

Together

FEBRUARY 2017 #75

magazine

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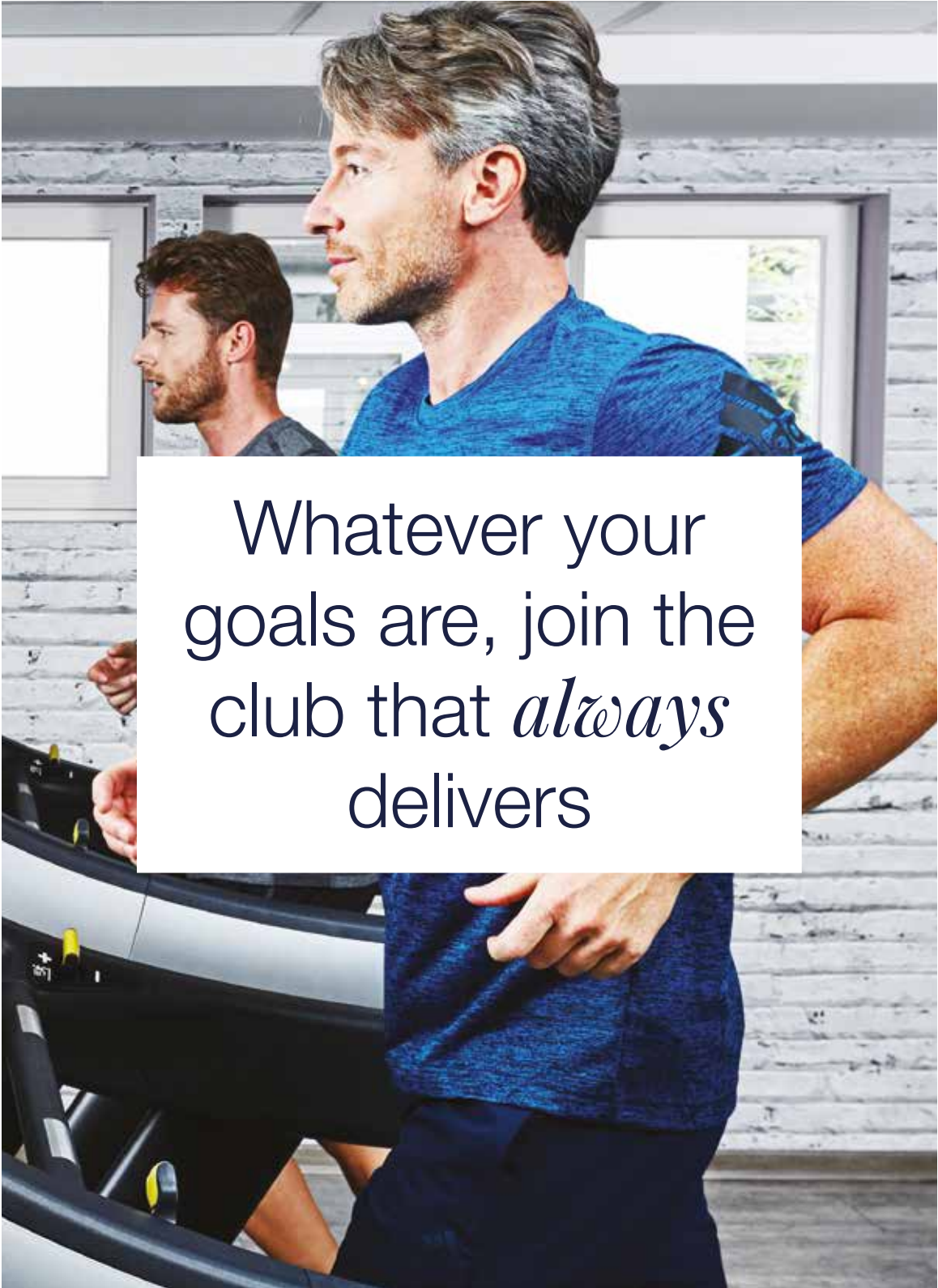


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Editor's LETTER

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

ON THE COVER



Ryan Gosling is currently starring in *La La Land*

LADY LIBERTY

Walking around the melting pot that is Brussels one is quickly struck by the diversity of people living and working in the city, people of every colour, creed and race. Of course there are always challenges for people settling into a new country, especially those from countries which have a very different culture from ours. But it's the making of any country to welcome individuals and families from the four corners of the planet. It's a no-brainer, especially at a time when the world is in conflict in so many places, with hundreds of thousands fleeing their homelands to find a safe haven for their families.

It makes me pause and try to not complain too much about how our economy is doing or about a slight dip in our (very good) quality of life. We need only open up a newspaper, go online or watch the daily news on the TV to find evidence of how privileged we are. In 1883, American poet Emma Lazarus wrote a sonnet entitled *The New Colossus*, part of which has been immortalized because of its connection to the Statue of Liberty:

"Give me your tired, your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore.
Send these, the homeless, tempest-tost to me,
I lift my lamp beside the golden door!"

Paul Morris
Editor



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Marion Cotillard: Feel the comfort and love

Not only is she France's biggest star, but Marion Cotillard has also emerged as one the world's most recognized actresses. Having won the Oscar for her stirring performance as Edith Piaf in *La Vie en Rose*, Cotillard has also enjoyed a successful Hollywood career with roles in *The Dark Knight Rises* and *Inception*. In person, she's a lot more impetuous and carefree than you would imagine after seeing her play darker characters in *Rust and Bone* or last year's *Two Days, One Night*.

World Heritage Sites of France

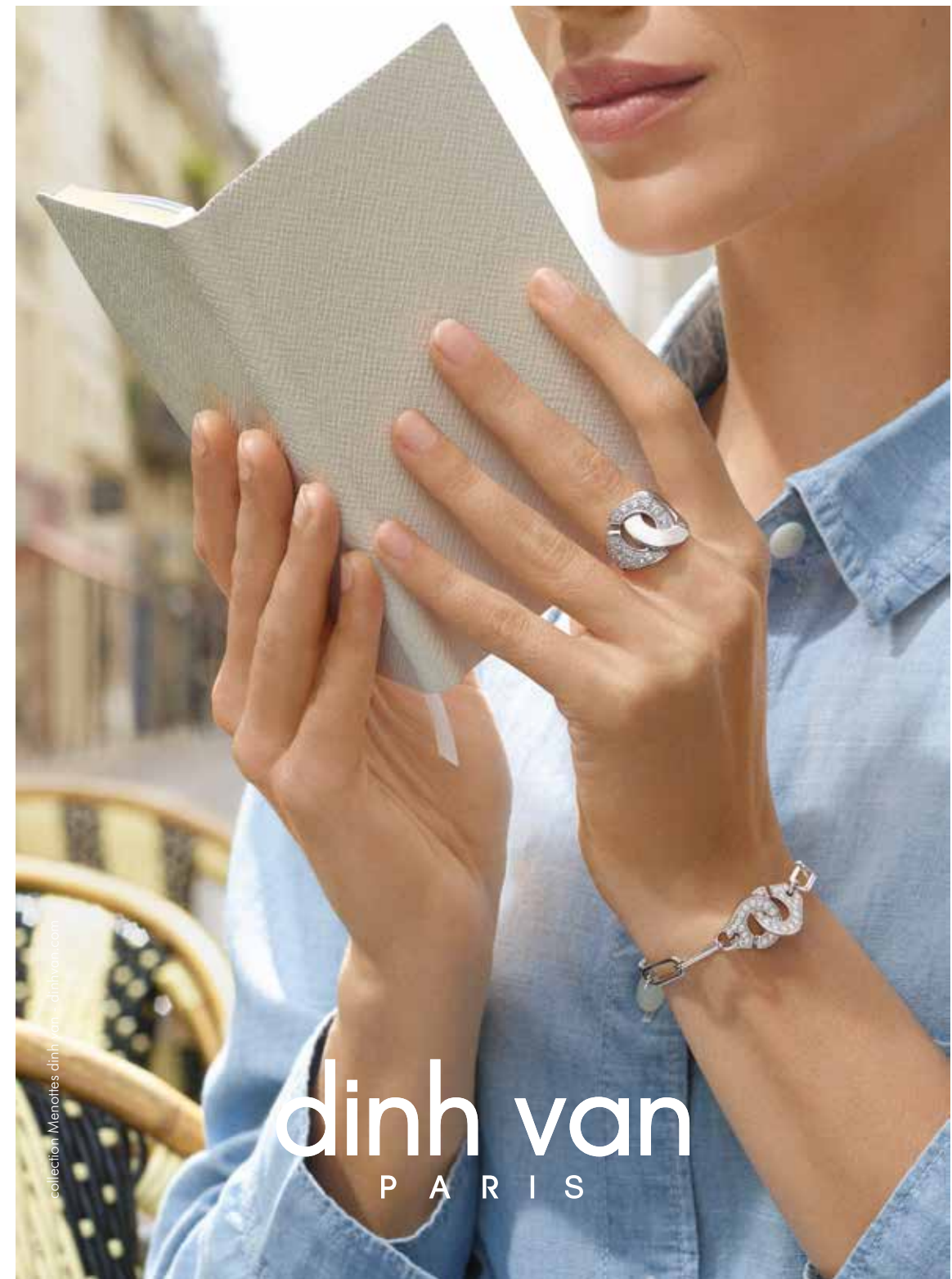
The World Heritage Sites of France is a travel guide dedicated to the most beautiful French locations and monuments classified under the UNESCO World Heritage of Humanity label. It includes the same essential information as a traditional paper travel guide, as well as enriched online features: tour itineraries, interactive mapping, hundreds of illustrations, links, social networking etc.

Massage: An ancient healthy living secret

Sarban Sen gives us the lowdown of a range of massage techniques. Once viewed as a luxury in European culture, massage has become increasingly recognized as an alternative to medical treatment. Recent studies even suggest that massage reduces the body's production of cytokines – proteins that contribute to inflammation – and possibly stimulate mitochondria, the energy-producing units in cells that aid in cell function and repair.

Alzheimer's: Use your diet to reduce the risk

Our nutrition expert Sophie Bruno looks at the connection between our diet and dementia, particularly Alzheimer's disease. If you are concerned about your future health, you may benefit from the latest research to help empower you through knowledge to make targeted dietary choices; in practice, this can be achieved by selecting foods and nutrients which could reduce the risk, or slow the progression, of dementia and Alzheimer's disease. ①



Starring in Belgium



Amy MacDonald

The Scottish songbird is joined by English singer-songwriter Newton Faulkner as special guest. You will hear songs from her first album *This Is The Life*, the albums in between and her latest 2017 offering *Under The Stars* with its single *Dream On*. **6 March**. Ancienne Belgique. Tickets: €37 www.abconcerts.be



Jools Holland

He's very popular in these parts and he's back once more to tinkle away at the ivories. As always, he will be well backed by his Rhythm & Blues Orchestra, offering up blues and jazz to make you swoon. BB King said: "I didn't think anybody could play like that. Jools has got that left hand that never stops." **18 March**. Ancienne Belgique. Tickets: €32 www.abconcerts.be



Peter Doherty

The English musician and songwriter, former co-frontman of the Libertines, brings a powerful back catalogue plus songs from his well-received latest album *Hamburg Demonstrations*, released in December 2016. **11 March**. Cirque Royal. Tickets: €30 www.livenation.be



Emeli Sandé

Another Scottish songbird comes to Belgium later in March with her *Long Live The Angels Tour*. She first became prominent after she was featured on the track *Diamond Rings* by the rapper Chipmunk (2009) and won two Brit Awards in the 2013 ceremony for Best British Female Artist and British Album of the Year. **25 March**. Lotto Arena, Antwerpen. Check website for tickets. www.livenation.be

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CHARITY

A friend for life

In this month's charity page we focus on A Friend for Life

The Dutch-speaking Brussels University Hospital (UZ Brussels) opened on 6 June, 1977, with a total of 15 beds, an emergency department, two beds for intensive care and a general ward. UZ Brussels has expanded since then into a top-of-the-range hospital with 721 beds, 3,412 staff members, more than 28,000 admissions each year and 64,138 patients treated in the emergency department



Today, the hospital offers a wide range of health-care services of the highest quality, from general medicine to state-of-the-art specialist care, which are available to all. By investing continuously in research, training specialists and attracting renowned physicians, UZ Brussel has achieved successful medical treatments that has made it world-famous. However, this has not affected its core value: respect for patients as human beings, irrespective of origin, language, social status or philosophical convictions, and for their right to self-determination.

