a time and returning later for more, if you genuinely need to. Take your plate of food and eat it away from the table. The more distance there is between you and the food, the less likely you are to get up for seconds.

Limit your consumption of deep-fried

foods and starters

Make sure you select baked, grilled or steamed options such as grilled or steamed veggies and fresh fruit with a minimal amount of dip, or protein foods without the breading such as shrimp. Avoid cream-based sauces, and try to choose tomato or vegetable based sauces.

Do not reach for the pastry foods

By avoiding one of the most energy-dense party foods, this will help cut the calories intake.

“ A STRESS-FREE, ENJOYABLE FESTIVE SEASON ”



Don't drink your calories

Alcohol can add a little sparkle to your dinner, but remember that it is not calorie-free. 1g of alcohol contains 7 calories. Be sensible with alcohol and higher calorie drinks. Try some lower calorie options like wine spritzers (wine mixed with sparkling water). If you drink alcohol, have a glass of water after every alcoholic drink. Avoid cocktails as they contain a significant amount of calories. Drink plenty of fluids – reach for water to quench your thirst. It is also calorie free! Try adding fresh cranberries or pomegranate seeds to sparkling water for a festive look.

Mindful Eating

Practise mindful and conscious eating. Avoid eating while distracted. Turn off the TV, close the book and put down the electronic devices. Focus on your food and you will be more satisfied. Enjoy everything in moderation – holiday treats form a big part of many family traditions. Being careful does not mean you have to miss out. Have a small piece and savour every bite.

Lead by example

Be a nutrition champion! Bring a fruit or vegetable tray to your next get-together instead

of bringing yet another dessert or high-calorie appetizer.

Try lower fat foods and recipes

Making simple swaps can reduce the calories in your favourite recipes. Try using a lower fat cheese or using fat-free plain Greek yogurt instead of full fat cream.

Be active

Try to be active during the holidays. Holidays are made for taking a break from work, but not from your daily workout! Stay active as much as you can, so you can burn those extra calories

Dealing with setbacks and failure

Determine your limits and set realistic expectations for yourself. If your eating habits over the holiday deviate from the action plan, this does not mean you are a failure. The journey to health and lifestyle changes encompasses facing challenges and self-development about handling the ups and the downs. If you get side-tracked, the most important part is learning how to get back on track with confidence. 🍎

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Sleep = success

Sleep coach **Christine Hansen** says you are sabotaging your self-discipline and success if you don't sleep enough

We all have goals and dreams. And most of us are aware that we need to take care of ourselves to some extent to be fit and healthy and strong enough to achieve them successfully. And you'd think that in a developed world like ours taking care of ourselves would be easier than ever.



We are a lot more educated. We know which foods we should eat, how much we should exercise and, of course, we also know how much we should sleep.

There are countless wellness blogs on the internet sharing recipes and health tips. There are tracking apps for everything, sending you reminders, meal plans, exercise routines and guided meditations. It is all there at the push of a button.

And a lot of us pride ourselves in our self-discipline. We go to the gym at early dawn before work. We have a healthy organic meal for lunch and we proudly display our healthy lifestyle to the people around us.

Prioritizing sleep though is an entirely different story.

We are so busy. And how do you squeeze a couple more hours into your day? Easy! You go to bed just a little bit later than you know you should.

But will you also get to sleep for a bit longer? Most of the time the answer to that question would be, no. And if you are a parent, weekend lie-ins are out of the window too. Yet your choice of sacrificing that bit of sleep is understandable. Because you manage the next day! You manage to get up, go to work, do your job and go back home and hit replay for the next day.

But let me fill you in on something: You are making life a lot harder for yourself. Recent studies* have shown that a lack of optimal sleep influences your self-discipline. Let me explain.

During the study the researchers offered the candidates different foods. They had eight alternatives with a mix of healthy and unhealthy (but yummy) foods. On the days where the candidates were well rested they stuck to their guns and chose the healthy option. On days where they had suffered a lack of sleep, they ate more calorie rich foods and more unhealthy options.

When questioned, participants agreed that due to reduced alertness they were more willing to eat food they would usually judge as unhealthy. So in the end, it demands a lot more effort on your part to stay strong and treat yourself and future goals in the correct manner. It doesn't matter whether you are a man or a woman – both genders caved in a lot quicker when they were sleep deprived.

This is especially true for diet but also exercise regimens or anything that you might not find completely 100% enjoyable. What that means for you is that the bag of chips in the supermarket, which you probably wouldn't even have noticed on well-rested days, is now looking a lot more attractive, even irresistible.

It means that you are much more likely to take shortcuts, and therefore sabotage your success. It doesn't matter in which area. You could be training for a marathon and skip some sessions or working on that next promotion and start to procrastinate and don't look over your report one more time to spot last minute errors.

Not getting enough sleep is manipulating you in stealth mode, because you are not even aware of it happening (which is another fun side effect of sleep deprivation).

Studies have shown that when you start daydreaming you catch yourself pretty quickly and get back to the task you were supposed to do. But when you are sleep-deprived, you don't even notice drifting off and are wasting a lot more time.

So, similarly, you will not even be aware of how quickly you will cave in to your weaknesses after nights where you didn't sleep well. You will stand in the way of achieving your goals for your diet, your work or your private life.

So now that you know what to look out for you can apply these simple tips to avoid falling into that pitfall and reach your goals a lot quicker

and efficiently.

1) Set an alarm an hour before your bedtime. That way you have enough time to get ready for the next day without being stressed and are not surprised by how quickly the time has passed in the evening.

2) Get an accountability buddy for bedtime. Text a friend each time you are going to bed and get them to check in on you when they haven't received your message at the time you agreed on.

3) Get a blue-light reduction extension on your computer.

F.Lux for example is an extension for Chrome that filters out artificial blue light so that your screen is not destroying your build-up of melatonin (the sleep hormone) as much. This means you can still get things done until shortly before your bedtime and have Nature help you fall asleep.

3) Remind yourself of the value of sleep by sticking a Post-it on your bathroom mirror. If you have goals you want to achieve, sleep is your most powerful ally. Don't let it get in your way. Respect it and you will blossom.

4) Give yourself a reward each time you manage to go to bed on time. You can keep a chart and gift yourself a massage after a week of going to bed consistently.

5) Keep a journal to write down any negative or stressful thoughts that might come and haunt you in your sleep or at 3am. Getting the words out of your head is extremely powerful.

* www.ncbi.nlm.nih.gov/pubmed/27784406

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A simply happy life

Sarbani Sen looks at eight simple steps to perfect wellbeing



While going through different theories on wellbeing, I bumped into this very simple, yet holistic vision. Created by Roger Walsh back in the 1970s, it has its own very simple, yet productive way of creating a healthy and happy life. After all: “Mens sana in corpore sano.”

Walsh encourages us to pay attention to these eight elements of life, which, when combined, will contribute to a simply happy life.

1. Exercise

Physical movement is of course the key to both physical and mental wellbeing, and when it is done regularly, it leads to optimal health. Through exercise we become leaner and fitter, and less likely to develop deadly diseases such as diabetes, obesity, high blood pressure

and cancer, but it has also been shown to reduce chronic pain, age-related cognitive decline etc. It improves sleep, as well as releasing endorphins that make you feel euphoric. Those of us who run or cycle have definitely felt this ‘runner’s high’, which can be quite addictive. People who exercise regularly have enhanced self-efficacy and self-esteem, fewer negative thoughts and a breakdown of chronic psychosomatic muscle tension.

So, which exercise is best? The best is whatever you can do regularly and that your body enjoys! It is more about how much you exercise. You can participate in brisk walking, gardening, playing a sport or working out in the gym. However, it needs to be done at least three times a week and for 30 minutes at a time. It has been shown that while 30 minutes

are valuable for physical health, it does little for cognitive gains. So if you want to be smarter and experience cognitive benefits, you will need more strenuous activity, by combining strength training with aerobics.

If you would like a simple but effective exercise session, try and perform eight rounds of Sun Salutations (check the YOGA tutorials on youtube) – it may be enough to get your mind and body going.

2. Nutrition

Obviously, on a path to honour yourself and your body, your supreme vehicle, it is better to avoid junk food with artificial and processed sugars with non-nutrient rich calories. And if you have a good relation with your body, ask it what is good for it and don’t judge.

Try to eat predominantly multicoloured fruits and vegetables, and fish, such as cold deep-seawater fish which are high in beneficial omega-3 fish oils. For those who don’t eat fish regularly, it can be worthwhile to supplement with fish oil (good luck!). On a more ecological level, avoid meat, and red meat in particular as our organism is not prepared to digest dead flesh, and above all it takes so much energy to raise and feed the animals you are planning to eat. Think from a larger perspective and allow yourself to eat it two to three times max per week – if you really need to. It is totally outdated to eat meat every day.

3. Time in Nature

For thousands of years, humans lived intimately with Nature until the rise of the industrial revolution. With modern technology humans seem to be moving further and further away from Nature, spending more time in front

of a computer, tablet or phone. Lately, many companies have started sending their top executives to a wilderness retreat to regain their mindset, and throughout the ages we have heard of sages, shamans, yogis and indigenous people seeking the wilderness for sources of healing and wisdom.

After walking through a park, don’t you often feel relieved and at peace with yourself? Many experts have shown that contact with Nature reduces the symptoms of stress, depression and attention deficit disorders. The physical and mental benefits are seen with greater cognition and emotional, spiritual and subjective wellbeing. It is considered to be a mode of healing.

Some personal coaches offer ‘walk & talk’ in the forest, with verbal clearings while speed walking for those of you who want to add an efficiency element to their moment in nature.

4. Relationships

Good relationships are paramount to physical and mental wellbeing. A quality relationship is the most important of all lifestyle factors.

Good relationships lower the risk of diseases, ranging from the common cold to heart disease as well as strokes and depression. Good relationships are also associated with greater health and happiness as well as better intellectual and work performance. Apparently we are built to create an intimate brain-to-brain link-up. This neural link allows us to feel, and affects the brain function of everyone we meet. So, be grateful for the company you keep – they may just make you healthier. So why not go through your agenda and call up an old friend, or find out how your ex-colleagues are doing? We always tend to let people we’ve

“ IT IS TOTALLY
OUTDATED TO
EAT MEAT
EVERY DAY ”

had fun with pass their way because they are not useful for our business or love life or anything. But having fun and sharing is so important that it's worth every little minute of organization.

5. Recreation and enjoyable activities

If you manage your time wisely, you can combine recreation, exercise, time in Nature and social interaction such as outdoor team sports. Research indicates that playing enhances learning and social growth. It teaches children how to live together, how to compete, cooperate, make friends and acquire necessary social skills. It is important to understand that recreational activities do not exclude art and other aesthetic pleasures. Start a drawing class, bring out your old collection of cars and restore them, or start a band!

6. Relaxation and stress management

Stress is not always bad, as it pushes our body to adapt and become stronger. It is only negative when it becomes too great and our bodies are unable to adapt. You will find some simple stress management strategies in exercise, recreation, relationships, and religious or spiritual involvement

Movement is used as a great stress management strategy. However, when used for stress management, movement should be rhythmic in nature, and when performed slowly it often provides greater benefit. Examples of these are Tai Chi, Qui Gong or certain types of Yoga. Yoga is great as it offers both somatic and contemplative strategies. Along with meditation it has been shown to enhance various psychological capacities, health and maturity. Meditation and mindfulness are other ways of gaining peace of mind. Find a teacher close to you or try a web-based class.

7. Spirituality, Literature and Poetry

Spirituality is very important to most people. People call on their religion for help and support when faced with illness as well as emotional and physical stress. It has been shown that people who participate in spiritual activities are less likely to suffer from anxiety, depression or drug and alcohol abuse.

Increased resilience, better relationships and marriages are also attributed to regular religious and spiritual involvement.

If we don't feel attracted to a specific school of thought, reading spiritual literature and ancient masters brings positive habits, as does poetry and literature in general.

8. Contribution and service

Service and contribution are part of a very ancient tradition and have been considered a means towards happiness, mental health and spiritual maturity. Altruistic behaviour is thought to reduce greed, jealousy and egocentricity, while enhancing love, joy and generosity. It is regarded as a virtue and benefits both the giver and receiver.

Various studies have shown that people who volunteer are psychologically happier and healthier and may even live longer. When looking at elderly volunteers who assisted students having trouble at school, it was clear that they ended up feeling better and showed improved intellectual abilities and better brain function.

At the end of the day, taking all these eight aspects of our life into account will not cost that much, but may bring along much more ease and joy of living!

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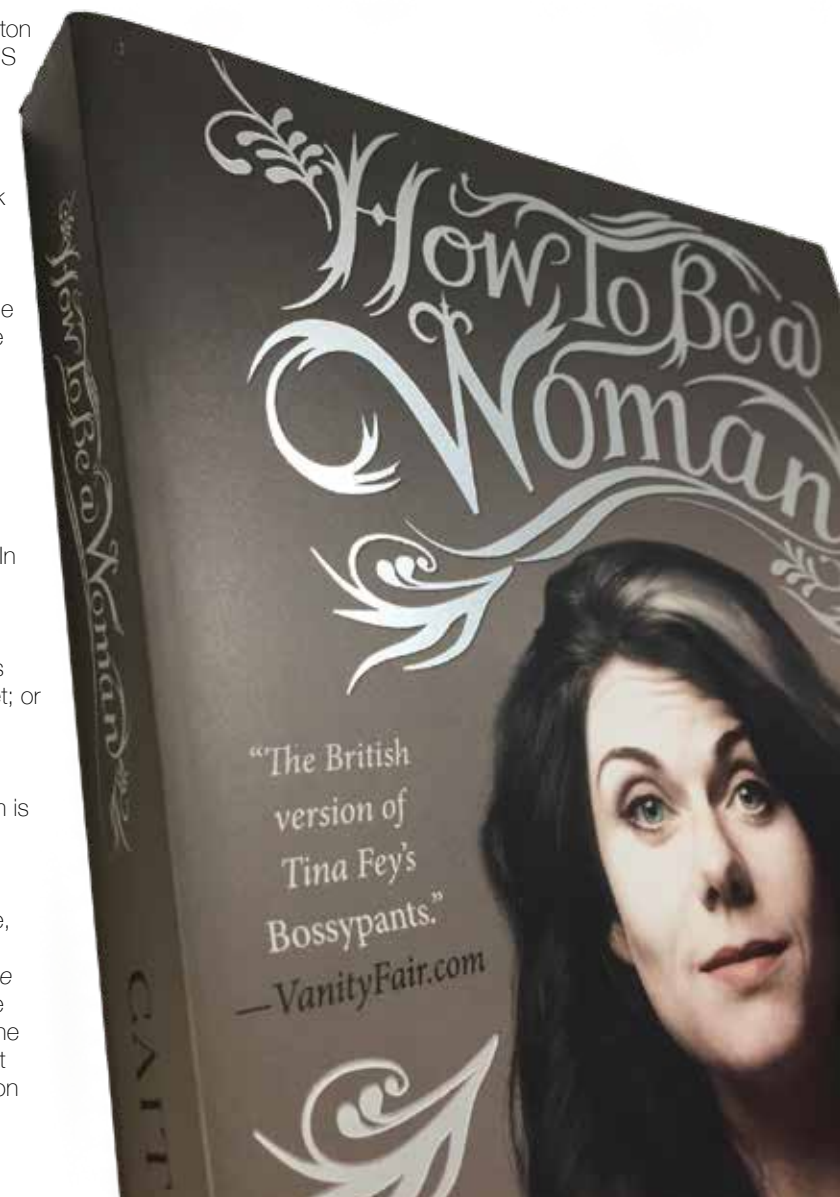
Get mouthy

Gemma Rose demands that ladies speak their truth

Hillary Rodham Clinton has just lost the US presidential election. I, as many of us in Europe, had hoped for a different result. But here we are, and I can't help but ask that despite her flaws (her negligence with her private email server and the US\$ 300,000 speeches), did she ultimately lose because she was a woman?

In her book *How To Be a Woman*, *The Times* columnist Caitlin Moran writes that sexism has become far more insidious and stealth-like nowadays. In the old days, it was quite obvious: for instance, your bottom getting slapped by your boss; the wolf whistles as you walk down the street; or the jokes about a woman's place being in the kitchen.

Today, Moran notes, sexism is cunning, sly and codified. She says: "Very often, a woman can have left a party, caught the bus home, washed her face, got into bed, read 20 minutes of *The Female Eunuch* and put the lights out before she puts the light back on again, sits bolt upright and shouts, 'Hang on – I'VE JUST HAD SOME SEXISM AT ME.'"



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Reading this got me thinking about potential sexism I have received: the irate man who exclaimed, "even my wife can park better than you!"; the male manager who asked me whether his taxi had been booked when a) I didn't know him and b) I was a participant at the same meeting; and when a seemingly nice acquaintance, who gave me a lift home from a concert a few days before, blocked, yes *blocked*, me from Facebook because I politely invited him to discuss our religious differences offline. It was the last incident which stirred an awakening in me. I wondered if he would have still blocked me if I were a man? Then I bolted upright, "Hang on – I'VE JUST HAD SOME SEXISM AT ME."

Moran has a very simple yet ingenious way of identifying whether sexism is at play: is it [insert said action/remark/gesture] polite? By viewing 'it' as 'bad manners' rather than as 'sexism', it's much easier to call someone out on it. A man may find an accusation of sexism as loaded and unfounded, whereas he's more likely to apologize for being uncouth. Moran believes that sexism exists not because men hate women, but rather because men have been used to women being cast as the weaker sex, the second class citizen, or as in Hillary's case, the loser, for millennia.

To soften the blow, Moran takes the approach that we, men and women, are all 'The Guys', rather than pit ourselves against each other. If we try to focus less on our difference of gender, and more on the fact that we are part of the 7 billion on this glorious, messy planet, maybe we might just get on better.

So, instead of competing with men, we women need to put ourselves out there. As the journalist Rosie Spinks demands, we need to "be mouthy" or as Hannah Horvath in the show *Girls* regularly recommends, we need to "speak our truth". Unfortunately, we still can't even do that unconditionally. When the really

brave women do, they get hammered for it by the tirade of criticism and even abuse on and offline. Clinton was often criticised for being stiff and lacking charm. Yet, as she said, she's in a bind: "But I've learnt that I can't be quite so passionate [as men] in my presentation. I love to wave my arms, but apparently that's a little bit scary to people. And I can't yell too much. It comes across as 'too loud' or 'too shrill' or 'too this' or 'too that.'"

Not only should we be mouthy, but please, ladies, let's stick up for one another! Now we don't all have to get along, but if we have to criticise one another, let it be on the content of our character, and not because we forgot to brush our hair that morning, or our bra strap is

showing, or we've gotten fat.

Another question that Moran asks to determine whether there is sexism is: "Are the men doing it too? Are they worried about it too?" What

flummoxes me about the US election is that a man who liked to grope women, has not declared his taxes, insulted women and minorities, gone bankrupt and flip-flopped as much as Boris Johnson, won the presidential election against a woman with over 30 years of dedicated public service. And 53% of white women still voted for him! If Hillary was a man, would voters still have distrusted her so? I sense a bolt upright coming on... ❶

"IT COMES ACROSS AS 'TOO LOUD' OR 'TOO SHRILL' OR 'TOO THIS' OR 'TOO THAT' "



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Get into gadgets

Our tech guy **Colin Moors** offers his annual round-up of the good, the bad and the ugly in new gadgets



Drones? They are so, like, last year already. Virtual reality? If your idea of fun is stumbling around your living room with a really expensive mobile phone strapped to your face, augmented by another piece of high-priced equipment, then finding you need to replace most of your furniture, go for it. Fads in gadgetry come and go but here at *Together*, we like to keep you, the reader ahead of the curve in what will be cool once all the dust settles. Some of the things covered here may not have even reached the market by the time the annual winter festival of conspicuous consumption begins, but if you save up your Christmas money, perhaps you could be first in line in the early part of next year. If you're camping outside a shop, please bear in mind it'll be a harsh winter this year.

Something that caught my eye earlier in the year is a product called Sensorwake. Currently in pre-production (a vague term that covers a multitude of sins), Sensorwake promises to rouse you from your slumber without light, sound, birdsong or anything quite so crass. It will instead waft you awake with the pleasant aroma of coffee, mint or money - yes, really, money. It apparently takes two minutes to wake you up in such a sedate fashion, and the clock releases an odour for a full three just to be sure. You may currently pre-purchase, whatever that means, at sensorwake.com for \$106 or around €100 at time of writing. The potential for 'friends' to place foul-smelling cartridges in the machine is immense, and if you like waking up to the smell of coffee,



would you not be better off buying something old-school like a coffee maker?

I'll get onto the useful stuff in a moment but first, if you'll indulge me for a short paragraph, allow me to explain the ethos behind Samsung's *Family Hub* refrigerator. It's a fridge that takes a photo every time you close the door, so that you can connect with your smartphone and see what's in there. I kid you not. Additionally, it will stream music from internet radio, presumably in case the cheese gets lonely and will replace the old favourite calendar-stuck-to-the-fridge-door with a touchscreen version. If all this hasn't convinced you to part with the eye-watering €5,000 asking price, just go to www.samsung.com and take a look at what is possibly the most revolting video ever made. Thanks for listening, now onto the really good stuff.

The film fans among you will doubtless recall the awe and wonder in the cinema as Marty McFly stepped into his Nikes and the laces tightened all by themselves, and when he jumped on his hoverboard, speeding off to new adventures. Well, Nike have made the lace future come true with their new Mag

trainers. While considerably slower at lacing than those in the film, they are, nonetheless, a reality. The shoes are only being sold as part of a collaboration with *Back to the Future* star Michael J Fox's Parkinson's Disease foundation, the actor himself being a sufferer. Prices are around €100,000 a pair currently, but the lacing system is scheduled to go into production for real very soon. Sadly, they have no plans for a hoverboard as yet.

This probably won't come as a surprise to you if you're reading this, as if you've already made it this far, you're probably aware of Google's nippy little Chromecast device. This is the ideal stocking filler, provided your stockings are quite small. Got a TV? Of course you have. Does it have an HDMI slot? More than likely. With these simple criteria met, all you need do is connect the device, which is about the size of a USB stick to your TV and you can then stream Netflix, YouTube videos and videos from your Chrome browser to your TV. If you can play it on your mobile device or via Chrome, you can view it on your TV. It's simple to use and the price is very attractive at around €35, so filling a Christmas stocking won't empty your wallet.



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PERSONAL DEVELOPMENT

Technology



Have you had a new arrival recently? This column rarely dedicates much space to parents, as there's really not much new under the sun when it comes to looking after babies. The majority of things work just fine as nature intended. One thing stood out for me recently though, the pacifier (dummy) thermometer. If your baby uses one of these things to suck on, the built-in thermometer will give you an at-a-glance reading of baby's temperature, and you'll avoid the necessity of trying to offer a glass thermometer into one of baby's orifices which, if you've ever tried it, is akin to putting a pair of jeans onto a squid. Sometimes, simplicity is beauty. Available lots of places online for about €10.

With the wearable tech industry in full swing, companies and designers are racing to make the idea of wearing a computer more chic than geek. If you don't feel like spending around €1,400 on one of the Tag Heuer Connected range of smart watches, you'd perhaps welcome the news that high-end high street firm Michael Kors has a small range of watches out now that look stylish but which conceal a nerdy secret. With one of these equipped, you

can make and take calls, control your music, hook up to Bluetooth and do all the other stuff you never could with a normal watch. The watch cases are well made and the faces (which are changeable) are slick enough to conceal the device's true colours, making these a true bridge between fashion and tech.

I'll leave you with a Christmas gift idea that no tech or food nerd should be without - the USB fondue set. Available from thinkgeek.com, this little number will melt cheese using power that would otherwise be wasted on drawing spreadsheets or writing presentations. As well as the fondue bowl and forks, the *Fundue* set comes with - and I quote - "Auto-power off mode for decreased loss of life risk". So that's good. It's still probably safer than a Samsung Galaxy Note 7. ❶



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Power to the people

Gerry Callaghan finds the current state of the political word insane

Estonian far-right in Tallinn © DJ Sturm



Most of us are happy to see the back of 2016, and we'd be forgiven for feeling less than hopeful about what 2017 has in store. As the EU stubbornly pursues trade expansion and fiscal austerity, the shouts of struggling Europeans fall on selectively deaf ears. A gap is widening between politicians and those they're supposed to represent. Coincidentally, the gap between business and government is narrowing, with the appointment of former austerity advocate and ex-Commission president Jose Manuel Barroso as chairman of Goldman Sachs International. Citizens are losing trust in government and growing desperate for new political leadership.

However, 'change' has become nothing more

than a campaign buzzword for ambitious candidates, because what's on offer is more of the same policies in slightly different packaging. At home, that means more austerity bringing less social, political and economic security. Abroad, well that's an even bleaker picture. Due to our implicit and explicit support for US foreign policy, Europe is engaged in perpetual war and traumatized by the terror attacks that have resulted. Voters feel powerless and are now jumping at the chance to support any real alternatives – the UK Brexit vote and President-elect Trump are shining examples.

Across Europe, and further afield, the far-right continues to rise in popularity. The US elections should've fired the stark warning that

before we elect our own divisive, ignorant, misogynistic, homophobic, disability shaming, racist, the EU must reconnect with its citizens and be seen to work in their interests. If it doesn't deal with the feeling of powerlessness then instead of bellowing mindless rhetoric from the European Parliament's hemicycle, Europe's far-right figureheads will be sat at the top table in the Council and Commission.

“ POWER MUST FIND ITS WAY BACK TO THE PEOPLE ”

There is a feeling of anxiety in Europe at the moment. People are worried about privatization of public services, concerned about the rise and normalization of food banks. They're angry about the rising gap between rich and poor and the prevalence of insecure employment contracts. They are worried about our constant state of war and the terror attacks that result. Combine this with rising house prices, stagnant wages and entrenched working poverty, and it's easy to see why people have grown disillusioned. However, our leaders are becoming more and more disconnected from everyday life and blindly continue pushing the same failed policies.

Leaders who offer change, a real substantial change – even if it's far from perfect – are growing in popularity. Our poll-watching politicians are out of touch with everyday reality. They're becoming less opinionated, and it's increasingly difficult to tell them apart. Voter trust is shifting towards those who say what they feel, even if their feelings aren't shared. The UK's Brexit vote stands as a firm warning of voter discontent, as does the polling figures of Marine Le Pen's National Front in France, and an increase in nationalist marches across member states.

It's important to understand that the people who voted for Brexit and Trump aren't all bigoted racists, nor are they all homophobes and misogynists. They weren't conned, nor are they stupid. They're genuinely worried about the future and feel hopeless to change it, but the far-right seized upon the feeling of

powerlessness and is exploiting it successfully.

In the immediate aftermath of the financial crisis, ordinary taxpayers were ordered to pay trillions to rescue failing financial institutions. The European leaders that used tax payers money to bail out the banks, then, almost unanimously, argued for extreme cuts to public services. So, not only did taxpayers rescue the ailing financial institutions from bankruptcy, they suffered heavy cuts to their public services as a 'thank you'. The banking institutions recovered

promptly and began paying million euro bonuses to their top earners again – the public watched on helpless. These institutions took our money and didn't bat an eyelid. Those less fortunate were, and still are, being punished for the decisions of the wealthy and powerful.

In stark contrast, in the first week of April 2016, European citizens watched as the Panama Papers were leaked, clearly confirming that there's one rule for the rich and another for the poor. Given the numerous tax scandals revealed by whistleblowing or press leaks over the past decade - UBS, HSBC, SwissLeaks, LuxLeaks – the Panama Papers are just the latest indication that massive tax avoidance and evasion are a structural part of global capitalism. In 2013 the European Commission estimated that governments in the EU lose around €1 trillion each year to tax evasion and avoidance. The wealthiest individuals and corporations, it seems, have the choice of refusing to contribute tax while earning lucratively. Whereas, those at the lower end of the wealth divide have no choice but to pay for the very systems that disadvantage them – they would receive a lengthy jail sentence otherwise.

Furthermore, former Commission president, José Manuel Barroso, who oversaw the bank bailouts - was appointed in 2016, unsurprisingly, by Goldman Sachs. Barroso, is just one of a number of former commissioners who have made the public-private jump to



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lucrative contracts. Former trade commissioner Karel De Gucht joined the board of mining giant Arcelor Mittal and former digital agenda commissioner Neelie Kroes joined the boards of tech firms Uber and Salesforce. Is it any wonder that trust has broken down? Millions of people are adjusting to permanent economic insecurity and hold a genuine fear for the future. A backlash will continue to rise steadily if their concerns are ignored.