The Friends for Life charitable association helps save patients' lives or improves them, because everybody has the right to a healthy, happy and high-quality life. By donating you help it to develop vital scientific research into heart, vascular diseases and fertility, make some space and time to give better assistance and healing process to patients and guarantee a high technological health-care accessible for everybody.

As a Friend for Life you invest in your own future, in the future of your love ones and in the

future of health-care. There are different ways to do become a Friend for Life via their website.

Make a donation: This can be done easily and safely through the association's website, or through the doctor or department of your choice, or directly with the hospital.

Monthly or annual donation: With a monthly or annual donation you offer more financial security to the association. This gives the doctors and researchers more of a guarantee that they can carry out their life-changing work. You can also do this through this website.

As a patron or corporate sponsor: By organizing (individually or as a group) an action or event to benefit the hospital.

Will and testament: By including the association or one of its services in your will. Thanks to you we can make a difference.

www.vriendvoorhetleven.be
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PERSONAL DEVELOPMENT

Cities should not only plan for a good and efficient sewer, water, electricity, broadband internet, road, public transport network, but also goods delivery systems that are well thought through

Variation as routine

myAspria contributor **Nils Courcy** says he has the key to chasing away your boredom, stagnation and physical exhaustion

Modern man is sedentary, with an instinctive fear of change. Studies prove that moving house is one of the greatest causes of stress in individuals. The reasons? Change destabilizes, involves leaving your comfort zone, confronting the unknown and always having to adapt. Life is a slow evolution and changes are rarely welcome. They're more often than not something that's forced on us. Naturally, sometimes they're inevitable and absolutely necessary for greater progress.

The need for change

In fitness, change is synonymous with progression. The human body is intelligent and has a phenomenal capacity to adapt. An example: an overweight beginner is able to lose a few kilos in the first few months of a cycling class and his metabolism adapts to the unaccustomed effort by deciding to conserve fat, to be able to face up to this overconsumption of energy effectively. The result is stagnation in your weight loss! The process for building muscle mass is identical. A muscle 'broken' by muscle-building exercises will rebuild itself more strongly than before and will then need a new level of difficulty if it's to continue developing: generally, that's the time to add more weight to the bars.

If you don't alter your training habits, you'll almost always get the same results: boredom,



loss of motivation, stagnation, even overtraining and deterioration. Frédérique Desse, former professional footballer, osteopath and physical preparation coach in Brussels says: "The same workout repeated for months can cause micro-trauma in the tissues and can entrench problems, while variation helps to prevent and heal these types of injuries."

The keys to success

For good general physical fitness, any workout programme should include the following five elements: cardio-vascular work, work on the power of the torso (abdominals and back), muscular strength, balance and flexibility.

This is only possible by building variables into your workout plan.

- Variation between work with weights and without, to allow development of muscular strength while also promoting flexibility and explosive power.

PERSONAL DEVELOPMENT

Fitness

- Alternating the planes of movement (linear, frontal, lateral, rotational) to cover all the biomechanics of human movement, to develop proprioception and to ensure good postural balance.

- Other variables to refine this progression: the number of repetitions, weights, range and speed of execution, duration of workout, diet etc.

- In order to be effective, the variation must usually be progressive and realistic with regard to your potential and consistent with your objectives.

Don't ever skip stages and respect the time your body needs to adapt physiologically in

order to avoid injury (six weeks on average). Vasiliki Mela, sports supervisor at the club Aspria Brussels Royal La Rasante, explains:

"Adaptations in the human body take place slowly but rigorously, and there's no shortage of profound changes. When you face difficulty, sometimes you just have to persevere, but always being kind to yourself, knowing that you might need to give yourself a second chance or even a third. A personal trainer can help you focus and will discuss your objectives and weaknesses with you, to create a programme that's appropriate and evolving."

Cycles of variation

When you're working within the framework of physical preparation specifically targeting performance in a given discipline, it's crucial to respect the cycles where variation plays a part. Sarah Loko is an elite athlete in judo (-63kg) and winner of the last Open Pan-American in Santiago, Chile in 2016, among other titles. She explains: "The fundamentals and stabilization play a very important role in my preparation. But when I have a competition coming up, my workouts become shorter and more intense. I do the full movements without using much weight. I also promote explosive power to push back my lactic acid threshold

during my fights."

No elite athlete could aim to excel in every discipline because, however honed he is, his physique is programmed for a very specific performance. That's why you never see a sprinter with the physique of a marathon runner!

In practice

According to Florent Rivault, senior instructor at the club Aspria Brussels Arts-Loi, working out in the gym should never become boring:

"Enjoyment should always be your key word and variation helps to avoid monotony.

Functional 'circuit training' type workouts are ideal for motivation. They offer an excellent means of discovering new techniques and

working on weaknesses in a fun and creative way! It's also a method which means you're no longer exercising in the corner on your own because you're making connections and you're helping each other in a spirit of gentle competitiveness. That

restores confidence! And above all, it's often about high intensity workouts, which are remarkably effective when it comes to boosting your metabolism a bit! With a wide range of HIIT training formats and some innovative and fun equipment available (including TRX, skipping ropes, bosu, VIP'R etc.), there really is everything you need to make progress and have fun in the gym today!"

Many members who, for example, feel comfortable in a BodyPump class that they've been doing for ages, don't dare to break out and try something else. Even if the choreographies change regularly, it's not enough to avoid stagnation and can't claim to provide a comprehensive workout. If you want to continue making progress, why not try a cycling class from time to time? By the same logic, yoga fans should ideally include a cardio dimension, which is typically lacking in their normal yoga-focused exercise regime.

From now on, change your workouts for good! ●

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PERSONAL
DEVELOPMENT

Self-help

Marriage: A momentous act

Gemma Rose reflects on the case for getting married



Readers of my column may remember that three years ago I decided that I wanted to meet more men. I spent a full year on my quest to do so. I had no qualms in asking friends to introduce me to their single guy pals or starting conversations with strangers. I also tried online dating, something which I once scoffed at. It wasn't until the end of my year-long search that I met the man who is soon to become my husband. I met him online.

I am still of a generation where it was every young girl's dream to get married. I didn't necessarily dream of having a white wedding,

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but I did want to get married, at 26. Many of my friends shared the same view. Of course, life didn't turn out like that for many of us, and by the time I'm married, I'll be in my mid-thirties.

It has become more common now for a couple to live together before marriage, or not to get married at all. Women are becoming more financially independent, with the pay gap closing, thus reducing the need to marry for financial security. They are also choosing to marry later in life. The United Nations Economic Commission for Europe identified that between 2000 and 2010 the age at first marriage had risen. Sweden, for example, has the highest average age of first marriage for women at just under 33.

One of the issues that plagued a couple was the well-known fact that if they lived together before marriage, they were more likely to divorce. In the US, studies from the 1970s to early 2000s found that on, average, couples who lived together were 33% more likely to divorce. Yet, I started thinking about several of my friends and acquaintances that lived with their partners before, or instead of, getting married. They seemed to be in loving and satisfactory relationships. Could it be that the facts no longer hold?

In 2014, the American publication *The Atlantic* published an article on the science of cohabitation. The latest research concluded that it was not whether you decided to cohabit that increased the likelihood of divorce, but rather the age at which you decided to settle down. Couples who lived together at 18 had a 60% divorce rate, whereas it dropped to around 30% for couples living together at 23. Also, the article noted that poor marriages may be a result of cohabitation 'sliding' into marriage. Couples decide to live together not out of any particular commitment and then they slide into marriage, without consciously considering the implications.

So if cohabitation is widely accepted, and it doesn't necessarily lead to a break-up, is marriage worth it? Aside from ideological reasons, the cost of a wedding alone would make one weak at the knees. In the UK, the

average cost of a wedding is about €28,000! Why spend all that money for just one day? Caitlin Moran, a writer for *The Times*, argues that it would be much better to spend the money on a celebration after 20 years of marriage, rather than be in debt at the beginning of it. It seems like a lot of money and stress for just one day.

We make our choices often on a mixture of rationalism and emotion. I may do everything right to increase the success of my marriage but it still may fail. In his book *Sex God*, former pastor Rob Bell tells the story about a wedding he conducted. The couple had done all they could to wipe the slate clean and start again. It was a simple, intimate and touching ceremony. They divorced shortly after. "Life is messy," he writes. "Sometimes everything falls apart and we wonder if there's any point to any of it... But I have to believe that we can recover from anything."

Getting married is not essential for a life-long committed relationship. I've seen many couples that thrive without being married. Neither does it provide guarantees for 'happily ever after'. I am getting married because I want to declare my love and commitment - seriously, formally and publicly - to the person I chose. In a landmark ruling by the Massachusetts Supreme Judicial Court stating that civil marriage should not be denied to same-sex couples, Chief Justice Marshall summed it up perfectly: "Civil marriage is at once a deeply personal commitment to another human being and a highly public celebration of the ideals of mutuality, companionship, intimacy, fidelity and family." She continues: "Because it fulfils yearnings for security, safe haven, and connection that express our common humanity, civil marriage is an esteemed institution and the decision whether and who to marry is among life's momentous acts of self-definition." ❶



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The five elements of intimacy

Sarbani Sen offers advice on how to keep your relationship on track



Approaching Valentine's day is always a little tricky. Even though it is supposed to be a romantic night out with your loved one, it is also a good moment to look at your relationship and ask yourself the real questions. Am I growing in this relationship? Do I feel I am expanding and being even more of myself and the infinite possibilities of life, or do I feel like I have to cut a leg off to fit in this relationship?

In 2017, consciousness and relationships are evolving and opening up. Today, most of us don't want to reject any part of ourselves or our dreams. Once we step into the space of

self-realization we don't want our relationship to get in the way of that.

This is why new ways of being together emerge, as well as new ways of approaching intimacy. A few years ago, the founders of Access Consciousness, Gary Douglas and Dain Heer interviewed an old couple who had been together for 65 years and seemed very much in love even after all those years. They asked them what was their secret of harmonious togetherness and how they replied could be put together in the five elements described below.

1. Trust

According to them, trust actually means "knowing the person is going to do what is the best for them and the other". It's about looking at who a person is, not who you wish or hope they're going to be.

You have two choices: choice A is to live with the person as they are and choice B is to leave. Getting someone to change his/her behavior to satisfy what we think is right is choice C, which is not available in this scenario.

2. Honour

Here honour means "treating the other person and oneself with respect", not ditching them or ourselves. Honour has to be based on who the person is, not who you wish they would be. And when applied to yourself, it means honouring who we are to the fullest, which is also a condition of a successful relationship. If you are pressuring someone to be other than who and what they are right now, you are not honouring them.

A quick test: How can I know if I'm honouring my partner and being kind to her/him? Always try to look at whether your comment will leave the person feeling better about themselves or not. One question you can ask yourself, preferably before you speak, is: "Is this comment going to create more space and expansion in this relationship, or less?" If it's going to create contraction, then why say it?

3. Gratitude

According to this philosophy, gratitude is what is recommended instead of love. Whereas love

so very often leads to judgment, gratitude and judgment cannot co-exist. If there's judgment in your point of view about your partner, gratitude cannot exist. One of the reasons that love leads to so much judgment is that it has so many definitions. This leads to conflict, confusion and misunderstandings in relationships.

Quick test: what do you want your partner to change? If you have an answer to that, are you applying gratitude?