Lastly, our interventions in the Middle East and North Africa led to the death of millions of people, specifically in Afghanistan, Iraq, Libya and Syria. These interventions created a state of permanent war and destabilized the region. In Syria, the death count now stands at 420,000, and rising. In 2009, Syrian leader Bashar al-Assad refused to sign a proposed agreement with Qatar that would run a pipeline through Saudi Arabia, Jordan, Syria and on to Turkey to supply European markets, crucially bypassing Russia. An Agence France-Presse report claimed Assad's rationale was "to protect the interests of [his] Russian ally, which is Europe's top supplier of natural gas". Since

that decision, the country has been brought to its knees. Our foreign policy is catastrophic and now hundreds of thousands of people are risking their lives to escape into Europe. When these desperate refugees arrive here they're demonized as troublemakers, as outsiders, as beggars here to steal our dwindling public resources. It is insane.

People feel helpless. Helpless to stop our democratically elected government's economic mismanagement. Helpless to stop our disastrous geopolitical decisions. The disconnect between citizens and government must be closed or we will have a huge problem. Power must find its way back to the people. The current political culture of doublespeak will not do. We need leaders who break the mould and offer different solutions to the status quo, or very soon we will see an increasingly divided Europe. ❶

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Dave Deruytter
looks at how to
get the world's
finances in
order again

Playing the trump card

After the two recent seismic shocks – Brexit and President-elect Trump's win – what can the structural effect of the result of the US elections be on the global financial markets and the world economy?

Photo © Michael Vador

The election of Donald Trump as future president of the USA, albeit it by a small margin over Hillary Clinton, was surprising. President-elect Trump had more than one million fewer individual votes than Clinton, but that is how the electoral system works in the USA. The polls were far from accurate, and commentators and the press even less so.

A positive side effect from the US elections may be that the Republicans will soon have full control of Congress, the House, probably the Supreme Court and the Presidency. All of which should result in well-coordinated action without too much hindrance from one or other of the institutional bodies.

The question is: How well will the future President Trump handle the direction for the USA and which policies will he introduce? A lot will depend on his team and how he will work with them. Will he be

prepared to listen to his team, to delegate some tasks to them, or not? His track record does not hint at the President-elect being a great listener or thinker, more of a doer, an entrepreneur. That suggests we will see a lot of personal actions – he will need his team afterwards should they go wrong. Of course, Trump can backtrack in part on what he said during the election campaign, but he will have to realize some of his plans in order not to lose credibility with his voters, even though some of them voted for him simply in order not to have Hillary Clinton in the Oval office.



**“ POLITICIANS
ARE GIVING IN TO
EGOTISTICAL
INDIVIDUAL
INTERESTS”**

We may not see a TTIP agreement with the EU soon, but the drive of Trump to invest in the domestic USA infrastructure is a good one. We expect to see a very domestic agenda, at least in the early months, or years, of his presidency. On the international front Mexico is not his favourite partner, nor is China, but for different reasons. His problems with Mexico are migration and the North Atlantic Free Trade Association. Trump does not like China essentially because of trade issues. Europe seems to be rather neutral to him, with no TTIP

but security cooperation should stay strong, with a focus on Nato and terrorism. The UK seems to be one of his favourite countries, and, with Brexit on the way, that does not bode very well for Europe. Russia is a special case. He seems to like Mr. Putin, at least as a person, but what about his policies?

There is a lot of uncertainty in the aftermath of the US elections, with the exception of the very strong future grip of the Republicans on US politics. The Grand Old Party will soon have more Republican governors than at almost any time over the last century.

Like with anyone new to a game, it is probably best to focus on what brings us together rather than on what separates us, and we have at least four years to find that out.

Particularly for that last reason, Brexit is a far more important concern for the EU than the Trump presidency. Indeed, if the UK is to leave the EU, it will very probably not rejoin in four years' time. It may be an idea for the UK politicians to organize a new referendum four years down the road, to check if the results of leaving the EU were effectively those anticipated before the first vote. Few people think that this will happen. If the UK leaves the EU it is probably more for the longer run, say a generation or at least 10 years. That is a very daunting prospect for the EU.

Getting the world's financial and economic house in order


We could do some of the many micromanagement analyses that you can read in the financial and economic press. Still I would rather focus on an idea that is macro, global and simple: the systematic control on the application of the laws, rules and regulations worldwide, at all levels of government and the mending of a few of those laws, rules and regulations on the way.

Indeed, this should be obvious in a world governed by the 'rule of law', but it is not at all the case today, nor has it been over the past decades. And the problem is worldwide. Take the once renowned pride of the US tax payers

about the amount of taxes they paid to the government; US citizens and companies even bragged about it. Is there anything left of that today? The facts suggest the answer is No, and it is not improving, though there seems to be at last more attention aimed at the problem. We are in an era where there are few strong politicians looking at the interests of their country, particularly the longer term interests, let alone the interests of the EU or the world. They all seem to be focusing solely on gaining votes, winning elections and wooing foreign investments by offering very low tax deals. In doing so, politicians are giving in to egotistical individual interest of the voters and the companies.

Parents know that that is probably not the best way to raise your children. They get spoiled and do not make enough effort to find their way in life. The late Winston Churchill said on democracy that it is the least bad way of governing. Even today you can see the hesitation of the Chinese leaders, for example, to embrace democracy to the fullest.

Indeed, from the pure point of view of logic, if you ask the opinion of the people on all possible matters you get to 100% democracy. But the result of that is that nothing works anymore because nobody wants a train or windmill in his or her back-garden – it is the others who have to pay the taxes for the roads, infrastructure and healthcare, and we all buy our own guns for protection. Isn't a world where everyone does everything his or her way the same as one where there is 100% anarchy?

In conclusion, the forces that work on the much needed improvements in systematic control of the application of the laws, rules and regulations worldwide, for all the levels of government, and the mending of a few of those laws on the way, deserve and need our full support. If we would start by putting our own house in order that should already make a big difference. 

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ING Belgium: Looking after expats

*Together spoke to Dave Deruytter,
the man in charge of ING's
dedicated expat services*



Who is Dave Deruytter?

I am married with Kathleen and father of two interesting adolescents, Liesbeth and Arthur. I love traveling, hiking, skiing and writing, and I love my job. I have been living and working in Japan twice and once in China. I have the privilege of being in charge, with a large functional team, of Expat and Non-resident services at ING Belgium for 16 years now.

Why choose ING Belgium for banking and insurance as an expat here?

Before you arrive in Belgium your ING bank account and card, your rental guarantee and home insurance can already be in place. When you arrive, one short meeting at an ING local bank branch of your choice, to

hand over your bankcard, and you are fully operational from day one. Furthermore, ING Belgium offers mortgage loans, investments, pension and estate planning depending on your needs during your stay in Belgium. Even after you leave Belgium ING Belgium has online non-resident banking services for you wherever your next move takes you.

How can an expat in Belgium contact ING Belgium

The ING Expat Contact Centre, 02-464.66.64 or expat@ing.be, is open from 8am to 10pm continuously on weekdays and from 9am to 5pm on Saturdays. There is the www.ing.be/expat ING Expat website, and there are the many ING local bank branches all over Belgium. On the branches.ing.be/branches website you will find the ING local bank branch finder. Enter the town or city name, or the zip code, and you will see the location of the nearest ING Belgium local bank branches.

What more can an Expat expect from ING?

During the year, ING Belgium organizes free expat information seminars. Twice on Buying Private Real Estate in Belgium, once on Expat Pension, Expat estate planning, and, finally, one on Starting Your Own Business here. Of course, the ING Expat officers in the ING local bank branches are also available for calls or meetings on those subjects.

Why is ING Belgium so active with foreign nationals here?


First of all, we want to welcome foreign nationals to Belgium and make their installation here as smooth and easy as possible. Alongside our banking and insurance and our free information seminars, we will gladly introduce expats, without any obligation, to other service providers they may need. To that extent we have developed an Expat checklist, available on ing.be/expat. ING Belgium also offers the quarterly *Expat Time* magazine on essential lifestyle and business features for expats in Belgium.

Why is life as an expat in Belgium so pleasant?

Belgium, and particularly Brussels, has a very large part of its population who are foreign nationals, some 30% in the Brussels region. That makes life very multicultural. Thus many languages are spoken here, not only English, Dutch, French or German. You can find all types of restaurants and a great variety of cultural events here. There are many schools of different countries in Belgium on top of the many European schools and International schools.

What would be your key advice to newcomers to Belgium?

Inform yourself as much as possible even before you arrive in Belgium. Engage with the expat and local community in Belgium. If you only spend six months here or decide to join the many people who have stayed on, you will enjoy a great lifetime experience, with superb memories you will never forget.

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IMPACT

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The Juice Master

In our regular look at self-help audio books we focus on 'juicer' Jason Vale and the spiritual journey of Eckhart Tölle

Jason Vale suffered from severe asthma, psoriasis, eczema, hay fever and he was overweight. He thought about it and realized that every food on the planet has come under some criticism with the notable exception of fruit and vegetables. He says: "These foods nourish every cell in the body, help prevent disease, flush the system of waste and contain more vitamins and minerals than you can rattle a plum at, and there isn't a single person on the planet with any shred of common sense that could possibly argue against these magnificent foods!"

He says he feels "extremely privileged to bring a juicy lifestyle to hundreds of thousands of people all over the world." When he set out to 'Juice The World', he never imagined the impact juicing would have on people. He decided to junk the junk food and drink a couple of freshly extracted juices every day and added some exercise to his daily routine, and found that his mental and physical health improved beyond anything he could possibly have envisaged.

Jason Vale's most comprehensive juice programme to date relates to a quite incredible challenge he set – for others. Eight people, with twenty-two different diseases between them, lived on nothing but freshly extracted juice for 28 days to test what effect, if any, living on a juice only diet for 28 days would have on their diseases and overall health. The results at the end were nothing short of remarkable. Every person experienced positive changes to their health conditions; one person even lost 38 lbs in just those 28 days.

Vale designed the 'Super Juice Me! 28-Day Juice Plan' specifically for those who need to



“ HE DECIDED TO JUNK THE JUNK FOOD ”

lose a lot of weight and/or who need to make considerable changes to their health. Vale boldly states: "Give me 28 days and I'll give you back your life." He challenges anyone suffering from overweight or a lifestyle disease to try it on for size. The book includes sections on: The Full Super Juice Me! 28-Day Juice Plan; A Super Juice Me! 28-Day Journal to track your progress; The Right Psychology for Success; Why Medical Drugs aren't always the answer; Exactly What To Do After You've been Super Juiced!; A Full Q & A Section and Full Shopping List; and much more.

Vale also runs retreats and is a sought-after motivational speaker.
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Eckhart Tölle: An inspiring spiritual journey

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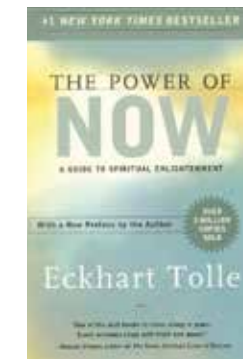


In 2011, Eckhart Tölle was listed by Watkins Review as the most spiritually influential person in the world. In 2008, a *New York Times* writer called Tölle “the most popular spiritual author in the United States”. It’s no wonder that his book *The Power of Now* has sold more than two million copies worldwide and has been translated into over 30 foreign languages. This is not one of those self-help books teeming with principles and platitudes – the book takes readers on “an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light”.

Tölle introduces readers to enlightenment and its natural enemy, the mind. He awakens readers to their role as a creator of pain and shows them how to have a pain-free identity by living fully in the present. The journey is thrilling, and along the way, the author shows how to connect to the indestructible essence of our Being, “the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death”.

Tölle says: “Only after regaining awareness of Being, liberated from Mind and intensely in the Now, is there Enlightenment.”

So where did all this need for change come from? Tölle was brought up in a small town north of Dortmund in the Ruhr Valley, Germany in 1948. Tölle describes his childhood as unhappy, his parents fought and eventually separated, and he felt alienated from a hostile school environment. Tölle also experienced considerable fear and anxiety growing up in post-war Germany, where he would play in bombed-out buildings. He later stated that pain



**“ THE
 DISCOVERY
 OF TRUTH
 AND
 LIGHT ”**

“was in the energy field of the country”.

One night in London in 1977, at the age of 29, Tölle says he

experienced an “inner transformation”. He woke suffering from feelings of depression that were “almost unbearable”, but then experienced a life-changing epiphany. Tölle says: “A question arose without an answer: who is the ‘I’ that cannot live with the self? What is the self? I didn’t know at the time that what really happened was the mind-made self, with its heaviness, its problems, that lives between the unsatisfying past and the fearful future, collapsed. It dissolved. The next morning I woke up and everything was so peaceful. The peace was there because there was no self. Just a sense of presence or ‘beingness’, just observing and watching.”

www.eckharttolle.com **1**

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In an era when the Italian market was flooded with imported pens, Giuseppe Tibaldi established his own company, named TIBALDI & Co in 1916 in Florence, Italy. It soon turned to be one of the most important manufacturers of fountain pens. Giuseppe Tibaldi chose to take the path less-travelled: quality. This fountain pen love child of two quality luxury brands costs **€43,000.**

www.tibaldo.it



Omas 'Gaia' Limited Edition

This refined 18ct gold fountain pen represents the interpretation of a symbolic and fantastic trip to the centre of the Earth. To realize the Limited Edition 'Gaia', Omas has exclusively used precious materials, such as 18K yellow and white gold and the Omas 'Gaia Grey' vegetable resin – the crystal rock, the onyx, the hematite, the emerald and the diamond, brilliant cut, contribute to enriching and embellishing the body and the cap of the fountain pen. On the bicolour nib, in gold 18K, a precious and refined engraving completes this remarkable pen. Omas founder Armando Simoni was fond of saying: "A pen must make writing pleasurable." One of his great success stories of the pre-war years was the Doctor's Pen, fitted with a tiny clinical thermometer in the body of the pen, reflecting his love of technical challenges. **€43,000.**

www.omas.com

Luxury

Caran d'Ache La Modernista Diamonds

Located in Geneva since its inception in 1915, the firm is committed to creating and developing writing and drawing instruments combining the finest materials with the most advanced, innovative skills – some that are extremely rare, such as the exceptional art of authentic Chinese lacquer done by hand in the ancestral manner.

The natural black stone found in the mountains of Switzerland gave rise to the first Swiss pencil factory set up in Geneva in 1915. Nine years later, in the hands of its founder, the visionary Arnold Schweizer, it took the name of the famous illustrator and became known as Caran d'Ache. **€265,000.** www.carandache.com



Aurora Diamante

Aurora produced first fountain-pen in 1919, and today it is considered a cult object. It was the first in a long series of successes linked not only to its classic design but also to "values which the company believes in, such as knowing how to dedicate time to the things that truly count, to thoughts, feelings, beauty and culture". Aurora Diamante is the world's most expensive writing instrument and this exotic pen is very limited. It is coated with 30K diamonds and the nib is made of 18K gold. This two-tone fountain pen is priced at **€1,470,600**



Visconti Jung Alchemy

Alchemy is one of the forgotten finds that Jung has brought to light from the darkness of our past. His deep intuition and revelations, derived by the tradition of Hellenistic Gnosticism, led Jung to examine the study of the hermetic and alchemic literature which had caused endless polemics.

The 'Alchemy' fountain pen is divided in two – symbolically, dualism still lives on. Jung said that we cannot speak of Good without Evil, of Light without Darkness and of Above without Below. The pen is suspended inside a display with two dragons forming a circle, and a cone-shaped clear inkwell holds the dragons and the pen vertically. The trims are in silver and gold plating for the 1038 piece edition, gold for the 238 piece edition, while diamonds complete the 38 piece edition.

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Visconti the Forbidden City H.R.H

The company was founded in 1988 in Florence by Dante Del Vecchio and Luigi Poli, collectors of fountain pens for many years. Their products represented the rediscovery and relaunch of celluloid as material for fountain pens.

Visconti's highly elite interpretation of the forbidden city exudes a sumptuously powerful charm. 18KT white gold and black resin shaft is perfectly complemented by the 23KT palladium dreamtouch nib. 261 white diamonds (V/VVS color GH) finish this extravagant piece in perfect style. Made in Italy. **€50,500**



Omas Phoenix Platinum Luxury Limited Edition

The Chinese Phoenix is portrayed in many ways, often with the forehead of a crane, the beak of a wild bird, the neck of a snake, the shell of a tortoise, the stripes of a dragon and the tail of a fish, held to be the finest attributes of these animals, and is the personification of the primordial forces of the Heavens. In its beak, it carries the sacred texts, on its body are written the Five Cardinal Virtues, its song contains the five notes of the Chinese musical scale and its tail has the five primary colours. The two yang colours, blue and red, are balanced with the yin colours, white and black.

€60,000




Mystery Masterpiece Mont Blanc & Van Cleef & Arpels

Pen maker Montblanc was founded in Hamburg, Germany, in 1906, the same year that jeweler Van Cleef & Arpels opened in Paris' Place Vendôme. The two brands celebrated their combined two centuries of creating luxury accessories by introducing this white-gold fountain pen featuring a heavily jeweled overlay, designed by Van



Cleef & Arpels, on the cap and barrel. The jeweller applied its hallmark Mystery Setting, which conceals the metal prongs that hold the jewels in place, producing a tile-like gem surface.

This limited edition writing instrument is one of the most expensive pens ever created. Each pen has 840 diamonds and more than 20 carats of gemstones. **€730,000** 

Mini Countryman 2

Our motoring correspondent **Bob Monard** takes a look at the latest Mini

Finally unveiled at this year's recent Geneva Motor Show, the Mini Countryman kept us waiting – like all good things! And this second generation really has to step up to the plate because the competition is tough.

After more than six years of good and loyal service, the recreational Mini now has a length of 4.30 m, increased by 20 cm, a boot of 450 cm² with hands-free opening and has the same chassis as the Mini three-door, five-door, Mini Clubman as well as the BMW X1 and the Series 2 Activ Tourer, from which it will eventually inherit the hybrid rechargeable battery (225xe): 1500cc of gasoline with 136hp for the front axle and electric block of 88hp at the back.


Available in two and four-wheel drive, this five-door Mini SUV will house three and four-cylinder petrol engines (136 and 192hp) and diesel engines (150 and 190hp). More slender and with a wider grille, more marked wheel arches, more spacious rear seats that slide, increased boot volume with double floor, this little crossover does not skimp on its allowance. It boasts a head-up display, Active cruise control, collision warning with emergency brake, automatic parking assistance, panel recognition, automatic



transmission with six or eight gears – it has everything that is trendy.

Best-selling compact SUV, the Countryman shines through with its clever balance between clutter and habitability. And with an incomparable style that is also customizable!

“ IT HAS EVERYTHING THAT IS TRENDY ”

The arrival of this new Countryman, very close to the Clubman dimensions-wise, sounds the knell for the Mini Paceman 3-door, which now joins the Mini Coupé and Mini Roadster among the collectibles. Mini's city slicker, this Countryman will have - like the one that preceded it since 2010 – everything needed to seduce motorists who are very concerned about the chic look of their car. Anyway, the latest Mini costs between €27,000-€38,000 and will be ideally prepared to take on the new Audi Q2 and the Citroën DS3. 

Monsieur Pneus: Winter tyres

James Drew chats with Pierre Boonen, director and owner of Monsieur Pneus

Monsieur Pneus has two addresses, one in Brussels in Evere and the other in Genval - if it is high quality fitted tyres that you're after, particularly with winter approaching, you've come to the right place.



And, you need have no fear of your tyre type being out of stock - Monsieur Pneus has the largest stock of replacement tyres in the region, so you're sure to be back on the road very quickly.

"It's simply all about ensuring that the customer is confident of the expert, exacting care that we deliver," Pierre adds.

“ THE DRIVE YOU DESERVE IN ADVERSE CONDITIONS ”

According to Pierre, ensuring that your vehicle runs at its optimum level is not just about ensuring you have the right tyres fitted - at Monsieur Pneus, the service also includes the opportunity to have your wheels re-balanced, a buckled rim rectified and brake pads and shock absorbers replaced.

And all services are available with or without appointment, with classic and vintage cars also very much taken care of.

And according to Pierre, now is very much the time to have your tyres checked before the really cold weather blows in: "When it is below 7°C outside, winter tyres work much better than standard tyres. It will be below 7°C soon, so there is no point waiting until there is 10cm of snow on the ground - it really does make sense to change your tyres now."

So, don't get caught out this winter - give yourself the drive you deserve in adverse conditions.

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Beautiful mess

Photographer: Maria Dawlat - Art director: Nicholas Sirot - Mu&H: Charlie Magny - Charlie.m.up@gmail.com
Model: Esme Wissels @Dominique models agency



Body: & Other Stories
Jacket: Diane von Furstenberg
Trousers: Adidas
Bracelet: Dinh van



Dress: Versus on Zalando.be
Necklace: Isabelle Lenfant for JeanPaul Knott
Earring: Wouters & Hendrix



Dress: Maison Natan couture
Tights: Calzedonia
Shoes: Terry Havilland on Sarenza.be



Dress: Ba&sh
Jacket: JeanPaul Knott
Necklace & bracelet: Olivia Hainaut
Ring: Boucheron 4 radiant
Tights: Calzedonia
Shoes: Louis Vuitton



Body: Scotch soda
Jacket: Zadig&Voltaire
Tights: Dim
Boots: Louis Vuitton
(right) Bracelet: Olivia Hainaut
(left) Ring: Boucheron 4 radiant
Bracelet: Hermès
Necklace: Isabelle Lenfant for JeanPaul Knott



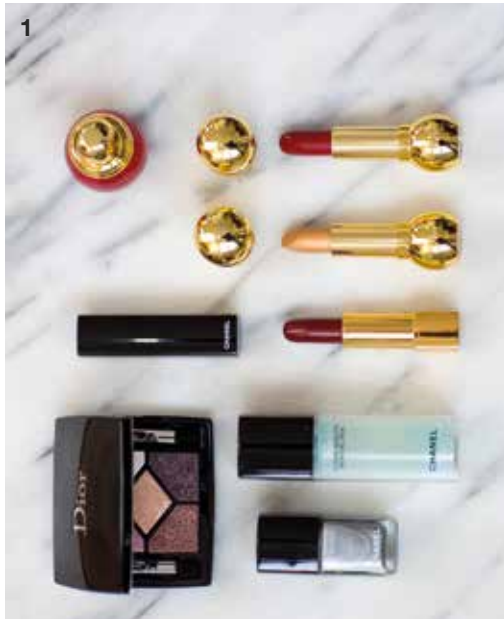
Tights: Calzedonia
Shoes: Terry Havilland on Sarenza.be



Dress: & Other Stories
Coat: Léo
Ring: Boucheron 4 radiant



Dress: Ba&sh
Jacket: Gigi Hadid for Tommy Hilfiger
Earring: Dior
Tights: Dim



Still Life:- N°1: Eye shadow palette splendor **Dior**, lipstick golden and lipstick mat **Diorific**, nail polish splendor **Diorific**, lipstick allure **Chanel**, hydra beauty micro gel eye **Chanel**, nail polish **Chanel**. -N°2: Perfume Extatic **Balmain**, perfume Quatre **Boucheron**, perfume Voyage en Inde **Rituals**, earring fly AXL by **Axelle Delhaye**. - N°3: Vase and tea cup **Hermès**, Handbag **Patrizia Pepé**, sunglasses **Chloé**. -N°4: Shoes **Terry Havilland at Sarenza.be**. -N°5: "Flower cleansing balm, purifying and clarifying and neck mask, aromatic scrub with spices" **Cinq mondes Spa Paris**. -N°6: In the saucepan rings **Gianfranco Bigli**, necklace, coral ring and earring fly AXL By **Axelle Delhaye**.



-N°1: Perfume "Galop d'Hermès". -N°2: "Eau de Nérolé doré, Brin de réglisse and Eau de Rhubarbe écarlate **Hermès**", "N°5 l'eau" de **Chanel**. -N°3: (left) Watch black bracelet **William L**, watch bracelet brown **Omega**, (right) watch **Frédérique Constant**. -N°4: Candle **Miracles**. -N°5 Handbag **Louis Vuitton**. -N°6: Dishes **The Cocoonist**, (on the plate) "Ritual light" by **Rituals**. - N°7: perfume "In New York" **Van Cleef & Arpels**, perfume "Icon" **Dunhill London**.

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LIFESTYLE

Shopping

Shopping

Christa Reniers

Fascinated by the world around her since she was a little girl, the organic shapes and design found in nature are present in the different rings, earrings, bracelets and necklaces in the collection. Carefully sculpted and meticulously crafted, all her products have the qualities of a Christa Reniers piece: of a very high quality, and with a simple, timeless design. Black Star ring in silver: **€750**
www.christareniers.com



Christine Bekaert

Christine Bekaert is a Belgian interior and jewelry designer living between Flanders and India. Nourished by her travels across Europe, Asia and Africa, her creations and style have been influenced by a mix of cultures. Her style as an interior designer is quite eclectic, with a strong sense for proportions and harmony and above all, a good sincere dialogue with the client. The same can be applied to her jewellery. Tikli collection open bangle. **€145**
- www.christinebekaert.be



dinh van

A true icon of the brand, the embraced handcuffs recall the union of two loved ones. A strong and audacious symbol, the Menottes dinh van represent love, friendship and attachment. Created in 1976 by Jean Dinh Van, it also boasts a clever clasp. The Menottes dinh van exist comes in every category of jewels; so you can make a very complete collection that is both timeless and contemporary. Menottes ring, white gold and diamonds. **€2,850**
www.dinhvan.com

LIFESTYLE

Shopping



Blancpain

Blancpain introduces the new Fifty Fathoms Bathyscaphe Flyback Chronograph Blancpain Ocean Commitment II (BOC II). For the first time, this piece features an all-blue ceramic case. For each timepiece sold in this 250-piece limited edition, **€1,000** will be donated to support scientific expeditions. The resulting **€250,000** from this initiative will be added to Blancpain's contributions in support of the oceans. You can check out the firm's commitment to the oceans here:

www.blancpain-ocean-commitment.com

Radaillon

The Belgian watchmaker Raidillon once again finds its inspiration in the world of motor sport with this new model which completes the authentic family of the brand's 'Racing' collection. Its grey metallic brushed dial and the orange '55' displayed on the metre recall the raw bodywork of the racing cars of yesteryear.

Raidillon wanted to bring to its new model a modern, relaxed touch thanks to the use of less conventional colours such as turquoise and orange. Also, the GPS coordinates of the famous Spa-Francorchamps bend were inserted in the counter at noon. **€2,990**

www.raidillon-watches.com



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Degand Gifts

This is a great shop where creator and designer Emily Degand picks extremely rare and original objects as gifts, an ideal stop as you look for that exceptional gift for a very special person. Alice eau de parfum (inspired by Pierre Degand's mother) comes in a limited edition. Top notes: bergamot, cherry and violet, notes de coeur: peach, Iris, Ylang ylang and background notes: white muse, pink, dry wood, vanilla. **50ml €135**
www.degand.be

Home Autour du Monde

The house of Bensimon has been "addicted to love since 1975". Home Autour du Monde is the company's online eshop, boasting an impressive range of gifts from perfumes to bags and accessories, shoes, books and candles. And this textured pot for **€8**.
eshop.bensimon.com



Teema

The international tableware classic, Teema, is getting a new look for 2017. The light blue shade brightens up the table setting with its cool hue. The new dotted blue shade is a product of the innovation that Iittala is known for; with the duo-coloured glazing bringing a completely new look and feel to the design icon. Iittala has Kaj Franck to thank for the great heritage in glazing; his desire to create uni-coloured tableware and his persistence in crafting the smallest of details pushed the factory to develop faultless glazing. This heritage lives on to this day and Iittala is known especially for its colour expertise in ceramics and glass.
www.iittala.com



The European tour... the personal way

Every now and then a message flashes on our email accounts and we discover a great idea. Laetitia Malgaud, enthusiastic press manager at ZebraBook, sent this note:

"Dear Paul,

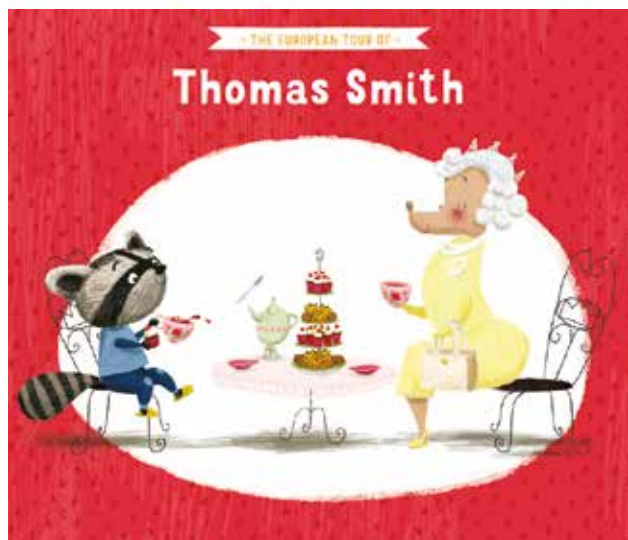
We have here the book your readers will surely love! ZebraBook, our Brussels-based kids' book edition, has launched this month a new personalized book for children between 4 to 10 years: The European tour.