4. Allowance

Here allowance means that "everything is just an interesting point of view". Nothing can be right, wrong, good, bad, positive or negative without our judging it to be so. Judgment kills allowance, just as it kills gratitude. There are several parts to allowance. Allowance is receiving who your partner is without judgment — but it also includes an awareness of who they are, whether they are willing to see that or not. It does not mean you have to tell them what you see.

Quick test: have you ever found yourself saying "how could they do this to me?" If yes, then you have not been in allowance. If everything your partner said or did was just an interesting point of view, would it be possible for them to do anything to you? What if everything they did or said was just an expression of the uniqueness that they are? Wasn't that what you picked them for in the first place? Have you forgotten that?

5. Vulnerability

Vulnerability is like being the open wound that hasn't cured. The slightest breeze over it is excruciating and intense. From point of view, vulnerability is seen as a weakness but vulnerability is actually very potent, as only when we're vulnerable can we receive and only when we're willing to be vulnerable can we be truly aware.

Vulnerability in this case means allowing your partner to see all of you without barriers. Mind you, allowing yourself to be seen is different than telling your partner how you feel. Vulnerability is being willing to allow your partner to see everything, without any demand that he or she do anything about it. This also



“ CONSCIOUSNESS AND RELATIONSHIPS ARE EVOLVING ”

does not imply that you must tell your partner everything. If saying what's going on for you is not kind to your partner, if it does not contribute to making the relationship greater, why say it?

Quick test: "What is sharing this information going to create for the relationship?" Or, "Am I sharing this/not sharing this to be vulnerable/ avoid being vulnerable/or (worst) just to hurt or get even with my partner?" If you ever feel in your relationship that your partner must do something about how you feel, then you are not being vulnerable - it is emotional blackmail.

What if in your heart of hearts you actually already knew what was required to create a relationship that really worked? Would you be willing to do it? Like consciousness, it's not always comfortable, and it never turns out like you think it's going to! I wish you tender moments of ease joy and glory in your relationship(s)

Sarbani Sen is a recognized Access Consciousness Bars facilitator. She gives trainings on 'Thinking out of the box' with Access Consciousness Tools and Learning the Bars™.

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Look, no hands!

Our tech guy **Colin Moors** looks at the progress of self-driving cars



BMW HoloActive Touch

Anyone with a keen eye for a motor can surely not have missed the rise and rise of the Tesla. In fact, as you're clearly a reader of taste and class, you'll have seen my review of the Model S in this very magazine in January of last year.

As I predicted then, the Tesla company is pushing ahead with its plans to scale back on the \$160,000 price tag and bring driverless electric cars to all of us, without dialling back on the quality of the build, the range or any of the gadgets and features people have come to expect from the world's foremost electric vehicle maker. If they aren't careful, they may start to make some money soon. The Model 3, as it's snappily titled, is aimed at a market that can spend just over €30,000 on a new car, so hardly a king's ransom for most in that market. With five seats, driverless hardware and software and a range of around 350 km, it's really setting the bar high for anyone else

trying to make a mark in the electric vehicle market - which means just about every major manufacturer.

Once Tesla had proved that the electric car was not just something for weirdos and the knit-your-own-beansprouts brigade, others were quick to pick up the slack, offering a multitude of features from climate control, to auto-park to hybrid petrol/electric cars. With all this technology, there are as many questions being asked as answered. The biggest question of all has to be the one of safety and culpability. Yes, you could effectively enjoy reading the paper as your car drives you to work or take that important phone call as it parks for you - but what about if things go wrong?

As you would expect, every one of these features is tested and re-tested to ensure safety. Tesla has an impeccable record in this

department, but their cars are currently a very tiny dot-percentage of the global market. What happens if cars are able to communicate, as is being mooted currently? What if the difference is apples and oranges, or in computer terms, Apple and PC? If the communication breaks down, so do you. There's a strong possibility that greater investment in technology will provide a safer 'driving' experience and cut the number of casualties or fatalities on the road.

you'll be killed, you're dead. Of course, this situation would be tricky to negotiate were you driving the car yourself. Technically, the answer should be to kill just you, as it represents the lowest number of dead on aggregate. Would you be OK getting into a car knowing this? Whom would your family seek compensation from - the manufacturer, the programmer, the ethicists? This is going to be big news, in the coming years, for sure.



Tesla Model 3

**“ ANYONE CAN
MAKE
MODIFICATIONS
TO THE BASE
CODE ”**

There have even been reports that the rise of the self-driving car will have a significant effect on the availability of donor organs. As the vast majority of such donors are road traffic victims, this new safety could end up killing as many as it saves, on this basis alone.

While we're on the cheery aspects of cutting edge car tech, a question: How many would your car kill to save you? The answer varies depending on one's morality but computers and cars aren't given this hugely complex framework of thought as a basis upon which to make a decision. Imagine something has gone horribly wrong and you're the only one in an automated car. A minibus full of pensioners is overtaking a school bus on a two-lane road. You're on the correct side of the road and on the passenger side, there's a drop of 100 metres. If the car stops, you're dead, if it decides to favour the young over the old and smash into the pensioners, you're dead. If it drives you over the edge of the drop, knowing

On a cheerier note, there are a couple of things available for your car that probably aren't plotting to do away with you. At CES, the biggest consumer electronics showcase in the world, BMW led the way with something that appears to have no earthly use and yet is achingly desirable. Using a projector a speaker and a camera, their new *HoloActive Touch* system will float a control panel in front of you, in mid-air. The camera and projector are there to provide the graphics and the speaker is to play a sub-sonic noise when you 'touch' something in a clever variation of haptic feedback. Anyone who's ever seen a sci-fi film will know just how sexy this could be. Most sci-fi fans I know would want it to be like a heads-up display (HUD) in a first-person shooting game - think a cross between *Minority Report* and the inside of Iron Man's helmet. It's in the concept stage at the moment but I'll bet it won't be long before they start tricking out the top of the range BMWs with it.



If the geek isn't strong with you, look away now. Another big thing at CES this year was Renault's new model *Twizy*, the quirky electric car that turns heads or stomachs, depending on how you see them. The exciting news is that they are using the *Twizy* as a base for their open source car project, named POM. POM is a platform via which car makers, scientists and the general public will be able to modify and augment existing software to make a completely customizable electric and networked vehicle. Because the code is open source, it means anyone can make modifications to the base code and share it around freely. In fact, it is illegal to sell open source code and anyone using it must make whatever they produce with it available on the same basis. This could all lead to some very interesting - and rapid - developments in electric cars.

You may be thinking "if the code is openly available, what's to stop someone from

messing around with it and tweaking it to cause harm?" Well, technically, there's nothing to stop them. However, such code is viewed and reviewed so many times, there's a greater chance that anything malicious will be found, unlike closed source (proprietary) software. Linux is one of the safest operating systems in the world, trusted by banks, governments and scientists, and it's completely open source. See? It's not all doom and gloom. Drive safely.

❶

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The bare necessities

Gerry Callaghan investigates whether trials will convince everyone to apply the Universal Basic Income



Alaska Railroad vintage train from Seward to Fairbanks

In our culture, a long-standing belief exists that work equals survival. Therefore, we strive for full employment. That narrative, however, is slowly changing. Jobs are increasingly automated, replacing the need for human labour. The world is warming to the idea of a guaranteed Universal Basic Income (UBI). UBI is a different type of social security than we're used to. It's intended to replace or complement the existing welfare model. It means all citizens, regardless of status or wealth, receive a basic monthly income to cover life's essentials. To test the idea's feasibility, several pilot projects are under way, or being implemented, in Finland, France, the Netherlands, Scotland, Canada, India and Uganda. If trials are successful then we must ensure they are rolled out across the continent.

I encountered a similar type of redistribution while living in Fairbanks, Alaska. Each year, a percentage of the state's oil revenues are divided equally among its citizens. In 2009, when I was there, everyone who had resided in Alaska for over a year was given \$1,300 to spend however he or she pleased. The scheme aimed to benefit the current and future generations of Alaskans, specifically those who wouldn't otherwise see a benefit from the extraction of their natural resources.

Back across the Atlantic, in Europe, seven years on, and still in the grip of the same financial crisis, policymakers are looking for a solution. The EU enjoyed decades of growth and wealth creation. However, that wealth is unevenly split, and becoming even more so. It flat-out refuses to 'trickle down' to those most

in need. Politicians, economists, activists and academics have long toyed with the idea of UBI in principle, but, as yet, there is no nationwide policy geared towards it. The European economy has shifted from a heavy reliance on industry - for which the postwar welfare state was designed - to an advanced industrial society. Technology is replacing human labour and will continue to do so; therefore, we must seriously reconsider our approach and the role of the state in such a world.

People are tightening their belts. The economy's sluggish. Poverty, hunger and homelessness are on the rise. Disabled citizens are being rigorously assessed by our burgeoning bureaucracies over their eligibility for a pittance. Many more people are too 'proud' to claim benefits at all, fearing the stigma and connotations surrounding them. Zero-hour contracts are prevalent as companies avert risk in uncertain times. This climate of insecurity is clear in polling forecasts for national elections in France, Germany and the Netherlands in 2017. European citizens are worried about the future; they're anxious about unemployment, insecure pensions, rising house prices and rising energy prices, combined with permanently low interest rates and with no end in sight. Europe could benefit generously by telling its citizens, "You matter! We'll take care of each other and you will always have a home and food to eat." To me, this sounds like the type of society we want.

We talk of freedom, yet we cannot be free to pursue happiness while shackled with debt, since we are always fighting for the bare essentials. Imagine that food, shelter, and household bills were all taken care of; imagine what that could do for people, for you. The main argument against UBI is that it's a major disincentive to work. But what would you do? Would you still work if you were receiving, hypothetically, €900 per month? The chances

are you'd still work, or maybe finally be able to afford to change jobs, or retrain. Would you take that unpaid internship in the field you really want to work in? Maybe you'd take a risk and start the business you always dreamed of running - since you will not starve nor be thrown onto the street. No matter how much you lose, you will always have enough to eat and a place to live. We'd free up an endless stream of talented minds from stress, exhaustion, and fear.

That's exactly what people in Uganda did during a pilot initiative. The Ugandan government gave one group of people an

“ POVERTY, HUNGER AND HOMELESSNESS ARE ON THE RISE ”

annual income without restrictions on spending, of around €350. Another control group were given nothing. The group that received the stipend invested most of it on themselves, acquiring skills that made them 65% more likely to

practice a skilled trade. The group also worked an extra seventeen hours on average than those not receiving the money. Four years later, it was recorded that the beneficiaries had seen a 41% increase in their earnings. Four years later, those given help were still benefiting. The impact lasted beyond the project. Similarly, in Kenya, a UBI experiment found poor rural families were wealthier by 33%, had assets that were 58% higher and reported better psychological wellbeing than the control group.

From 1974-79, Manitoba in Canada gave around 30 of its population 'Mincome'. Analysis in 2011 by economist Evelyn Forget noticed a work rate decline, but only slightly and only in two distinct groups; mothers, who spent more time with their young children and teenagers, who devoted more time to studies and further education. Poverty was wholly eliminated, public health improved and graduation rates increased, by guaranteeing people the means to live freely without struggling for life's necessities.

Motorcycle taxis and drivers in Kampala, Uganda



At the moment, in Utrecht in the Netherlands, an experiment hopes to question the notion those receiving public money need disciplining and regulating. If the project finds an unconditional income doesn't decrease work incentive or create harmful social outcomes, then the argument for an overly bureaucratic welfare state will weaken. Across Europe, austerity is making benefit claimants a target for media criticism and spending cuts. People with disabilities face continual assessment, and unfair sanctions leave many without money for weeks on end. They rely solely on foodbanks to feed themselves and their families.

In 2010, in India, people who received government payments displayed more entrepreneurial behaviour than those who didn't. This suggests that a basic income could encourage people to be more creative and take risks because all their attention isn't focused on scraping by.

“ TAKE CARE OF EACH OTHER AND YOU WILL ALWAYS HAVE A HOME ”

It's right that we test something before implementation, but preliminary research shows that giving people cash won't stop them from working. In fact, research shows it actually

increases productivity. Therefore, rather than the EU pushing more austerity - blindly expecting it to result in another boom - it's time to try something different. We arrived this far as a species through trial and error. We cannot stop that process. After all, the solutions to society's problems might rest with someone buried in an avalanche of worry. Maybe it's time we freed them. ❶



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European angst: Defining our enemies

Natalie Morris takes a timely look at a topic that will surely run and run



On 7 December, I attended the last day of a two-day conference organized by the Goethe Institute and EUNIC Global, held at BOZAR and entitled 'European Angst: Debate On Populism, Extremism and Euroscepticism in Contemporary European Societies'.

It consisted of a series of panels made up of prominent thinkers, moderators and groups of European students – the latter were there to participate (within reason) in each discussion.

In essence a conference about the rise of populism within the European Union and what to do about it; recurring themes included, of course, the irrational and fearmongering responses to the refugee crisis, as well as Islamophobia. But inevitably, the unexpected election of Donald Trump to the American presidency somewhat stole the show. In his opening remarks, President of EUNIC Global Michael Metz Mørch described it as a "wake-up call".

From 09h00 in the morning to 17h00, three panels were held, each with its own theme. The first one was about the scapegoating that certain immigrants face in Europe today, and was comprised of Dutch sociologist Paul Scheffer and Firas Alshater, better known as *Zukar*, a Berlin-based Youtuber from Syria. In an ironic twist no one could have predicted, Zukar's seat was symbolically left empty as he joined us by Skype, on account of his passport being unjustifiably withheld by the German government, preventing him from travelling elsewhere in Europe.

In a wonderful article in the *New Yorker* following the election of Donald Trump, author Chimamanda Ngozie Adichie said: "Now is the time to discard that carefulness that too closely resembles a lack of conviction". No better way to have this sentiment confirmed than by listening to Paul Scheffer claim that to talk about the "angst" and irrational fears of people is a way of belittling them. At first one listens in good faith: "Maybe I *am* being arrogant in my own self-righteous liberal opinions, and should

**"INSPIRATION TO FIGHT THE ANGST,
IN OTHER PEOPLE AS WELL
AS WITHIN OURSELVES"**



try to have more understanding for people who don't agree with me." But then the dangerous consequences of this kind of understanding are quick to show up in Scheffer's discourse, as he starts to make chilling claims such as "most of the time, migration makes societies more unequal" (using the United States as an example). We should keep attempting to *explain* xenophobia, not begin to *understand* it.

The second panel was essentially about the proliferation of fake news and the role of social media in forming the public's opinion. It showcased a tension-ridden discussion between Polish journalist Lukasz Warzecha, an embodiment of the kind of populist thinking the conference was about, and Sonia Seymour Mikish, Editor in Chief of WDR TV. This face-off was bluntly telling us what "trying to understanding the other side" can look like. Warzecha was visibly angry and resentful, claiming that the "angst" was "here in this room", because liberals were losing control over things. In response, Mikish's manner was calm and diplomatic, countering her

opponent's arguments while claiming she liked talking to people like him because it was important to step out of your liberal bubble, or words to that effect. However, it wasn't long before this attitude of hers, challenged by horrid statements about immigrants and refugees in particular, gave way to the outburst we were all hoping for: "You're disgusting!" she said. Quite right.

Finally, the third, and most interesting discussion of the day was between famous UK-based Turkish author Elif Shafak and communist superstar Slavoj Žižek, who was welcomed as such by the suddenly student-packed concert hall.

While in my opinion, Elif Shafak said some very beautiful sounding things, such as "the language of humanism can travel east and west", they often felt like platitudes, the things we were supposed to say and think. It was Žižek who brought the meat to the table.

But in essence, his take on populism is the

fairly common one among the radical left: Trump is only a symptom of the true problem that is liberal democracy today, which is inexorably entwined with capitalism and inequality. This argument has the huge advantage over other approaches, from condoning racist sentiments to pretending that talking about tolerance and acceptance will make these things disappear as if by magic. At least the radical left has determined a cause, which is of course the first step to finding a solution.

Half way through the talk, Shafak declared that "there are no enemies", only different points of view. To which Žižek responded in his usual dramatic manner: "But would you have said that in 1942?"

Sometimes you have to say: He is the enemy, he must be destroyed."

The problem, I think, is defining the enemy. Although Žižek was not directly comparing anything to Hitler's regime, for people like him and most Bernie Sanders supporters, the enemy is the capitalist system, and, consequently, the people who contribute to keeping it the way it is – the Establishment. And although I believe this is true to a large extent, I don't think it is productive to call the Establishment our *biggest* enemy. Choosing the status quo itself as the main antagonist in our political story has led to more votes for Trump, our natural villain, and to many young people completely turning their backs on their natural allies, i.e. the people who may not be as revolutionary as Sanders or Noam Chomsky, but who nonetheless share their ultimate goals of improving the lives of the disenfranchised.

One contribution from a nervous, but passionate student really stuck with me. She said it was very interesting to have all these talks, but that what we were lacking was the

"inspiration to be brave'. Inspiration to fight the angst, in other people as well as within ourselves.

Today's politics isn't as devoid of this as we might think. At his confirmation hearing last month, Rex Tillerson, Trump's nominee for Secretary of State, big-shot oil titan and Putin sympathiser, was ruthlessly challenged by many senators, including Marco Rubio, a former candidate in the Republican Primaries. 'Little Marco', criticized during his campaign for lacking in passion and authenticity, drew surprise and reluctant admiration as he verbally took down this Republican president's cabinet nominee.

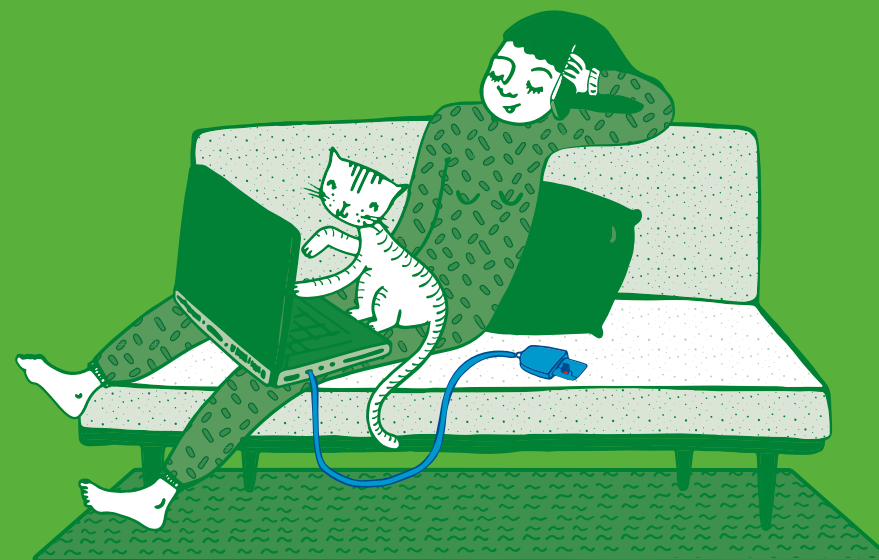
We may of course view this change cynically - he might not turn out to be so critical of the new government in the long run. But whatever happens next, I choose to consider it a

testament to the power of an all-out villain: they can bring out the best in people. Even to Republicans such as Rubio, what is effectively the coup d'état of Wall Street and corporate cronies of the worst, most nihilistic kind, may turn out to be the ultimate inspiration to be brave.

It may be that, once again, the lines of opposition are being drawn with unusual clarity between Good and Evil. Whatever our explanations for this mess, I think we better make sure we're on the right side, pure and simple. And if the false equivalencies typical of the views of a lot of well-meaning voters today is proof of anything, it's that it isn't as simple as it seems. ●

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Room to breathe

Dave Deruytter looks at what we can do about our overcrowded cities

Hong Kong tourist tram



Cities are getting so crowded all around the world! Transport infrastructures are struggling to follow the demand. What is the alternative? Build more or different cities? Make fewer long journeys and have more of a cyber-life?

In Brussels we are fed up with all the works on the roads and tunnels. Travelling to and from the airport is expensive here and you are never sure how long it will take you. The traffic infrastructure on offer in Brussels is simply not following the demand or the needs of the population. Many commuters and travellers would be open to considering using public transport more, but as there is no increase or improvement in the system, they do not have a reasonable alternative to the car.

Not many cities in the western world do much better than Brussels. Some vast US cities may be an exception, although even there traffic is bad or commuting times long because of their sheer size. The developed or developing countries in Asia, and elsewhere, seem not to be doing much better either, but for different reasons than in the west.

In the western world there is the combination of a lack of investment in transport infrastructure because of lingering government budget deficits and issues building permit requests that are successfully challenged by the public and ecological considerations. In the developing world it is more about the very rapid expansion of a middle class that can afford a

car and wants to show off by using it, leading to an astonishing increase in traffic infrastructure demand.

Still, mainly for efficiency reasons, urbanization experts all over the world talk about nothing else than the need to go for ever more concentration of people in cities, because of, among other things, the fast growing world population, particularly its middle class. OK, we can continue to build higher buildings and denser cities, but we still need transportation, so the issues remain unresolved.

If you have been to Hong Kong in recent years you will have noticed that this Special Administrative Region (SAR) of PR China also has its share of traffic jams. However, given the extreme density of the city, the walking lanes or paths go over the roads, are covered for rain or sun, and go through or are adjacent to the buildings. Elsewhere in the city, covered escalators bring pedestrians up from the seafront to the mid-levels of the Victoria peak in no time at all. All of which has resulted in the fact that a healthy walker can do an impressive amount of things on foot on Hong Kong island. Sadly, living within walking distance from one's work in Hong Kong is still too expensive for many people. But once you arrive by bus or car in the business district, much, if not all, can be done on foot. Hong Kong island is built on the slopes of the Victoria peak, and a cable tram brings you up and down the hill, too. Other hilly cities around the world have cable cars for efficient transport.

Business travellers who can afford a Hong Kong island hotel can do eight meetings per day almost without using a taxi: starting with a 08h00 breakfast, 9h30 and 11h00 meetings, a 12h30 business lunch, 14h00, 15h30 and 17h00 meetings, ending with a 19h00 business dinner. For one day you can do this schedule rather easily, but a second day in a row will be a bit too much. If you add the fact that the international airport is very conveniently linked with a very frequent high-speed train which brings you to downtown Hong Kong island in 20 minutes, you realize why this is such an efficient business city of more than seven the hill, too

Brussels morning commuters



Hong Kong Central-Mid-Levels escalator



Looking at the digital solutions of today, including 'skype for business' video conferencing, one can wonder why we would still want to actually move to see each other face-to-face for business or pleasure, given that everything is possible remotely with the right device and broadband internet? Nowadays, we can easily meet less often in person and work together more in a cyber way. For those who live in big dense cities, groceries and (hot) food can be delivered fast at home by delivery boys or girls on motorbikes or more ecologically on a regular bike, or even a jogger with a rucksack, if it's not too heavy.

Furthermore, if we put our creative hat on for a moment, thinking of the service lifts in hotels or the train-like internal postal systems in service companies, why not make a very light electric train network throughout the city to transport goods to walking-distance safe-deposit boxes for pick-up? And let 'anything' be deliverable by those electric trains from warehouses? Or even replace the letterboxes of our apartments with those safe deposit boxes while using service lifts directly linked to the electric train network?

Drones could be another option for bringing things from warehouses directly to the buyer.

For sure, we ain't seen nothing yet as far as possibilities of the efficient organization of life and business in cities in the digital world are concerned. Cities should not only plan for a good and efficient sewer, water, electricity, broadband internet, road, public transport network, but also goods delivery systems that are well thought through.