This time Louise, Basile, Emma, Thomas... basically YOUR child (as it is a personalized book) will be the heroine or hero of a great journey across Europe searching for the 26 letters of the alphabet. During their quest, they will have to plant tulips in the Netherlands, put Swiss cuckoo clocks back together, save a young stork in Poland, learn the art of drinking tea properly with the Queen of England, console a little Romanian vampire and so on. This unique, enthralling tale, will not only encourage your children to learn reading but will also help them discover more about Europe as they complete their journey full of fun tasks and challenges.

Our books are (extremely) funny, with no gender stereotyping, smart (where we learn a lot of things) and ecological (our CO2 emissions are compensated)."

Nothing to add except to say that it's a great initiative, the stories are cleverly done and the illustrations beautifully rendered. It wasn't just the kids' faces lighting up when they saw it – one adult of my acquaintance said: "How come they didn't have anything like this when I was a kid!"

www.myzebrabook.com ❶



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LIFESTYLE

Beauty



Cushion Highlighter holiday collection (**€44.33**) by **Lancôme** at Galeria Inno.

Eau du Soir 2016 limited edition (**100ML: €228**) by **Sisley**.



The Ritual of Light Bath Foam (**500ML: €8.50**) by **Rituals**.



Marc Jacobs Decadence One Eight K Limited Edition (**100ML: €118.89**).



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Squaremob: Transforming your interiors

Together discovered a design start-up run by two young Belgian entrepreneurs

Discovering exclusive and original design objects is no longer as complicated it once was. Gone are the long searches on the net or the tours of the country at the weekend aimed at flushing out some rare species. Squaremob is a design consultancy specializing in furniture, decorative objects and lighting inspired mainly by Scandinavia.

The company was born from an initiative launched by two young men who simply love design and art. They bring to the world of design a vision that manifests itself in the way they present their collection. Crazy ideas come along fairly regularly – such as their recent purchase of... a bus.

Charles and Quentin, founders of Squaremob, stumbled upon an old stock of American vehicles and spotted a long khaki-coloured bus – they fell head over heels.

It boasts leather benches, a vaulted roof, chrome elements, and the indication labels are intact. They spotted the potential immediately. No, they were not going into the public transport business. They completely transformed the interior, while managing to keep all the authentic features of the bus – and they had themselves their first showroom.

The company will soon locate to the

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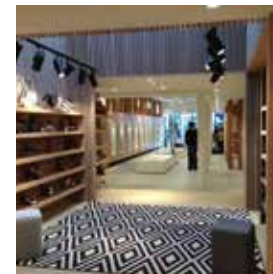
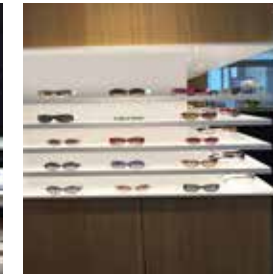
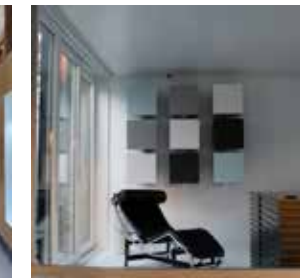
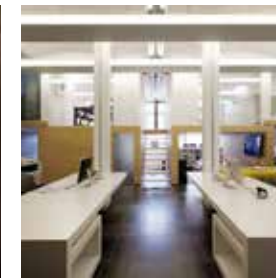


centre of Waterloo to open a larger showroom to better show off their discoveries. They want it to be “an unusual place, where amateurs and enthusiasts will mix, all dedicated to sharing good ideas around design and art”.

In a world where everything is becoming more and more industrialized, it is good to come back to products that are handmade, that require special know-how and that give a soul to the object. That's why the Squaremob Artshop offers an opportunity to support a local workforce that benefits the European economy. In the long term these workshops will provide a wide range of objects while maintaining the same work ethic.

They have succeeded, through research, in proposing a very nice selection. You will find items from famous brands such as Hartô, Petite Friture, Fatboy, Menu, Ferm Living and many others – brands recognized for being playful and chic and often colourful. For the kitchen, the living room, the dining room, a library, a bedroom, Charles and Quentin can help you fill the empty spaces of your interior.

Squaremob - Home Interior
Rue Saint Sebastien 6
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www.squaremob.be



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Teinturerie de la Senne: A guarantee of quality

James Drew speaks with Christine Gillis, co-manager of Teinturerie de la Senne

A high-class clothes cleaning establishment with a reputation that reaches as far as royalty, Teinturerie de la Senne has been open since 1928 and, during all that time, it has been the same family with their hand on the rudder - Christine herself has co-managed since 2003, alongside Mr. Monsieur Schmidt, whose involvement dates back as far as the mid-eighties.

And so, what makes Teinturerie de la Senne rank among the very best of Brussels, even Europe's dry-cleaning establishments?

Well, according to Christine, it was at the end of the 1980s that the establishment first began to specialize in cleaning haute-couture garments, for clientele who know exactly what they want, namely a guarantee that any garment can be restored to perfection.

"Slowly but surely," Christine explains "we gained the confidence of the 'grands marques' of haute couture, such as Christian Dior, Chanel and Armani, and such clothes still feature regularly in our daily work."

"We are particularly renowned for the high

quality of our cleaning services - it isn't just haute couture that we do, but we have simply found as the years have passed that more and more 'big' clients trust us with their very best garments." And discretion forbids Christine from revealing any names of said clients, but she is proud to announce that she numbers the royal family among her faithful customers.

In addition, Christine keeps all her clients informed of the advances in cleaning technology, which allows her to guarantee that no stain will beat her: "The process is a delicate one - we always must ensure that our cleaning process never damages the garment, and I believe we have been very successful in this regard."

They also clean carpets, curtains and draperies, and restore and repair fur, leather and suede items.

So, now you know - if it's a service fit for royalty that you are after, look no further than Teinturerie de la Senne.

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Jessica Chastain: A very private celebrity

For this Christmas issue, we sat down with a redhead who is blazing a trail for women in Hollywood



Jessica Chastain has few equals in her profession. Anyone who has seen her performances in films ranging from *The Debt* to *Zero Dark Thirty* to *Interstellar* to *Eleanor Rigby* will marvel at her ability to convey both vulnerability and intensity. Meeting her in person, you are immediately struck by her passionate sincerity and emotional transparency. Whether it's speaking about her beloved grandmother or how excited she was to move to New York and study at Julliard, it's clear that Chastain feels things deeply. There's a sense of urgency to her performances that commands our attention and draws us towards her.

That is no less true in *Miss Sloane*, her new film about a Washington D.C. lobbyist trying to push a background-check gun bill through Congress. Directed by John Madden (*The Best Exotic Marigold Hotel*), who previously worked with Chastain on *The Debt*, the film is bound to earn Chastain another Oscar nomination for her portrayal of a female crusader and will doubtless remind audiences of Julia Robert's work in *Erin Brockovich*. But Chastain's Sloane is a smarter and more sophisticated heroine who operates at the highest level of the traditionally male-dominated world of Washington lobbyists.

LIFE OF LEISURE

A beginning that one never dares believe is accessible



"One of the biggest challenges for was to match the speed at which the real Elizabeth Sloane speaks," Chastain says. "This is a woman who is incredibly smart and thinks and speaks much faster than I do, so I had to work hard at trying to match her rapid-fire delivery. She operates at such a high level that it was exhausting to play her. But she's an incredible woman, and it was so exciting and inspiring for me to be able to help tell her story."

The 39-year-old Jessica Chastain lives with her Italian aristocrat boyfriend, Italian fashion executive Gian Luca Passi de Preposulo, in a sprawling Victorian apartment overlooking Central Park in New York City. The residence boasts six fireplaces, and one of her favourite items is an armchair that once belonged to Lauren Bacall which she purchased after the legendary actress passed away in 2014.

With respect to her relationships with de Preposulo, with whom she often spends time visiting Italy, so much so that occasionally she has a slight Italian accent when she speaks, Chastain explains that they keep their work separate: "Italy brings me so much serenity

and the joy for living. I especially love going there after working hard or being in fast-paced New York. Gianluca works in fashion, and we talk about everything together, but we try to keep our professional worlds separate."

Together: Jessica, your character Elizabeth Sloane is a very formidable personality, to say the least. How did you see her?

She's a very ambitious woman who fought to establish herself as a lobbyist in Washington which is a very male-dominated world and highly competitive. But she is a perfectionist who is addicted to winning and she thrived on taking on very tough causes because of the high she would get from winning unwinnable cases. And the gun regulation bill was exactly that kind of case that she felt compelled to taken on. I learned so much about the political process from working on this film - it's incredibly fascinating to explore that world.

Is this the kind of movie about a tough-minded woman that will remind audiences of Erin Brockovich?

I would hope that our film will inspire other



women and show what women can achieve. This is a story about a woman who worked very hard, who was extremely well-prepared at all times, and who has this crusading spirit.

Usually, we see men cast in these kinds of roles or situations, where they get to be the rebel or the outsider, but this film shows how a woman can be just as tough and just as determined as any man. Elizabeth Sloane was always multi-tasking, always in a rush, and was always one step ahead of the game.

How did you prepare for the role?

I met with 11 female lobbyists in Washington D.C. and tried to learn as much as I could about their world. I was kind of taken aback about what a high-pressure profession it was and how they all had to work much harder than male lobbyists to be successful.

What surprised you the most about Elizabeth Sloane and the lobbying industry?

I didn't expect that they would all have this intimidating air and look as polished and commanding as they did. There were all

**“ SHE THRIVED
ON TAKING ON
VERY TOUGH
CAUSES ”**



perfectly dressed in these very chic, mainly black outfits that exuded power and poise. They also had an aggressive mentality that they needed to bring to their work in a field which is pretty much a men's club.

How do you think audiences will view the film?

There are a lot of twists and turns in the story and Liz Sloane will surprise a lot of people, and you won't always know what she's planning next. She would tell her team that they needed to be so well-prepared that they would always have the advantage over the other side and that's the kind of energy and dynamic she brings to her work.

It took you a while before you found success as an actress. Lately, though, it seems you're finding one great role after another?

It's not that easy. It's a very uncertain profession and you're constantly fighting for the good roles. That's why I like to work a lot because I love acting, and I love being able to do things that I would never be able to do in

**“ I WAS WORRIED
THAT THEY
WOULD THROW
ME OUT ”**

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my own life. And I still carry lots of doubts about my work.

You've said in the past that you don't like to believe in all the glowing reviews you get or when people pay you compliments?

I worry that if I feel too confident or positive, something bad is going to happen. When people pay me compliments, there's a side of me that feels I don't deserve them. I try not to get too excited when things are going well because that's when I start thinking about how things could start going wrong for me. That's why I like choosing parts that scare me, because I have this perverse sense of wanting to prove to myself that I'm not going to fail after all.

Do you think that fear or uncertainty you have about your work comes from having to fight for auditions and parts like every actor does when you were starting out in Hollywood?

No, I was like that even at Julliard where I studied obsessively because I was worried that they would throw me out. Then when I got to Hollywood I was never considered for the lead roles because I wasn't tall, blond, and typically beautiful. I was always going up for the part of the psycho girl or the rape victim. One of my actor friends told me that redheads always have more trouble getting parts because it's not the kind of look that people have in mind when they're casting for actors.

I can't tell you how many times I was told that the director loved my audition but chose someone else instead. I kept getting feedback that I didn't have the typical look and sometimes it was depressing to be sitting in the waiting room prior to an audition and seeking all these tall, beautiful blonde girls around me.

Do you think that not fitting into that stereotype now helps you find roles?

I think now that I'm known it might help. I'm also someone who keeps looking for roles that are different from what I've done before. That's why I love playing villains or bad women like I did in *A Most Violent Year*. Or playing a more



“ REDHEADS ALWAYS HAVE MORE TROUBLE GETTING PARTS ”

troubled kind of woman in *Eleanor Rigby*.

That's where you really stretch yourself as an actor and people don't know what to expect from you when you play a part. I want to be that kind of actor that surprises people.

You've also founded your own production company, Freckle Films, with Trudie Styler (Sting's wife).

That's right. It's important for women to be more active in developing and producing films. I enjoyed my experience producing *The Disappearance of Eleanor Rigby*, and I wanted to get more involved in creating more opportunities for women. We need to tell more stories about women and which will inspire other women and also make films that attract a



broad audience, male and female, and not just cater to one audience segment.

I also want our company to help actors who might not have had that one good role that gets their career going to have those kinds of opportunities to become known.

How have you adjusted to your own popularity and the celebrity status that comes with your success?

I'm a very private person. I've always been protective of my family and the people closest to me. I don't go out that much and when I'm not working I often spend a lot of time at home.

Your grandmother was a huge influence in your life. Has she served as your role model in terms of your going out into the world and making your mark?

Yes. As a young woman she had aspirations of becoming an actress but she never really got the chance. She was part of a generation of women where there was a lot of pressure to get married and have children and be a mom.

But my grandmother Marilyn saw in me

“ I STILL THINK
OF THAT AS
ONE OF THE
BEST DAYS OF
MY LIFE ”



someone who had the same kind of artistic ambitions that she had and was the one who took me to my first play where David Cassidy was starring in *Joseph and the Amazing Technicolor Dreamcoat*. That's when I realized what I wanted to do with my life.

You decided to honour your grandmother when you took her to the Oscars in 2012.

I still think of that as one of the best days of my life. I'll never forget bringing her to the Oscars and seeing her there as part of that world. Without her, I never would have been able to go to Julliard. She even helped move me into the dorm. She made so many sacrifices so that I could realize my dream, and it's been so beautiful to have her in my life always watching every one of my movies and supporting me in every way. ❶



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LIFE OF
LEISURE

Travel

A Corsican Christmas

We take a look at an island that has so much to offer – all year round

Christmas (*Natale*) on Corsica is a far cry from the helter-skelter consumerism that many of us are used to. And even though it may appear a little old-fashioned, it has all the elements for a wonderful winter break.

With average temperatures of 19° along its coasts, Corsica boasts an exceptional Mediterranean climate and 300 days of sunshine a year. Winters are extremely mild, with an average air temperature of 15.5° and an average water temperature of 14°.

And one of its biggest advantages is that it offers a total escape without having to go very far. It is accessible throughout the year by air and sea, with direct flights from Europe's main cities: 1h30 from Paris, 50 minutes from Marseilles, 40 minutes from Nice and 2h from Brussels. When you get there, you will discover a veritable miniature continent, boasting nine touristic regions that are diverse and varied.

On the east coast beaches stretch for miles, bordered by sumptuous pine forests. Enjoy vast open spaces, or swim in the many rivers that flow through the region. See ponds where oysters have been farmed since Roman times and the breathtaking 100 metres high waterfall of San Gavino. Head south to Porto Vecchio, in the Gulf of Pinarellu, and the beautiful beaches of Saint Cyprien and Cala Rossa, and to Bonifacio perched on awesome white cliffs.





“ FROM A BEGINNING THAT ONE NEVER DARES BELIEVE IS ACCESSIBLE ”

In the centre, spend some time in Corte, a town built on a rocky outcrop and overlooked by a citadel. The upper town is full of character with old houses on narrow cobbled streets. It is a good starting point for an area that offers many excursions such as hiking trips, leisurely strolls and family walks.

Two must-see places are Ajaccio and Bastia. Ajaccio is a unique, magical spot at the very heart of one of the most beautiful gulfs in the world, set against a backdrop of mountains that are often snow-capped until the end of May. Bastia was founded in 1378 by the Republic of Genoa and was the capital of the island until 1811. Within view of the Tuscan archipelago and capped by a fortified castle from which it gets its name, Bastia is an enigmatic city with its back alleys and a heady mix of baroque and Genovese architecture.

These are just some of the places to visit on The Beautiful Island. And of course the festivities would not be complete with good food and wine, and Corsica has them in abundance. Don't leave without trying some of the local specialties, such as wild boar and river fish, especially the trout. Taste delicacies such as *figatellu*, made with liver, *prizuttu* ham and *lonzu*, made from Corsican pork. Characteristic among the cheeses is *brocciu*, similar to ricotta and used as a fresh ingredient in many dishes. Chestnuts are the main ingredient in the making of *pulenta castagnina* and cakes. Wash it all down with red and white Corsican wines or the famous 'Cap Corse' apéritif produced by Mattei.

And listen out for *Canti Natali*, Corsican Christmas songs performed by both men and women, their voices echoing around the solid walls of ancient churches. Writer, Dorothy Carrington described it: "It was like hearing a voice from the depths of the earth; a song from the dawn of time; from a beginning that one never dares believe is accessible." ❶



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We assist you 24 hours a day. Contact us on 02/541.90.00 or at www.europ-assistance.be



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Why subscribe to a travel assistance contract? As soon as you leave Belgium, the culture changes and so do your habits: whether it be health care, hospitals, doctors, governmental authority or simply the language... The administration systems are generally not the same, and this is without taking into consideration the difficulty of organizing assistance in a foreign country.

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.

The annual formula: Complete peace of mind and it's less expensive

The annual formula offers a complete medical assistance, which protects you all year on your trips to foreign countries (holidays, city trips, touring). The formula is valid for a victim of a disease or an accident, with medical reimbursement, repatriation, organizing and helping the people who accompanied you on the holiday, providing contact with your loved ones who stayed in Belgium, assistance at your

Advertorial

Travel assistance

home in Belgium and administrative and logistical aid.

The benefits of annual assistance: Because you can never be too careful!

Annual assistance allows you to escape on holiday in all serenity. Not only does it already have a complete formula, the annual assistance offers you extra options to increase the value of annual assistance abroad. You can take out annual assistance that includes your car, assuring complete medical assistance all year round and an efficient breakdown service in Belgium and abroad.

The ideal combination for travelling in complete safety

To reserve your holiday and travel in complete serenity, we suggest you combine the annual assistance with the NoGo cancellation, which protects you medically but also insures you against any financial loss due to cancellation because of something unexpected that arose before your departure.

You can now enjoy your holidays with your family or friends right till the end

Sometimes due to an accident or illness abroad, it is important that you repatriate as quickly as possible. However, sometimes you prefer to wait until the end of your holiday and make the best of the sunny weather before you go home. A broken arm doesn't necessarily mean a ruined holiday. At Europ Assistance, you can benefit from a personalized solution - not just sometimes but all the time. We assist you 24/7 every day. Contact us on 02.541.90.00 or at www.europ-assistance.be ①



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LIFE OF
LEISURE

Travel

Travel Ski

Ski, fat bike, snowshoe or play
bubble foot – Orcières has it all

Situated at an altitude of 1,850 metres on the top of the Champsaur valley, Orcières Merlette 1850 is the perfect marriage of all that is important for a resort - a rare union between the sunny Southern Alps and the snowy Écrins mountains, with winter sports and summer activities, plus an excellent infrastructure and large natural spaces.

The resort is alpine with the 3,000m plus summits surrounding it, but it is also latin in climate and character, giving you a taste of Provence, blessed by the sun, a generous spirit, an art of living rich in tastes, smells and discoveries... and a special welcome for families.

There is always something to do in Orcières during the winter season. The events are numerous and for everyone: sports competitions like the Ski Games or Little Champions Trophy, hockey, entertainment for the whole family, festivals, festive evenings...

Half of the commune of Orcières is inside the central zone of the Ecrins National Park so you can explore the winter wildernesses directly from Orcières. It's the largest protected natural space in France, perfect territory for snowshoeing or ski touring.

This year's new events include:

Launched fifteen years ago in the US, the **Fat Bike** was built intended to be ridden on the snow. With its four huge (really huge) tyres and rigid frame, this kind of bike excels on snow, sand and other soft and shifting terrain.

The **Full Moon Party** boasts entertainment



and unusual activities under the moon, with music, skiing, slalom with monitors, bubble foot, contest drops, etc.

The **Festival of the Oursons** (bear cubs) runs from 21-25 December, with a vast program for the whole family: shows, musical entertainment, Christmas village, torchlight descent ... Not to mention the visit of Santa Claus!

At the end of January and into February witness La Valgaude Traineau event, when a hundred mushers and a thousand dogs from all over the world gather for nine days of racing in the Valgaudemar valley. The racers will take to varied routes, passing through grandiose landscapes. It promises some very convivial moments. **1**

And, of course, there's the traditional torchlight and lanterns held by the ski schools and many other events, often free, offered by the tourist office.

Where to stay

The Belambra hotel is one the best located hotels in Orcières and since it's the resort's tallest building, it provides exceptional views of the slopes from the comfort of your room. It promises 'snow and sky' and there are plenty of both around.



Ideally located, the slopes are at your doorstep – you can slip into your skis and slide all the way down to the lifts that will take you up and away on your daily adventures. The hotel is within a 5-minute walk of the village, the spa, the shops, the bars and restaurants.

It is a family friendly hotel with plenty of activities for everyone. It boasts a playground, crèche, a games room, bar, and there is a stage with shows every night. If you still have energy after your exertions on the slopes take to the dance floor for the disco, and the entertainment staff set all sorts of fun and games every night.

It's comfortable, neat and clean, and the quality of the service is excellent, with staff that is well-trained and very friendly and pleasant – they are prepared to go out of their way to ensure your stay is as enjoyable as possible.

The Belambra hotel has its own crèche so that you can enjoy your skiing and relax on the slopes without worrying about your baby. You can rest reassured that your child is in good

hands. And after all, you deserve some time for yourself and your partner. Your little one is having just as much fun as you are, if not more. They play all sorts of games and their minders even take them out for walks in the snow. For some this is their first contact with the strange cold white powdery stuff – and, of course, they love it.

You can sign kids over four years old up for a full day or a half day of ski classes. All the kids will get to meet Leo the mascot, who will be the main reason they will never forget their holiday.

Belambra is an experienced hotelier with properties throughout the country, from the Atlantic Coast to the French Riviera, so everything is taken care of for you. The kitchen provides a nice variety for all tastes, with a menu that changes daily.

www.orcieres.com/en
www.belambra.fr 

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LIFE OF
LEISURE

Dining

Festive fare

MDH food service

It's that time of year when our thoughts turn to fine foods. One of them is the oyster. MDH Food service offers an excellent range, including Creuse n°2 fine de zelande, Cuvee prestige oleronaise and Gillardeau n°4. They also offer all the usual festive treats, such as foie gras and wild boar but also a neat product that will add that final touch to your meal.



Les Perles de Saveurs are small, gelled spheres containing a liquid core. They burst in the mouth and come in a choice of flavours. Try a few of the lemon pepper pearls on those oysters and your guests will be delighted. mdhfoodservice.be

Lékué

Lékué likes to anticipate trends. Besides the macaroon and the cupcake, Lékué offers you the new pastry to prepare yourself: the cookie glass. Cookie Glass is a trendy biscuit from New York. With the cookie glass kit, you can make your own exquisite treats. This complete kit is the ideal tool for preparing glass biscuits,

a new and original way to taste biscuits.

www.lekue.com



Didden

The wide variety of recipes developed by Didden encompasses a wide range of flavours, ranging from the most rooted in Belgian soil to the most exotic. With an incomparable experience, Didden has built up a more than flattering reputation in the development and realization of its recipes based on the best possible ingredients. It offers an assortment that is as gourmand as it is varied, allowing for multiple associations. Gourmet wonders for your festive table... www.diddenfood.com





Blue Point

Blue Point invited *Together* for a day's fishing, in the wilds of the Netherlands. The name comes from the famous Bluepoint oyster, found in the waters of Long Island, New York, on which the brewery is situated. The beer is brewed using six different grains and a special yeast to help give it a light, toasty and deep flavour. They told us: "Blue Point goes very well with the oysters." For a few seconds we were unsure, but they were absolutely right. Suddenly, standing out on a fishing boat made sense, a beer in one hand and a fishing rod in the other. Did we catch anything? No - but is that really the point? www.bluepointbrewing.com

Carlsberg Re-brew

Carlsberg has been busy going back in time. Three years ago, brewers at Carlsberg in Copenhagen made a surprising discovery – a single bottle of the world's first quality lager, which was brewed in 1883 and used the world's first pure yeast, developed at the Carlsberg Laboratory. It has recreated the lager, cultivating the yeast and using 19th century brewing techniques to create a limited run of the 1883 beer, named 'Re-brew'. www.carlsberg.com



The Botanist

Research is at the heart of the creative work of chefs and bartenders. Pioneers of taste, they work for several years with sublime local products so that we can (re)discover forgotten flavours. The Botanist is distilled on the small, wild island of Islay, off the coast of Scotland.

It's an exceptional gin, whose flavour is reminiscent of Hebridean landscapes with over 22 extracts of local plants. Price: **€39.95** (70cl bottle & book), available in wine shops.



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Pour les fêtes, surprenez avec les bûches de Noël qui laisseront les papilles sans voix :

NEW

ANTARTICA : Un palet de coulis de framboise et un crémeux caramel sur un fond de biscuit aux amandes, le tout dans une chibouste légère au chocolat blanc.

COLORADO : Un croquant sablé Breton avec une compotée de cassis sur un biscuit moelleux aux marrons le tout dans une Anglaise onctueuse au parfum de marron.

MARACAYA : Un fond croustillant noisette praliné avec un palet de mangue et Yuzu sur une dacquoise noisette, enrobé d'une anglaise de chocolat Guanaya de Valrhona.



Champagne Days

WIN
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prizes**!

Unique
collector's
glass € 3



The **Champagne Days** will take place during the weekend of **13, 14 and 15 January 2017** in the **Martin's Brussels EU hotel**. *An exceptional way to start the year in style!*

Share this champagne moment with your colleagues, clients, partners, family and friends.

Friday 13 January Business & Bubbles

- From 5pm to 11pm
- Networking evening for companies and associations
- Live piano
- Live cooking
- Champagne as from € 4 / glass

*** Option:** Book your private (high) bar table for 8 persons at € 250 (incl. VAT)

- 1 bottle of champagne
- 8 collector's glasses
- 4 appetizers per person
- Your logo projected during the whole event!

Saturday 14 January

- Everyone welcome from 1pm to 8pm
- Live cooking
- Champagne as from € 4 / glass

*** Option:** Champagne package at € 295 for 2 persons (€ 147,50 pp)

- Based on double occupancy
- A night in a Charming room
- Full buffet breakfast
- 4-course dinner, including our champagne selection
- 1 bubble card worth € 20
- 2 collector's glasses
- Live piano during the dinner

Sunday 15 January

- Everyone welcome from 1pm to 8pm
- Live cooking
- Champagne as from € 4 / glass

*** Reservations by mail to mbeu@martinshotels.com or by phone at 02 230 85 55**

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PRACTICAL INFORMATION

🏠 Martin's Brussels EU, Boulevard Charlemagne 80, 1000 Brussels
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📘 facebook.com/MartinsBrusselsEU

🐦 @brussels_eu #ChampagneBrussels

** Participate at our lottery during the Champagne Days ! Each bubbles card gives you a chance to win. Prizes: breakfast buffet for 2 persons, culinary weekend for 2 persons, magnum champagne bottle, ... RO : Martin's Brussels SA, Boulevard Charlemagne 80, 1000 Brussels

LIFE OF LEISURE

Dining



Goose Island

And another new kid on the Belgian block is Goose Island with a selection of excellent bottled beers, including an IPA, Honkers Ale and 312 Urban Wheat Ale. The firm's famous beer began with a trip across Europe, when Goose Island founder John Hall took a tour across the continent to savour brews in every region. He settled down in his hometown of Chicago—a city perfect for craft beer, with rapidly evolving tastes and the largest system of fresh water on the planet. And then he got to brewing... www.gooseisland.com

Whittard of Chelsea

Along with a fondness for sideburns, crinolines and cucumber sandwiches, the Victorians knew the value of a good cup of tea. None more so than the company's founder Walter Whittard, born in 1861 to a family of successful leather merchants but destined to pursue his principal passion: to source the finest quality tea, coffee and cocoa from across the globe. His was a tale of the most refined connoisseurship, inspired by no shortage of imagination...