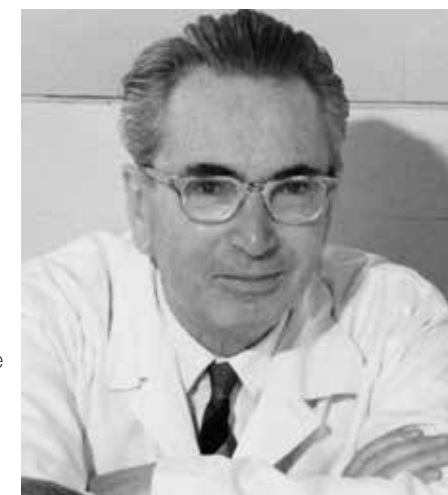
It is clear that new green field cities may have an advantage over existing ones when it comes to implementing all those novelties. Still if you see the speed of change in large Asian cities, such as Shanghai in mainland China, you realize that they will never be far behind.

In conclusion, it may not be necessary to have many more, or only, mega cities in the future, a lot of efficient digital cities of five million souls with a lot of greenery and not too many high-rise buildings may even be better suited to the needs and quality of life of the inhabitants. In a sense you can compare it with the giant cruise ships for 5,000 passengers compared to those for 500 to 1,000 passengers. Which one do you prefer? The latter, smaller ship, right? And they are much more manoeuvrable than the large cruise ships. ❶

Man's Search for Ultimate Meaning

Our inspirational book this month was written by a man who entered the darkness and found a way back

Viktor Frankl is known to millions of readers as a psychotherapist who has transcended his field in his search for answers to the ultimate questions of life, death, and suffering. His book *Man's Search for Ultimate Meaning* aims very highly indeed as it explores the sometime unconscious human desire for inspiration or revelation, and illustrates how life can offer profound meaning at every turn.



According to many sources *Man's Search For Meaning* belongs to a list of "the ten most influential books in the United States." At the time of the author's death in 1997, the book had sold over 10 million copies and had been translated into 24 languages.

Frankl writes: "We stumbled on in the darkness, over big stones and through large puddles, along the one road leading from the camp. The accompanying guards kept

shouting at us and driving us with the butts of their rifles. Hiding his mouth behind his upturned collar, the man marching next to me whispered suddenly: 'If our wives could see us now! I do hope they are better off in their camps and don't know what is happening to us.' This moment triggered something in Frankl and grasped the meaning of the greatest secret that human poetry and human thought and belief have to impart: the salvation of man is through love and in love.

It was an epiphany that lead him to a fundamental truth: "What was really needed was a fundamental change in our attitude toward life. We had to learn ourselves and, furthermore, we had to teach the despairing men, that it did not really matter what we expected from life, but rather what life expected from us." ❶

He found himself in the a position, through fate, to find time to contemplate these lofty notions since the book chronicles his experiences as an Auschwitz concentration camp inmate during World War II. In it he describes his 'psychotherapeutic' method which involves identifying a purpose in life to feel positively about, and then immersively imagining that outcome. According to Frankl, the way a prisoner trapped in those horrors imagined the future affected his longevity. The book intends to answer the question: "How was everyday life in a concentration camp reflected in the mind of the average prisoner?" The first part recounts Frankl's analysis of his experiences in the concentration camps, while the second part introduces his ideas of meaning and his theory called 'logotherapy'.

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Luxury and authenticity

Célia and Stanislas – aka Two French Explorers – have chosen some unusual accommodations for a romantic break in France



Valentine's Day is fast approaching and every year many of you are looking for ideas to find a place to spend an unforgettable evening. Every year Stanislas and I like to spend a little night away from home to celebrate the occasion. On the other hand, one night is quite short so we can't go very far. But there are a lot of places close to home that packed with charm. This year we chose to make a small selection of unusual accommodations to be found on the Bed&Breakfast.com website – we have found places in the four corners of France. Whether you head north, south, east or west, there is something for you.



The Eden Lodge in Paris

This is the latest creation of Eden Lodge International – the tourist group with the best ecological and environmental offering in Paris. The lodge, built in 2015, incorporates all the latest green innovations, including wooden framing, reinforced insulation, LED lighting for very low energy consumption, air purification and renewable energies. A living room, a library, a kitchen and a magnificent garden are at the disposal of guests. A parenthesis combining ecological luxury, wellness and relaxation in the heart of the city.

Not very well known to many Parisians, the Eden Lodge is a green and ecological bubble in the heart of the 11th arrondissement. This eco lodge is the perfect place to feel at home. Its wooden structure blends perfectly into the authentic decor of the garden where many of the existing trees - oak, Atlas cedar, pine, medlar – have been preserved. There are five luxurious bedrooms offering a view on the stunning garden. We very much like the Monceau suite, draped in oak wood.

LUXURY FOR TODAY IN THE VIBRANT HEART OF BRUSSELS



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LIFESTYLE

Luxury

Chateau de Clermont-Savès, Toulouse

The castle of Clermont Savès, located between Toulouse and Auch, dates from the 18th century. Italianate in style, it is classified as a historical monument. A recent, respectful renovation of the décor and volumes has helped to create four spacious and luminous guest rooms, each with a living area. Two of them are suites consisting of two rooms that can accommodate up to four people in a family context. The furniture may be old, but the bedding is of very high quality and the private bathrooms are modern as are the facilities (TV, free Internet access and courtesy tray).

The six-hectare park offers a noise-free environment. You will enjoy the charm of the terrace to relax and an outdoor Jacuzzi is also made available. Head for the spacious dining room and enjoy lunch and dinner, which are



carefully prepared by the owners. The nearest town is 3km away and has all shops and services you may require. Toulouse and Blagnac international airport is 25 minutes by expressway. If you dream of a night playing prince and princess, then we recommend the suite Napoleon III with its luxury decor from yesteryear.

The Domaine La Bonne Étoile, Valence

Looking for an authentic holiday where you will find originality, comfort and tranquillity? Take a break in the heart of the Drôme des Collines region. In the commune of Beausemblant, 50 minutes south of Lyon and 40 minutes north of Valence, Domaine La Bonne Étoile offers you original stays in B&Bs and guest houses. Leave behind the stresses of everyday life and give yourself over to the perfect peace of a privileged location with much to offer in a relaxing environment. Lovers of diverse landscapes seeking incomparable views as well a sense of wellbeing will be pleasantly surprised by the originality of this venue. Explore the 17th century château in an eight-hectare estate forested with centuries-old trees and full of history and fantastic tales.

The park that surrounds the Domaine boasts a landscape that is both utopian and extraordinary. For original holidays as a family, with friends or as a couple, stay in guest



houses that combine originality, character and comfort. There is a charming pool, tennis court, boules pitch, children's playground and private parking. Not to mention the many touristic, cultural, sporting and open air activities that the region has to offer. It is ideal for exploring the area or for a stopover where you can kick back before going on to criss-cross the Drôme.

LIFESTYLE

Luxury

The Bastide of Brurangère Avignon

The Bastide of Brurangère is a luxury guest house that opened very recently close to Avignon, in Provence – it's in the heart of the Vaucluse, facing the majestic Mont Ventoux. Its guest rooms are charming and its suites luxurious. The guest house is equipped with a swimming pool and a spa with hammam and sauna. All of the rooms and suites offer total comfort, from air conditioning to the high-tech equipment throughout the beautiful rooms and designer bathrooms.



The Bastide does not do food, but it is possible on request to order a catering service with chef Pascal Poulain. Experience a magical moment in an authentic setting. This is surely your chance to stay in Provence at its mythical best.

We were lucky enough to stay in the Mazan room, which is a real gem if you're looking for a sweet romantic night. A massage service on request is also available so do not hesitate to reserve a little surprise for your partner.

Le Clos Marcamps Bordeaux

In the heart of the Bordeaux vineyards, half-an-hour from Bordeaux and Saint-Emilion, the Clos Marcamps welcomes you in a 19th chartreuse entirely renovated in the luxury and comfort of today. This authentic guest house welcomes you in its park of hundred-year-old trees.



This house has three suites and two double bedrooms, one with an outdoor heated hot tub all year round that we warmly recommend to you for your Valentine's Day. We advise you to request the room side on the 'country' so you can enjoy the Jacuzzi during the evening.

disposal to share a moment of relaxation with your other half.

Enjoy your Valentine's Day! 🍷

The restaurant of the Clos Marcamps proposes each evening a convivial and gastronomic meal prepared by the mistress of house. A wellness area offering different treatments and massages is also at your

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Assistant photo: Émile Tonnelier
Digital artist: Tango-grafix
Art director: Nicholas Sirot
Mu&H: Charlie Magny - Charlie.m.up@gmail.com
Model: Alex @Ulla models

Jacket: Scotch & Soda
Blouse: Diane von Furstenberg
Scarf: Zadig & Voltaire
Trousers: Natan Édouard Vermeulen
Socks: Calzedonia
Shoes: Terry de Havilland for Sarenza.be
Rings right hand: AXL
Left hand: Wouters & Hendrix





Dress: Ba&sh
Top: Weekday
Earring: Hermès
Bracelet: Olivia Hainaut



Dress: JeanPaul Knott
Socks: Calzedonia
Shoes: Terry de Havilland for Sarenza.be



Total look: Gigi Hadid for Tommy Hilfiger
Rings: AXL



Jacket: Zadig & Voltaire
 Blouse: Diane von Furstenberg
 Rings: AXL
 Gold round ring: Wouters&Hendrix



Bra: Eres
 Blouse:
 Twin-Set
 Scarf & jewellery:
 Olivia Hainaut
 Skirt:
 Jeanpaul Knott
 Belt:
 Olivia Hainaut

Two-tone lips & cheeks

Our beauty expert **Delphine Stefens** is as usual 'bang on-trend'

Make the best out of your bone structure with blush draping and add volume to your pout with ombré lips. Draping is more than a throwback to the eighties, it's easy contouring with blush for a fresh face: apply a rather neutral blush just under your cheekbones. Then use a lighter shade on your cheekbones, take it up to the temples and hairline and blend well for a natural finish. As for your mouth, use a darker color of lipstick first and then a lighter one at the center of the lips. Et voilà! It's surprisingly easy and you're all set and bang on-trend.

Kiss&Blush Vice Versa (€34.65) by **Yves Saint Laurent Beauty**. From mid-February.



Parisian Lips Stylo (€34) by **Lancôme**. From February.



Cheek Glow Palette (€53) by **Bobbi Brown**.

They're Real! Double the Lip (€22) by **Benefit**. At Galeria Inno. From February.



Caitlyn Jenner Powder Blush Duo (€30) by **MAC**. From February



Diorblush Colour Gradation (€50.40) by **Dior**.

Les Beiges Harmonie Poudres Belle Mine limited edition Duo N°02 (€55), **Chanel**.



Brush Experts Lip Pencil (€12.95) by **Kiko**.

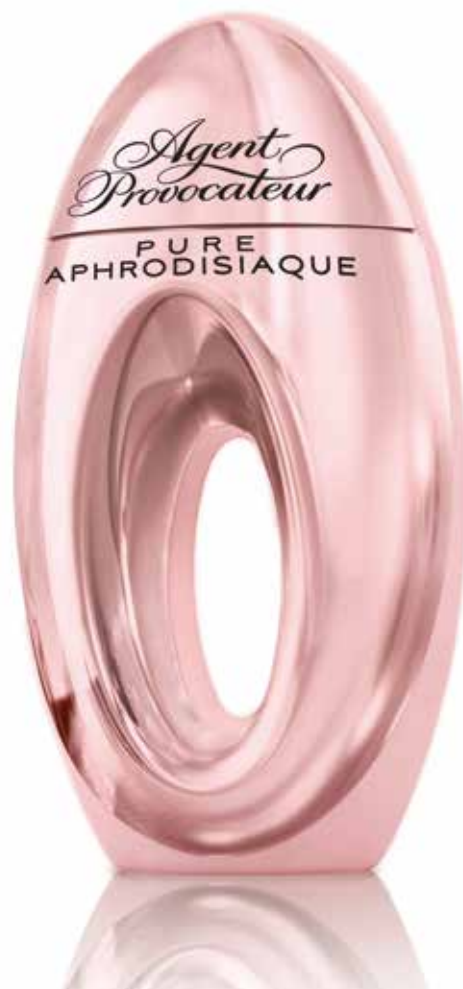


Shopping



Ice Love

Girly, flashy, classy! When you wear an Ice-Watch timepiece by the Belgian watchmaker, you're wearing more than just a watch. You're wearing a unique concept. The simple and easy-to-read design creates an iconic look that's instantly recognisable as Ice-Watch. Models are available for men, women and children, with many of the designs being so simplistic they're wearable as unisex – and the colour options are almost endless. Ice-watch's Valentine's collection has 'love me' written all over it. Ice Love gold small: **€129**
www.ice-watch.com



Agent Provocateur

A new chapter of the Agent Provocateur fragrance line has opened with the new Pure Aphrodisiaque, "a signature scent that awakens the senses and captures the essence of femininity". Launched in November 2016, it is "a captivating fragrance inspired by woman's warm sensuality", inspired by the design of the 'Sparkly' line of fine lingerie. The fragrance has a floral, musky background. The top notes of mandarin, Anjou pear and rum merge into the sweet floral heart of wild orchid, tuberose and Indian jasmine sambac. The base ends with dark woody accords, amber crème and skin musk. The bottle in pink metallic color is described as a "sexy, curvy and voluptuous". 80 ml Eau de Parfum:

€95


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LIFESTYLE

Shopping



Frederique Constant

Originally launched in 2015, the Horological Smartwatch was born after three years of extensive research and development. Working with Manufacture Modules Technologies Sarl. (MMT), Constant conceives innovative and creative ways to bring the technological traits of the Smartwatch into the traditional, classic universe of haute horlogerie. The new MMT-365 app which connects to the smartwatch via Bluetooth is available on both iOS and Android systems, with simple and easy-to-understand graphics to highlight how much you have moved and slept during the day, week or month. **€1,095**
www.frederiqueconstant.com

Gucci

Magnificent piece of work Creative Director, Alessandro Michele, boldly entwining the iconic motifs as well as engravings and emblems of the house of GUCCI. The emblematic Gucci double 'G' logo is softened by a delicate design depicting an eye, a heart or a flower. Ring in sterling silver with aurecon black finish, width 9mm: **€250**
www.gucci.com



Bord Bia

Belgium is a very important market for Irish agri-food products: beef, lamb, seafood, snack products, dairy products and beverages. The specificities of Irish beef and its Irish Hereford and the Irish Angus breeds are largely aimed at restaurants. They are enjoyed by members of the Chefs' Irish Beef Club as well as by many restaurateurs who particularly appreciate the regularity of its quality and its taste properties.
www.bordbia.ie



Château la Sauvageonne Rosé

Château la Sauvageonne is a legendary site. Its exceptional exposure, location and terroir give the wine its unique character. The Volcanic cuvée refers to the volcanic rocks that compose the outstanding terroir of this unique wine. The parcels are located at the center north of the Hérault, backing on to the relief of the Causse of Larzac. This area experience important thermic changes: the distance from the sea and the closeness to the Causse bring freshness during the summer nights, this benefits the gradual and slow ripening of the grapes.
www.gerard-bertrand.com

Dinh van

Iconoclast in its inspiration, essential in shapes, dinh van Maison has carved out its own niche in the codified world of jewellery.

Inspired by design, especially Bauhaus movement, it has created its own language that is pure and timeless. Over the last 50 years, the world has changed but dinh van's jewelry pieces continue to take their place in perfect modernity. Diamond cube ring with pink and gold diamonds. Price on request.

www.dinhvan.com



Messika Paris

Diamonds shine bright in the Messika family story, handed down from father to daughter. A prominent figure on the diamond trading scene since he started out in 1972, André Messika brought his daughter Valérie up on dreams dusted with jewels, punctuated with trips around the world to source extraordinary stones. Messika presents two collections of jewellery that will illuminate your Valentine's Day. The Move Classic collection offers a trilogy symbolizing the love of yesterday, today and tomorrow. Then, the My Twin collection plays the unexpected wedding of two diamond sizes. Pear size, sensual and sparkly and emerald, stylized and hypnotic.

www.messika.com



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Designed in Paris, France (313km)

Acetate from Castiglione Olona, Italy (872km)

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Acetate from Castiglione Olona, Italy (872km)



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MARTIN&MARTIN

It's not a bike, it's an ECCE!

A young Belgian design company is making serious inroads in the bicycle market



Formed in Brussels in 2012, surrounded by exceptionally skilled engineers and craftsmen, ECCE Cycles mobilizes its talents to build a prestigious brand that encompasses originality and technology.

ECCE Cycles liberates itself from the set codes to take form to another level. With the work of the designer Pierre Lallemant, it has given birth to unique and exclusive products, with elegant, sweeping curves that, as they proudly state, "open up the boundaries of aestheticism to new horizons". Asked to define ECCE Cycles, they have two words at the tip of their tongue: excellence and innovation.

They have liberated themselves from the formalism of current urban bicycles that still bear the double triangle format that has characterized the bicycle for 150 years. "The form creates a challenging and enigmatic object; the bicycle becomes an object of desire, an object of pleasure. It is no longer a matter of riding a bike: one is astride an unusual object, a true piece of art."

There are two distinct ranges:

Opus Carbon

Carbon is a material that is already used in the manufacture of bicycles thanks to its properties of robustness and lightness. The laws of physics are turned on their head and the sensation of weightlessness is very real.

Opus Wood

An object of reflection on urban mobility by its designer Pierre Lallemant, the Opus Cruise "W" is also an innovation that provides an artistic solution to today's issues of transport and to those of the future. Wood is a natural material which

enables an intellectual and gracious approach. ECCE Cycles has chosen to use ash tree, maple and cherry tree, which are aesthetic, rigid, and light woods, already used for the construction of boats. Available in 2017 in 20 units.

Happy cycling!

www.ecce-cycles.com

**“ONE IS ASTRIDE
AN UNUSUAL
OBJECT, A TRUE
PIECE OF ART”**



MEETINGS, TEAMBUILDINGS & INCENTIVES AT THERMAE.COM

Overbooked agendas and tight deadlines often characterise the term 'work' in the year 2017. On the other hand, empty agendas without deadlines are devastating for an organisation, so it is important to find a humane way to deal with them. Our answer: mens sana in corpore sano! A cliché that has been confirmed by countless studies.

At Thermae, we know that relaxation is the best remedy against stress and fatigue, but a couple of hours of physical exercise also alleviate the mind! Therefore, Thermae Sports Merchtem has joined the list of already established centres (Boetfort & Grimbergen). It is a club with a wide range of sports and wellness facilities, where the general well-being (both mentally and physically) of each customer is central. Besides the standard facilities (fitness, group lessons, wellness, tennis) we consciously make time for guidance and coaching.

We also organise team building activities, customised for your company or association. Our conference room offers the possibility to gather round the table with your colleagues for a meeting or presentation. Afterwards, our chef is delighted to pamper you with an extensive lunch in our brand new restaurant. Subsequently, a tennis tournament is one of the options, but you can also attend one or more group lessons and/or relax in the indoor swimming pool, hammam, jacuzzi or sauna.

Naturally, you can also invest long-term in better health, less absence, higher productivity, fewer conflicts and growing self-confidence and motivation.

It is up to you!

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Circu: Fantasy furniture for kids

We look at a design company that dares to dream

Circu was built on a dream, a dream that allows children to dream their own dreams and to give them space to live their fantasies and discover a magical world. To a kid, a room isn't just a place to sleep – it's a place to laugh, play, grow, and discover. It's a safe and comfortable place, where the imagination feels free to wander. It's no wonder the precious rooms tend to get so messy! But in the end, all that time spent creating the perfect environment is effort well-spent.

It's every kid's dream: a secret little hideaway that ups the fun and imagination factor in his or her bedroom. These handmade beds crafted by Portuguese furniture artisans offer just that. Whether it's in the form of a car, a space ship, a balloon, or shell, these incredibly cool beds have us wishing we were children again.

The Bun Van is perfect for bringing some fun and imagination to rooms. Inspired by one of the most iconic and magical symbols of fun and freedom. The exterior is made of fibreglass with chrome plated finishes. The inside is finished in rosewood veneer and contains several storage compartments, a bed, a TV, a secretary, a mini bar and a sofa.

Fairy tales come true when your little princess dreams in the The Little Mermaid shell-shaped bed. Shells are meant to protect little pearls, to protect them from Mother Nature but this one will also protect your little girl, and help her to dream of becoming a princess beneath the seas. This piece is made is also made of fiberglass and nacre painted, and has an in-built light. The Fantasy Air Balloon lets your child dream of adventure and can be customized for girls or boys. When they grew up, it can be transformed into a teen sofa. With a large storage capacity it will help parents organize their room. Sweet dreams...

www.circu.net



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Interview

Ryan Gosling: An actor in paradise

This month we chat with a Canadian who is dancing his way to awards



Ryan Gosling is probably less impressed with himself than any movie star in the business. In person, he is distinctly matter-of-fact when it comes to discussing his work and greets you with a charming nonchalance and shy smile. Apart from the fact that he is ridiculously handsome, you might never guess that he is one of the biggest movie stars on the planet. Another giveaway might be the scores of screaming female fans who lined the red carpet at the premiere of his new movie and were blessed when the obliging and ever-affable Gosling spent a half-hour taking selfies with them.



The Canadian actor revisits his musical roots in *La La Land*, the sensational new musical directed by Damien Chazelle (*Whiplash*) and co-starring Emma Stone. The film resurrects the magic of a long-lost Hollywood genre and transforms Gosling and Stone into a post-modern Fred Astaire and Ginger Rodgers.



As a 12-year-old, he sang and danced alongside future musical superstars Justin Timberlake and Britney Spears on *The All-New Mickey Mouse Club*. But having later made his mark as an actor, he never imagined he would be asked to display his old soft-shoe technique again much less participate in old-style Hollywood musical numbers.

"I was pretty nervous about doing a musical because it's been a long time since I did anything like that," Gosling says. "As a kid, I used to sing *When a Man Loves a Woman* at weddings. When you're eight years old, it was a huge deal to earn \$20 doing that. Also, on *The Mickey Mouse Club* we were doing '90s hip-hop numbers and that's very different from the complicated tap dance routines and

waltzes we do in *La La Land*. But fortunately, I had very patient and very talented coaches who were very, very good and helped prepare me. It was also great to have Emma as a partner - she makes everything seem so effortless."

Gosling plays Sebastian, a cynical jazz pianist on his way up in Hollywood who becomes romantically intertwined with Mia (Stone), an aspiring actress and barista who maintains an indomitable faith in herself despite repeated rejection.

Touted as a favourite to dominate the Oscars, *La La Land* has already earned multiple Golden Globe nominations including those for best picture (musical or comedy) as well as individual acting nominations for both Gosling and Stone who first endeared themselves to audiences in *Crazy, Stupid, Love* (2011).

The 35-year-old Ryan Gosling lives in Los Angeles with his girlfriend of the past three years, Eva Mendes, 41, and their daughters, Esmeralda, 2, and toddler Amada, born 29 April last year. He recently completed work on *Blade Runner 2049*, the long-awaited sequel to Ridley Scott's original 1982 sci-fi cult classic, directed by Quebec filmmaker Denis Villeneuve (*Arrival*, *Sicario*).

Together: Ryan, it's very rare to make a musical these days. Are you a fan of the genre?

Ryan Gosling: I never got into musicals. My sister Mandy was a big fan of musicals and she studied musical theatre while I was growing up so I really became acquainted with the genre through her.

What I enjoy most about musicals is how the characters are able to connect through the songs and dances they do and that's what I felt when I was doing the numbers with Emma. It's a very different and unique way to communicate emotion and romance.

So the musical numbers were an extension of the regular scenes with dialogue?