Nowadays, they specialize in very 'British' products such as fine teas and hot cocoa, plus exquisite tableware and Christmas gifts. www.whittard.co.uk



Tiptree

Since the early 1800s, the Wilkin family has been specializing in fruit cultivation within their property in Tiptree, Essex. It cultivates a wide range of traditional English fruits such as strawberries, plums, apples and cherries which it transforms into various dishes. The range includes jams, honey, sauces, spices, fresh fruit, tea, cakes, biscuits, gift boxes and even Christmas pudding. www.tiptree.com

Picard

For the holidays, Picard leaves room for magic with an assortment tinged with creativity, elegance and refinement. Lantern appetizers with sea food: Salmon rolled with fresh cheese, green apple jelly, star sanded, Scallop tartare mandarin mousse, pickle vegetable and Marinated shrimp, radish teriyaki sauce, cream of fennel. 130g (6 pieces) **€7.95.**

Mini-mushrooms with chestnut, composed of a shortbread with cocoa and almonds, a vanilla-mascarpone mousse and topped with cream of chestnut sprinkled with coconut chips. They are served as mignardises at the end of the meal to prolong the magic of Christmas. 90g (8 pieces). **€6.90**
www.picard.be



Le Comté

The aperitif, a special moment at noon or in the evening. Le Comté has an affection for this particular moment, in the transition between activity and meal. The conviviality is always there, shared pleasure that opens the appetite. There are several flavours to discover, and it is a cheese that will revive everyone.
www.comte.com

1



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...

Pistolet Original Schuman
46 Rue Breydel - Brussels 1000
02 280 4888

www.pistolet-original.be

Delivery & Catering:

delivery@pistolet-original.be



What's on Belgium



The Brussels Vintage Market

The vintage trend is becoming a new style in its own right, as old styles are reinterpreted and/or customized by today's fashion artists. The Brussels Vintage Market started five years ago at Madame Moustache, a Brussels café, with about a dozen vintage vendors. It then moved to the K-nal club, allowing it to extend their selection to include new dynamic designers and craftsmen. It is now in Halles Saint-Géry, with around 40 vintage and second-hand vendors and more than 20 designers. It is held every first Sunday of the month, from 12h to 19h. The event makes for a fun Sunday shopping experience in a retro musical atmosphere. www.brusselsvintagemarket.be

The Salon du mariage et de l'Art de recevoir

The 10th edition of the Salon du mariage et de l'Art de recevoir offers the theme of magic and fairy tales.

Enjoy a moment of relaxation in couple or in family to meet providers who will orchestrate the wedding of your dreams. The organizers of this event bring their skills, their know-how and professionalism to make this event an exceptional moment. They have selected for you the best exhibitors, quality providers, creative artisans, who will be at your disposal for an entire weekend to organize your special day.

There will be continuous catwalks of bride's dresses, champagne tastings, photo shoots,



chignons bars and beauty corners, exclusive contests and also lots of decoration ideas, tailored advice on the latest trends and little tips in order to best plan your wedding.

21-22 January, 2017. Cercle de Lorraine, Brussels. **€8, €15** for couples
www.lesalondumariage.be



Knokke-Heist, open for Sunday and Christmas shoppers.

Strolling between shops while ships glide by, at night, a twinkling competition between the pine trees and the stars in the sky. Every Sunday presents on offer, jewelry and ties, all sorts of candy for your eyes. Finding is easy, choosing is hard, Sunday shopping in Knokke-Heist, makes you feel Young at Heart.

**YOUNG
AT
HEART**

myknokke-heist.be

#seasonsgreetings #shoppingsunday #myKH

What's on



Till Rabus, *Cadavre exquis*, 2016 © Mazel Galerie

Mazel Galerie: 50 years after Walt...

On December 15, it will be 50 years since Walt Disney passed away, leaving behind him a cinematic empire as well as an iconic visual heritage without equivalent. The visual influence of Walt Disney is so great that it has never ceased to inspire artists of the second half of the 20th century such as Andy Warhol,

Roy Lichtenstein and Robert Combas, who said of his works in 1979: "Mickey is no longer the property of Walt, he belongs to everyone."

It is this aesthetic, iconographic and historical richness that motivated this exhibition, a group show bringing together under one roof pluridisciplinary collection of paintings, drawings, sculptures, photographs and design. Mazel Galerie, Brussels.
www.mazelgalerie.com



NOIR, acrylic, aerosol and black stone on canvas © Mazel Galerie

Photo © William Klein



William Klein: 5 cities

A living legend of modern photography, William Klein will be showcasing his first major exhibition in Brussels at Botanique this winter.

This American in Paris marked a profound revolution in the world of photography with his first book, *New York*, published in 1956.

Breaking away from the era's ideal of photographic objectivity, William Klein advocated a subjective and fragmented approach to reality. Rugged framing, deliberate blurring, pronounced grain and distortion constitute the specificity of his instinctive and rough language. Many of his images reached iconic status and inspired generations of photographers. The exhibition offers a retrospective view of his work through the cities he has immortalized. **15 December, 2016 - 5 February, 2017.** Le Botanique, Museum.

www.botanique.be



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TOURISM



Atelier Brussels - A Good City Has Industry

Industry is a vital part of the rich economic and urban fabric of a vibrant city. The exhibition *Atelier Brussels - A Good City Has Industry* highlights the need to develop an environment in which a healthy and diverse economy can flourish. The results of research are exhibited and new strategies presented that aim to make a city a place where you can live and work.

An Architecture Workroom Brussels initiative, the exhibition is being organized with Flemish and Brussels organizations by the International Architecture Biennale Rotterdam 2016 and Architecture Workroom in the framework of the *IABR 2016 - The Next Economy*.

Until 15 January. BOZAR. Free
www.bozar.be

The Golden Cockerel

"A beautiful song – a shame that it shows such disrespect to the Mayor!" This remark from the score of *The Golden Cockerel* highlights the delicious ambiguity of this work. Principally inspired by Washington Irving and Pushkin, Rimsky-Korsakov called on the talents of Vladimir Belsky, an author of other libretti of a fairy-tale, legendary nature and an expert on Russian folk literature. The composer, a genius at orchestration, has given us sparkling music, with oriental touches, that creates fully rounded characters.



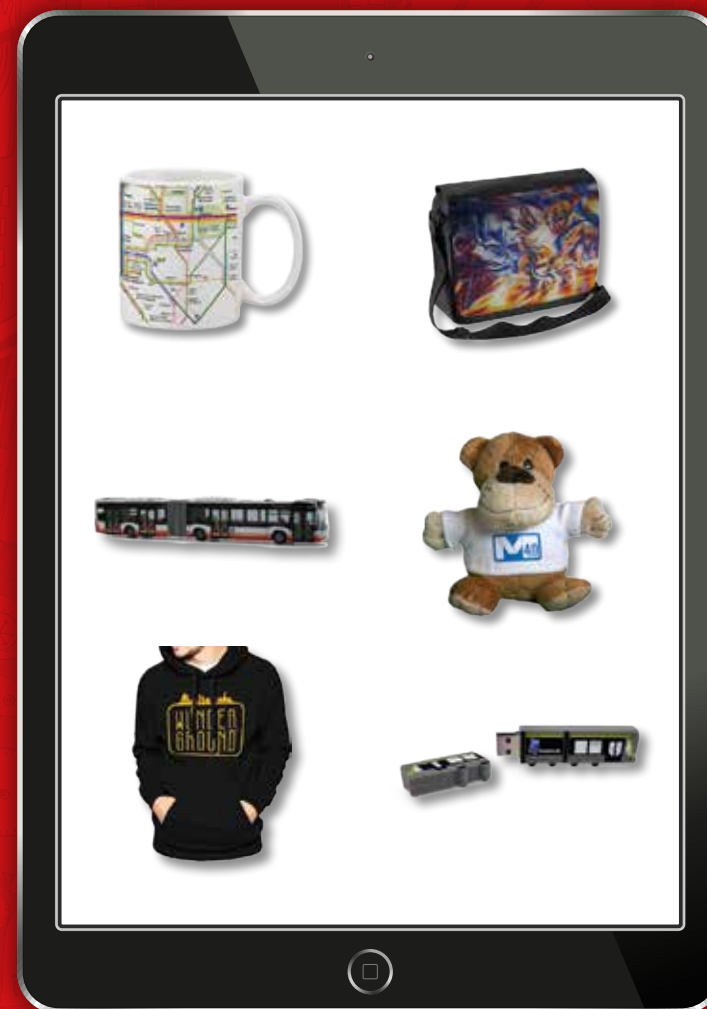
Director of La Monnaie. After the success of his *Don Quichotte* and *Cendrillon*, Laurent Pelly returns to La Monnaie to stage with this exuberant political satire, an adventure in unrestrained rhythm. More than a century has passed since its first performance, yet the opera has lost none of its boisterous sarcasm.

13 - 30 December. Tour & Taxis, Palais de la Monnaie, Brussels. **Tickets from €10 – €129**
www.lamonnaie.be/en

This is the perfect occasion for Alain Altinoglu to direct his first opera in his new role as Music

XMAS ON

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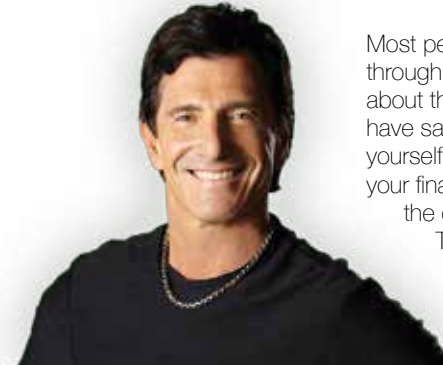


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What's On International

Millionaire Mind Intensive

Billed as "a weekend that could change your financial life", this is a T. Harv Eker signature program. Author, businessman and motivational speaker, he is the author of the book *Secrets of the Millionaire Mind*. He is joined by financial wealth trainer Marcus de Maria.



Most people never become financially successful and go through life never knowing why. They remain blissfully ignorant about their financial future, keep on working and hope they have saved enough to retire. The question you have to ask yourself is: "Is this going to be your story?" The honest truth is your financial success has nothing to do with how good or bad the economy is or your working income - that's external.

The root of the problem is internal. Find out how to change of all that during this three-day event.

24 - 26 February, 2017. STUDIO 21, Hilversum, Netherlands.

www.millionairemindnetherlands.com

Arc 1950 The Village

From 10 to 17 December 2016, a double opening for the resort: the splendid Paradiski ski area and the Festival des Cinéma Européen des Arcs. This year, women are honoured! In the heart of the Alps, enjoy the first sensations of gliding, films in preview and evenings where you will meet stars. With Pierre & Vacances Premium, enjoy your accommodation in a 5-star residence with an unlimited pass for the festival for only €59 per night and per person.



The Village wants young and old to enjoy the Christmas festivities whatever their arrival date. That's why Pierre & Vacances Premium offers flexible arrivals from 17 to 24 December!

But the magic of Christmas will not stop on 25 December - on 6 January, the Village will celebrate Orthodox Christmas with our Russian comrades. For these festive days, a program rich in surprises has been concocted by the activities team! Information and reservations on the website:

www.arc1950.com

Advertorial ⓘ

Cinema

Picturenose.com's **James Drew** looks ahead to films that will adorn the silver screen in the new year

**Assassin's Creed**

And we are back in the realm of video-game to film adaptations here, *Super Mario Bros* (1993), anyone? Amazingly enough, Michael Fassbender, Marion Cotillard, Jeremy Irons, Brendan Gleeson and Michael K. Williams are all in it – and one can't imagine these luminaries are there just for the cash? Fassbender plays Callum Lynch, who is rescued from his own execution by Abstergo Industries, the modern-day incarnation of the Templar Order. He is forced to participate in the Animus Project and relive the memories of his ancestor Aguilar de Nerha, who was an assassin in the time of the Spanish Inquisition – and he is learning fast... *TBC*

Rogue One: A Star Wars Story

Hmmm, and here is the first 'stand-alone' *Star Wars* epic, ie it's not connected to either parts four to seven or one to three. A group of Rebel spies are on a mission to steal the design schematics for the Galactic Empire's new weapon, the Death Star (so it's set just before Part IV then, do keep up). Felicity Jones, Diego Luna, Ben Mendelsohn, Donnie Yen, Mads Mikkelsen, Alan Tudyk, Jiang Wen and the ubiquitous Forest Whitaker star – will it be any good, or a pointless addition? Director Gareth Edwards and writers Chris Weitz and Tony Gilroy will have done their best, no doubt. *133 mins.*

Arrival

An intelligent sci-fi blockbuster? You don't say – Denis Villeneuve (*Sicario* (2015)) posits a near-future landing on Earth of 12 mysterious extraterrestrial craft. Their purpose? A complete mystery – linguist Louise Banks (Amy Adams) is selected to lead a special team created to enter one of the Shells which touched down in Montana. Contact is made with two of the visitors, referred to as Heptapods. Banks becomes convinced that two-way spoken communication with the aliens is impossible, but there might be a chance of cracking their 'written' language... *116 mins*

Passengers

And here is another sci-fi, a sci-fi romance this time. The spaceship *Starship Avalon* is on a 120-year voyage to a distant colony planet known as Homestead II, and is transporting 5,259 people. But a malfunction occurs in two of the sleep chambers, and two hibernation pods opened prematurely – two people awake and are stranded on the spaceship, still 90 years from their destination. Aurora Dunn (Jennifer Lawrence) is a journalist who is interested in cosmic travel. Jim Preston (Chris Pratt) is a mechanical engineer who wanted to leave Earth – the pair discover that the malfunction that caused them to be awoken prematurely is not the only problem afflicting the huge spaceship, and, of course, they are soon falling in love. Sounds exciting. *TBC*