Yeah. That's why we enjoyed working with the choreographer and composer because they helped us understand how we could express



" IT'S LIKE BEING IN PARADISE. I'M SO LUCKY "



" I WAS PRETTY NERVOUS ABOUT DOING A MUSICAL "

what our characters were feeling for each other by the way they sang and danced together.

We wanted to stay in character in the sense that our characters' relationship would simply be extended and expanded when you saw them in those (musical) numbers. Our choreographer Mandy (Mandy Moore of *Dancing with the Stars* fame, not the singer/actress - ED) developed the dance numbers in a way that you wouldn't feel that they turned into different people as soon as they started singing or dancing.

What do you think La La Land is going to convey to audiences?

I really like how Damien (Chazelle, the director) was able to bring out this old-fashioned sensibility that we virtually never see any more in film. The real essence of a musical is how it engages you by creating this kind of magical world in which the characters live even though there's still this underlying reality of the show business world that they're part of.

How did you like getting to work with Emma Stone again?

This is the third film we've done together but until this one I never knew how truly talented she really was. I always knew that she was a great actress but in this film she really does so many things and is so good that it was incredible to watch her and work with her.

Your character Sebastian has a very jaded perspective on Hollywood whereas Emma Stone's character Mia has this wide-eyed sense of hope? What was it like for you when you left Canada at a very young age to work in the film industry?

It was hard at times. You feel cut off from your family and the world that you know and suddenly you're in Los Angeles competing against a lot of other talented people who all have the same dream as you do.

Sebastian is close to turning into a very bitter and cynical person because of all the failure and rejection he's gone through trying to make it in the business. But then he meets this very optimistic and enthusiastic girl and he starts to remember how he once felt about that world.

They help each other stay afloat at a critical time when otherwise they might have given up. When he falls in love with her that really saves him from turning into the worst version of himself.

What are your memories of your early years as an aspiring actor in Hollywood?

I was happy just to be able to have enough money to live and just be able to get enough jobs to keep me going and help my family whenever I could. I was pretty lucky that whenever my money was running out I always found another part that would give me enough to keep on going.

In my own case, I never really considered giving up because I didn't have anything else to fall back on. Acting was really the only thing I was capable of doing. Most actors when they're starting out just want to be able to earn a living and survive until you get that one audition or one role that does it for you. You want to reach a level where you can choose from different projects and not just take any job that comes along just to be able to pay the rent.

You've spoken in the past about how you would go on numerous auditions and how frustrating that process could be?

Auditions are the toughest aspect because you have to get used to dealing with the rejection because you feel you're being rejected personally and it's hard to separate that from your identity. But I always tried to see it as something that's part of the business and it's not as if you've suffered some terrible loss.

Where did you get your work ethic from?

All the men in my family worked pretty hard. My father and uncle worked at a paper mill and I wanted to do everything possible not to have to do that for a living. But I like working hard. I think you sleep more peacefully at night after a good day's work. Also, when you're working a lot you don't have too much time to worry about things.

Your image is that of the ultimate nice Canadian guy...

Thank you!



**“ THE CHARACTERS
ARE ABLE TO
CONNECT THROUGH
THE SONGS AND
DANCES ”**



**“ YOU FEEL
YOU’RE BEING
REJECTED
PERSONALLY ”**

Is there anyone you really saw as a role model whom you take after?

My uncle Bill. He has supported me ever since I was a kid and he always told me that I was going to succeed one day. He's always taken care of everyone around him. He's the type of guy who is a very good and generous man - the type of guy who will help people in the neighbourhood shovel snow out of their driveways. He's the nicest person I've ever known.

As the father of two girls, Esmeralda and Amada. What's that experience been like for you?

It's like being in paradise. I'm so lucky. The birth of Esmeralda and Amanda Lee has radically changed my life, which every day becomes more beautiful than I ever imagined. Every day getting to spend time with them is so exciting. I love reading to Esmeralda and watching her grow up. I never really thought that being a father would be such a wonderful thing. ❶

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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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Travel

Vars: Winter sports paradise

Our latest skiing trip took us to the Vars resort in France



At an altitude of 1,850 metres, in the heart of the Hautes-Alpes and suspended above the valley of Durance, Vars has become one of the most popular ski resorts for discerning skiers. Located in a protected environment, surrounded by the summits of Cases, Ubaye and Queyras, the resort offers a large domain for skiing with 115 ski slopes open during the winter season.

To reach this stunning resort, there is only one possible way: on a single twisting road that offers vertiginous, breath-taking landscapes – in fact, the Hautes-Alpes looks great all year round.

The resort is made up of four villages within a single municipality. They are Saint-Marcellin, Saint-Marie, Saint-Catherine and Les Claux and each village has its own unique personality. Combined they make Vars a huge winter sports resort with packed authenticity and charm.

There are more than just winter sports in Vars. They have put a lot of effort into making sure they satisfy the needs of all their visitors, with numerous convenience stores, shops selling furniture and decorations, a laundry where you can rent linen, souvenir shops and installation, maintenance, repair and cleaning services.

And of course sports stores that stock everything winter sports fans will ever need. As for restaurants, there is a wide variety of quality places to delight your taste buds.

The spectacular snowy landscapes offer all manner of activities, including skiing, snowboarding and sled rides. It is the ideal destination for the family because both children and parents will always find plenty of things to do. After an energetic day on the slopes you will find that Vars has also catered for your wellbeing and relaxation.

Vars is very proud of its dedication to culture and heritage. The cinema Le Mélèze boasts two movie screening broadcasts in 3D, and also organizes conferences and themed evenings. The municipal library and the multimedia centre offer a large choice of books and magazines.

Of the winter sports proposed by Vars, speed skiing is the real stand-out, drawing people from around the world to attend the competitions. It is famous for its exceptional Chabrières ski trail, which caters for fans of speed and adrenalin. Every year, the ski resort welcomes the world's fastest skiers who are drawn to the mythical ski trail to compete in the Speed Masters. In March last year, the world record was beaten by Ivan Origone, a 29 year old Italian. Like his fellows speedsters he must have a strong stomach because they can reach speeds in excess of 200 km/h.

Together had the opportunity to meet the Belgian speed skier, Joost Vandendries. Very passionate about the sport, the 44-year-old reached the phenomenal speed of 198 km/h last year, breaking his personal record, but it was not enough to beat Origone's world record which stands at 254,958 km/h. Another Italian, Valentina Greggio, holds the world record in the women's event with a speed of 247,083 km/h.

So whether you want to enjoy the speed or just take it slow, head up that twisting road...



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Advertorial

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Photographer Martin Dellicour's preferred locations in THE ARDENNES

Martin Dellicour, passionate inhabitant of the Ardennes, knows very well how to defend the splendour of his region. Since he is a nature photographer, he succeeds in capturing magic in each and every corner. Let's head to his favorite places. He invites us to a discovery of HIS magical Ardennes...

From the High Fens up north to the Semois valley in the south... Martin Dellicour knows how to find the right words and images to give us the final push for discovering more about the Ardennes, the whole year through.

Martin Dellicour photographs and films the Ardennes, his work has us dreaming away. He recently launched a web documentary project «**Ardenne Sauvage**» (the wild Ardennes), in which he went looking for Ardennes artists and craftsmen as well as wonderful landscapes. He is also a photographer for **Ardennes-Etape**, an agency that helps people to find a holiday home in order for them to immerse their selves in this wild nature with its infinite variations.



1 THE FENS PLATEAU ▲ (Malmedy - Baraque Michel)

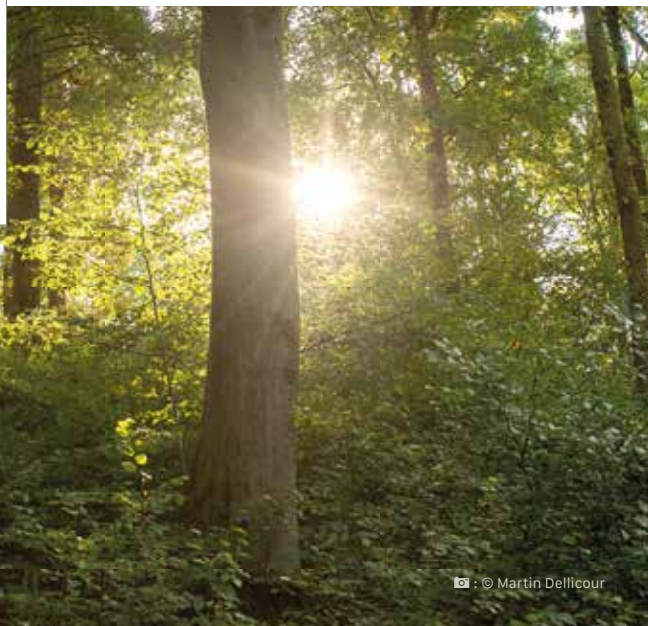
«The "fagnard" plateau is a landscape that is absolutely unique in Europe. During rough weather, I get attracted by its peat-bogs that offer a minimalist landscape covered with frost or snow. Solitude, serenity, rigor... I catch so many feelings in the heart of winter.»

2 THE SITE OF HEROU (Nadrin)

«This viewpoint on the top of various rocks, overlooks the meanders of the Ourthe river. A path follows the ridges and offers breath taking views. It is pretty fairy-like to see this landscape filled with wild nature in a 360° view.»

3 THE NISRAMONT LAKE (Nadrin - Engreux)

«This is an exceptional place, especially during autumn. It is a true invitation for traveling to landscapes that can match up to those of Canada. The two arms of the Ourthe meet again in the lake and the woods almost seem to plunge into the water. The river bed is very winding between the hills. I recommend you to go do some canoeing, it is absolutely magical! »



4 THE EPIOUX LAKE ▼ (Herbeumont)

«An extraordinary landscape at the gates of the Gaume, not far from the Semois, with a Scandinavian breeze! The birches line the lake. A must-see when it is freezing during winter. And the Semois remains a magnificent river. Just a few steps away, you will discover Chiny and its charm. »



For Martin Dellicour it is hard not to talk about the ancient valley of the Aisne as well, or has he likes to call it: his "backyard".

5 THE AISNE VALLEY ▲

« This discrete valley offers authentic landscapes that invite you to take a good walk, he explains. While going upstream, you will discover a few ancient mills some of which have regained their activity. The landscapes offer a subtle balance between moderate agriculture, small Ardennes villages and amazing forests. At its source, the Tailles plateau overlooks La Roche en Ardenne and Houffalize in a rough and fanatic landscape.»

COME AND EXPERIENCE THE ARDENNES AS WELL!

Take some time for yourself and create unforgettable memories in an Ardennes-Etape holiday home. We have selected these 2 for you:



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Find all the information you need about this villa on www.Ardennes-Etape.com (reference code 106006-01)



IN JALHAY, at the gate of the High Fens, you can stay in a villa for 14 persons with optimal comfort. Thanks to a design that has been thought through, luxurious bedrooms and an indoor swimming pool with a nature view, this holiday homes guarantees a perfect holiday for you!

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Café Metropole

Excellent food, great service in a stunning location. Not a bad start. A few years ago the Café Metropole was given a face lift - not to modernize it but rather to restore it to its original Art Nouveau environment, created by architect Alban Chambon back in the day. The café's new menu revives the history of this building, which was founded by the Wielemans-Ceuppens brewer's family in 1890.

You walk in through those doors that have seen many a famous character pass through and your eyes drift upwards to the gorgeous, golden-draped ceiling. In fact as we ate we kept looking around at this wonderful venue.


As for the food, it is all you would expect from a five-star venue, with traditional fare at its very best on offer. We went Belgian for the starters and tried the duo of shrimp and cheese croquettes, and for the main course I went Irish and tried the succulent entrecote, while my dining partner went for duck breast with raspberry beer, onions and fried potatoes which she then followed up with a crème brûlée.

It really is the sort of place you never want to leave...