More reviews on picturenose.com 

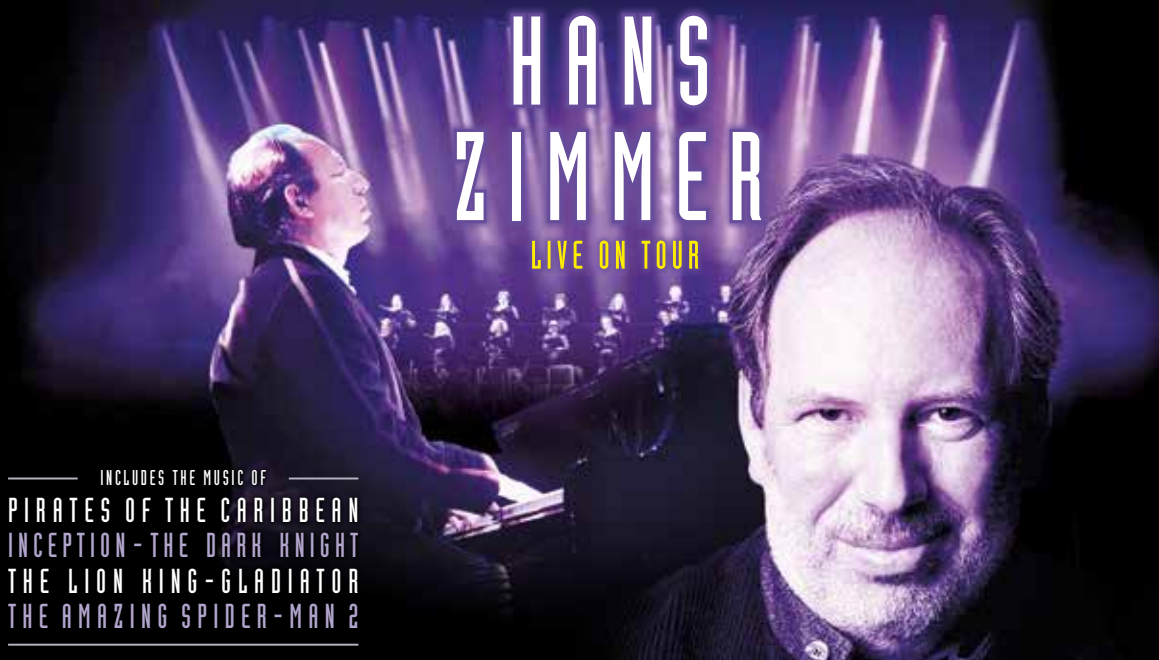
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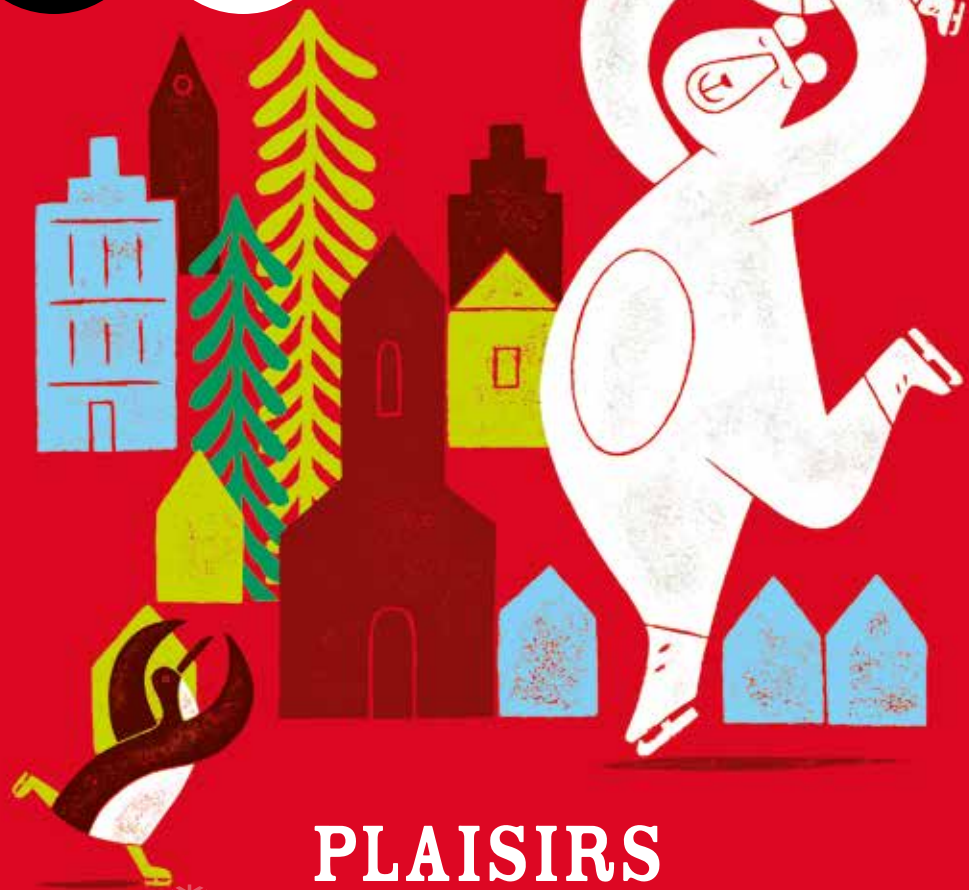
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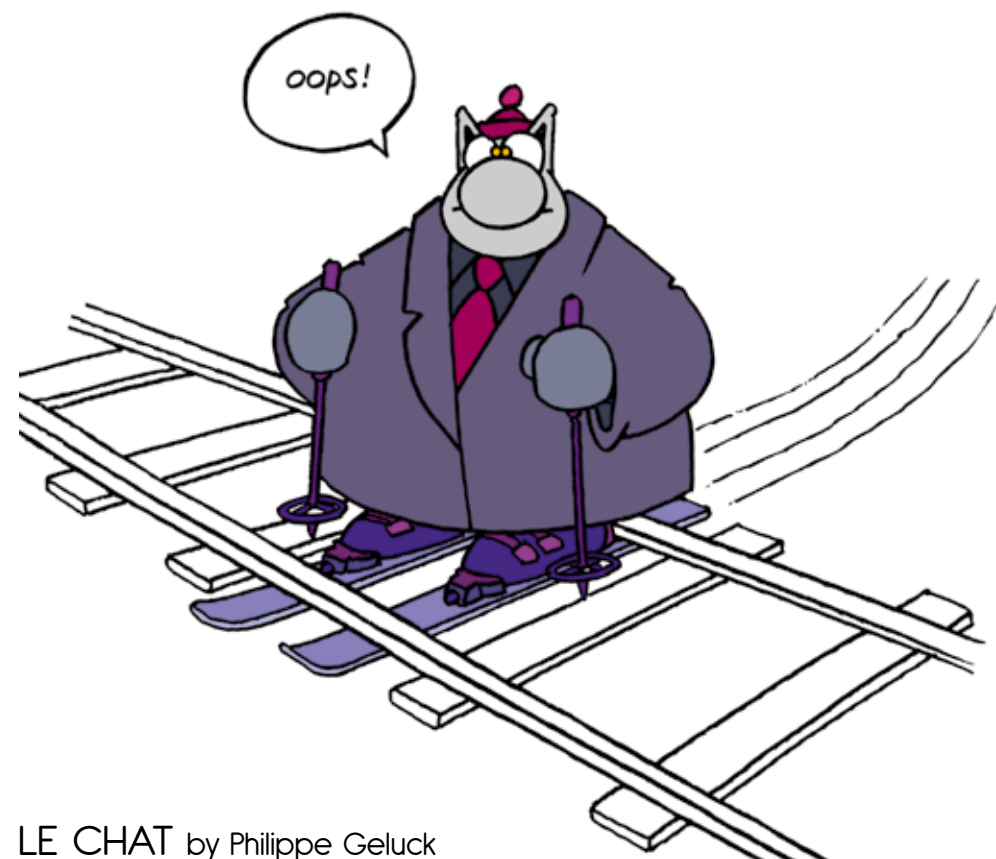


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Hors piste!



LE CHAT by Philippe Geluck

Europcar

"The mobility of tomorrow with a brand-new Europcar agency in the heart of the European quarter of Brussels."

Come and test innovative mobility solutions from Europcar

Europcar has taken a giant stride forward in the field of mobility. Leader in car rental in Europe and a leading player in the mobility sector, Europcar has just opened a new location at 74 avenue d'Auderghem (Etterbeek), offering many urban mobility solutions to its customers.

The agency of the future offers its customers a wide choice of mobility solutions in the European district. In addition to the classic rental products, an innovative range of new products will be available:

- Carsharing with UbeeGo
- Free-floating electric scooters (can be picked up and dropped anywhere in the city)
- Rental of Segways
- Villo!
- Electric cars (Renault Twizy, Zoé)

To guarantee the best quality of service, Europcar has teamed up with partners who are specialists in their field. The carsharing is done in association with UbeeGo, a subsidiary of Europcar.

The electric scooter service is offered in partnership with "Scooty" and the Segways with "Ninebot". As for the Villo! Network, it offers bicycle rentals 24/24 and 7 days a week throughout the city, and the first 30 minutes of each journey are free.

An innovative approach

The Europcar agency in the European district also boasts an Innovation Lab, where future mobility solutions can be tested by users looking for new ways to get around.

Address: 74 avenue d'Auderghem, 1040 Brussels - www.europcar.be



"Etterbeek agency, my starting point of future mobility"



moving **Dany's** way



The intelligent mobility **Pionnier** opens a new station in Etterbeek. Come and discover the station of future mobility

Europcar
moving **your** way

A WHITE CHRISTMAS IN A MAGICAL WONDERLAND

When you think about Christmas, do you imagine enchanting decorations, magical lighting, relaxing family day trips, charming music and a white landscape? If so, then a trip to Maasmechelen Village during the festive season is a must.



#DESTINATION
HAPPY

Step into the world of Christmas

Along the pedestrianised, open-air boulevard, you will enter an enchanting Christmas land, with more than 100 boutiques decorated from window to rooftop. Christmas trees, reindeers, kilometres of Christmas lighting and live musicians create a fascinating atmosphere. Walking along the Village malls, you will discover Santa's sleigh and large, lit-up Christmas wishes of joy. Snow cannons guarantee even more magic. Take a seat in the sleigh, strike a pose beside the Christmas wishes and surprise friends and family with a Christmas snap taken in a snowy atmosphere.

Gifting gets glamorous and... affordable

In the boutiques you will discover show-stopping partywear and the perfect gift for everyone. Swarovski jewellery for your mum, Protest skiwear

for your son, a Nookie's teddy bear for your little niece, Zwilling cooking knives for your brother-in-law... There is something for everyone. All year round, the boutiques offer savings of up to 60% on the recommended retail price and during the Special Offers in December, you can enjoy reductions of up to 50% on the outlet price with purchases of multiple items.

Why leave it all to the last minute

Maasmechelen Village is open until 19.00, from Monday to Sunday and offers more than 1,600 free parking spaces, complimentary Wi-Fi, a play area and multiple restaurants. During your visit, you will not only enjoy an enchanting Christmas atmosphere and additional savings, but a place where the whole family can relax in the restaurant or the play area.



CHRISTMAS CALENDAR

3–31 December

- Special Offers:
Enjoy reductions of up to 50% on the outlet price with purchases of multiple items in the participating boutiques.

3–4 December

- Sint and Piet
- Maasmechelen Village in white

10–11 December

- Maasmechelen Village in white
- Live music

15–18 December

- Winterfestival del Mundo:
Enjoy savings of up to 50% on the outlet price in the participating boutiques

- 17–18 December

- Street theatre
- Santa
- Live music
- Maasmechelen Village in white

24 December (open until 16.00)

- Maasmechelen Village in white

26–30 December

- Live music
- Maasmechelen Village in white

17 December - 15 Januari

- Würst pop-up:
Try the haute-dogs by tv-chef Jeroen Meus at the Würst foodtruck.

CHECK [MAASMECHELENVILLAGE.COM](https://www.maasmechelenvillage.com) FOR ALL DETAILS


**MAASMECHELEN
VILLAGE**

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Q30

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à partir de **299€** /MOIS¹

Durée: 36 mois Taux annuel effectif
global et taux débiteur fixe 0%



INFINITI

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Consommations officielles pour INFINITI Q30 1.5d 6MT Premium Tech en l/100 km : mixte 4,2. Émissions de CO₂ : 109 g/km². ²Sur la base des résultats des tests en laboratoire conduits par le fabricant. Ces valeurs peuvent différer des résultats en conditions réelles de conduite (qui peuvent varier selon le type, les conditions de conduite et d'autres facteurs).

¹Offre de prêt à tempérament avec dernière mensualité majorée réservée aux particuliers, valable du 01/10/2016 au 31/12/2016 sur toute la gamme. Taux annuel effectif global (TAEG) et taux débiteur fixe 0% pour une durée maximale de 36 mois, sans acompte obligatoire. Exemple représentatif pour un prêt à tempérament à TAEG fixe 0% pour INFINITI Q30 1.5d 6MT: prix au comptant 24.850€. Acompte 2.903€. Montant à financer 21.947€. 35 mensualités de 299€, dernière mensualité majorée 11.482€. Montant total dû 21.947€. Modèle présenté avec les spécifications (disponibles à un coût supplémentaire): Q30 1.5d 6MT (80 kW) FWD avec roues de 19" en alliage, toit en verre et peinture métallisée. Exemple représentatif : prêt à tempérament : TAEG fixe 0%: prix au comptant pour un véhicule neuf INFINITI: 48.000€ TVA_{ac}, acompte : 9.000€, montant du prêt : 39.000€, 35 mensualités de 550€, dernière mensualité majorée de 19.750€, montant total dû à tempérament: 39.000€. Sous réserve d'acceptation du dossier par Alpha Credit S.A. (Prêteur), rue Ravenstein 60/15, 1000 Bruxelles. Donnons priorité à la sécurité. Editeur Responsable: INFINITI Europe, Division de Nissan International SA, CH-550-1047524-0, Z.A. la Pièce - Bât. B2, Route de l'Etraz, 1180 Rolle, Suisse. Conditions générales sont applicables - voyez fr.infiniti.be. Informations environnementales (AR 19/03/04): fr.infiniti.be

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