Café Victor

Another Belgian institution has also recently had a makeover - and what a job they've done! Café Victor - named after the building's art-deco architect Victor Horta - is housed within the BOZAR cultural complex, one of my favourite spots in Brussels. The refurbishment was handled by the internationally acclaimed architectural practice Robbrecht and Daem. This time it was dining partner's turn to test the croquettes, followed up with the Tagliolini with scampi, flavoured with lemon and basil, while I plumped for carpaccio of cooked farm chicken "tonnato" and the cod with roast potatoes (this is a fries-free zone).

The café says that it's "a universe of art, architecture and unassuming gastronomy in the heart of Brussels" and it certainly lives up to its billing. Make sure you book well in advance - it was packed at lunchtime when we went, but the service kept up with the orders very well. And once you've finished your meal pop up and see the fantastic Picasso sculptures exhibition... 

Steiermark: Steep hills, keen wine

This month we head for the hills to find out about the 'Steirische Terroir & Klassikweingüter'

Steep slopes at high elevations, unpredictable weather conditions – at first glance, Steiermark does not seem suited for viticulture. But it's exactly these difficult conditions that are responsible for the distinct character and high recognition value of Steiermark wines. Their great success and the growing international demand are not in the least due to a group of ten wineries that stands for premium Steiermark wines with its quality seal the 'Steirische Terroir & Klassikweingüter' (STK) unite the most diverse winemaker personalities and wines with the common goal to constantly promote the region and craft the best single-vineyard wines.

In a climatically unique winegrowing region, which is located at an elevation of 400-500 metres between the Alps and the Mediterranean Sea, hot days in summer and warm days in autumn give the grapes the ideal ripeness in the STK region. Cool nights, in turn, preserve the vitality of the vines and provide the freshness, aromas and flavours of the wines. The STK wineries want their wines to taste like the mountains from which they originate. There is a good reason that the five different soils of the region produce multifarious taste sensations. The STK seal thus guarantees not only outstanding quality but also origin, since the wines identified by this seal exclusively feature grapes from Steiermark. In addition to the signature grape, Sauvignon Blanc, traditional varieties like Welschriesling, Weißburgunder, Morillon or Gelber Muskateller are cultivated. All grapes



are picked by hand, carefully fermented and aged. STK wines represent long-lived wines from top sites, classified in different categories such as 'Große STK Lage' or 'Erste STK Lage'.

The constant challenge for the vintners of this region is to brave the weather in all its forms including heavy rainfall. The hard work in the vineyards – on steep hills up to 100%, in all weathers – reflects the exceptional relationship here between winegrower and nature.

The Steiermark vintners, however, have learned to consider the influence of climate and terrain as the strong point of their wines and as an additional motivation to promote their progress away from fast-moving trends, with their experienced knowledge, their passion and their diligence.

The STK vintners were born with a bond to wine, and each of them has their own viticultural family history spanning many generations and sometimes even centuries. Their wines present themselves individually, each bearing the trademark of the vintner in the taste of Steiermark terroir. But what unites them all is the respectful dealing with ancient traditions and the joint endeavour to continue to pave the way for future success, stimulated by the constant exchange of knowledge and mutual respect within the STK community.

To find out more about the ten vineyards that make up STK go to the website:

www.stk-wein.at ❶

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Rockin' all over the world

Jake Taylor talks to Francis Rossi as his iconic band pulls the plug on their live gigs



Photo © Credit: Christie Goodwin

**“ YOU SIGN A
CHEQUE IN THE
MORNING,
WHAT’S ROCK ‘N’
ROLL ABOUT
THAT? ”**

It's been nearly 50 years since Status Quo burst onto the UK rock scene, and despite their lifestyle they've shown little sign of slowing down. As they set off on their last ever electric tour, frontman and co-founder Francis Rossi reflects on the band's incredible success.

As one of the founding members of one of Britain's most long-lived and successful rock bands, you could almost forgive Status Quo's Francis Rossi for having a ready-made, cliché-filled answer to why his band are still filling arenas after nearly half a century together. But even Rossi – who clearly has no issue with speaking his mind – is a little bit stumped when it comes to the secrets of the band's longevity.

“Sheer luck? I really don't know,” the 67-year-old guitarist and vocalist admits. “I always thought Status Quo, even in the 60s, was the band least likely to make it and if they did, least likely to maintain it. Now I'm 67, we're still selling out, still doing tours - I don't understand it. I analyze most things, but I try not to analyze that. Or mess with it.”

Lucky or not, the fact remains that as the band with a record-breaking amount of UK chart singles – more than Queen or The Rolling Stones – Status Quo's unique brand of anthemic, guitar-driven rock 'n' roll has captured the attention of legions of devoted fans over the years. As 2016 draws to a close, however, it brings with it *The Last Night of the Electrics* tour – and the retirement of the Quo's



Photo © Credit: Ross Woodhall

energetic electric live show after all these years.

“The better the show, the worse you feel the following morning,” says Rossi. “So I wanted to stop and retire. I'm not sure Rick wanted to at that point, but obviously we were aware that Rick has been in the danger zone for some time, and as he's said, now is the payback for all the wild times.”

Those “wild times” during the Quo's most fruitful years garnered both Rossi and his bandmate Rick Parfitt a reputation for hedonism befitting of the stereotypical ideal of the ‘rock ‘n’ roll lifestyle’.

For Rossi, however, this is nothing more than “the myth of show-business,” and he's all too happy to reveal the truth behind the supposed glitz and glamour.

“It's not as fabulous as it looks from the front, it's supposed to look fabulous from the front,” he says. “We should never have been indulged, but we have been. When they tell

you Zeppelin, or the Who or Quo wrecked a hotel room – what's so clever about that? You sign a cheque in the morning, what's rock ‘n’ roll about that?”

Another myth Rossi is keen to dispel is the stereotype of Status Quo's use of only three chords that has wormed its way into musical folklore. It might be, as Rossi says, “a great line,” but the frontman thinks it's just another

way in which music is being overcomplicated and overanalyzed.

“That whole thing about three chords, there's not much music that isn't three chords,” he says. “You get chord tricks that

happen in decades, and that strange thing with everyone wanting something new. What for? I just want something great.

“I want something that does something to me,” he continues. “Whether or not it sounds like, feels like, it's great. One of the worst things that happens with music is people want to outline their own image and who they are with

**“ I JUST WANT
SOMETHING
GREAT ”**



Photo © Credit Christie Goodwin

the music they like... it's just music. If you want to intellectualize and become elitist about music, but it's still music. I don't care what genre it is, it's a whole bunch of notes that are jiggled around again."

Though much has been made of Rossi's supposed fractious relationship with Parfitt – "our relationship is 'ish', I think," he laughs – the success of the band's latest *Aquostic* albums have shown that the public appetite for the Quo remains large.

Yet when it comes down to it, the biggest surprise for Rossi and his generation of rockers isn't that they're still selling out arena tours, but rather that he's still around to make music in the first place.

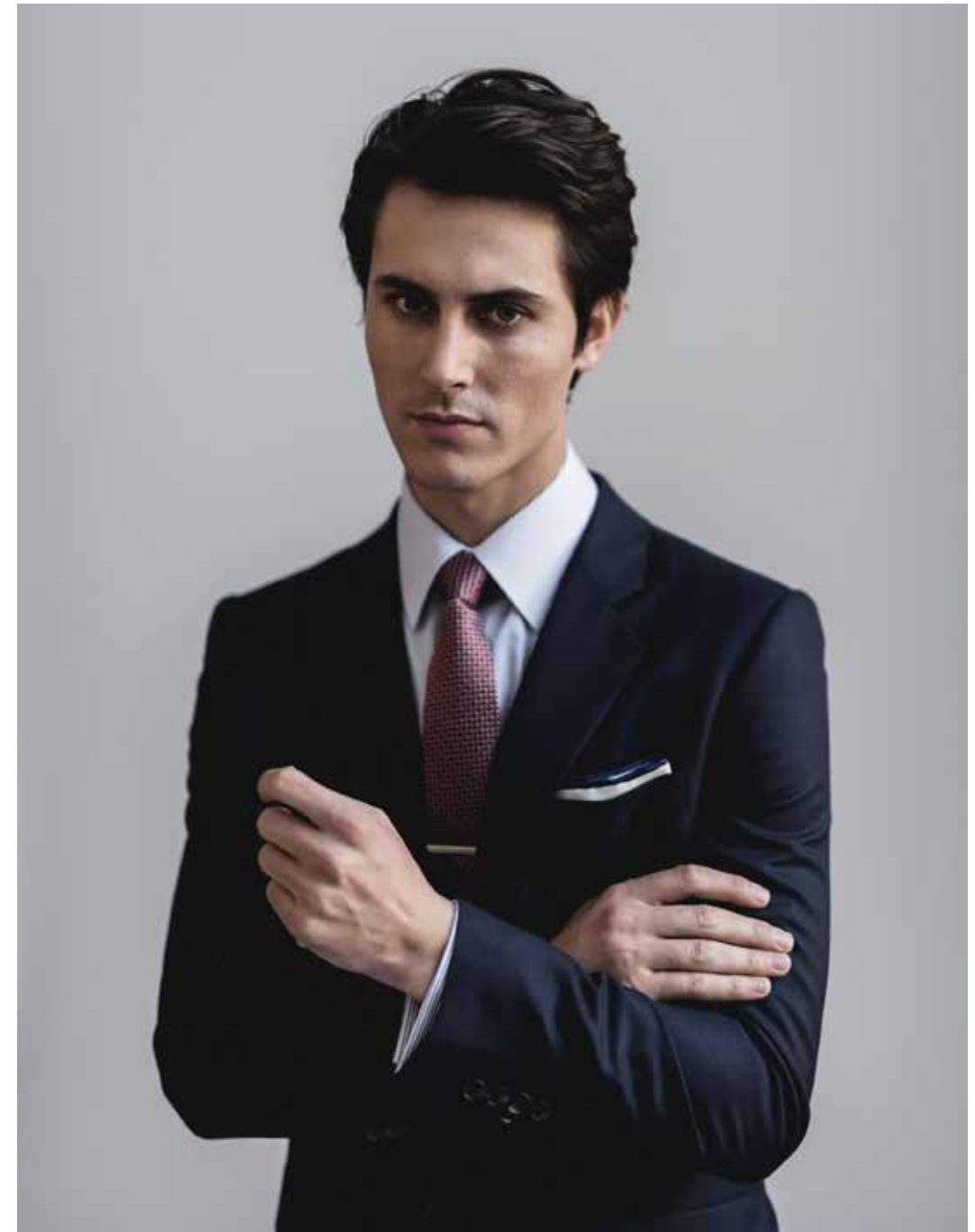
"I saw Phil Collins the other night, I've known him somewhat for some time and like everybody I was quite shocked that he's in that condition," he concludes. "But he's out there saying this is what he does, and I like the way he's named his tour *Not Dead Yet Live*, that's



very good. Most of our generation can't believe it - we're still alive, how did that happen?"

Quo's tour ends on 23 December.

www.statusquo.co.uk



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What's on Belgium



Benjamin Spark

Born in Boulogne-Billancourt, France, Spark lives and works in Brussels. He will exhibit a dozen works of his new series from 2016, which marks a real evolution in his work as an artist. The new canvases reveal forms and lines that are superimposed in monochromatic compositions. The composition borrows both figurative and abstract art.

Until 2 April. The Art Project, Brussels.

www.theartproject.be



Philippe Leblanc

The Hotel Metropole is pleased to present an exhibition of the Belgian artist Philippe Leblanc. *The Lights and Motion* exhibition will run from January 23, 2017 – April 23, 2017. By so doing, the hotel is becoming involved in contemporary art and wishes to use its unique and favoured exhibition area to display and support Belgian artists seeking to promote their creations and share their vision of the world. The Belle Époque atmosphere of the hotel makes this the perfect place to shine the spotlight on contemporary art. **Until 23 April.** Hotel Metropole, Brussels.

www.metropolehotel.com



Chasing The Light: New Danish photography

Danish photographers Jacob Gils, Carsten Ingemann and Lea Jessen are bringing their collective exhibition *Chasing The Light* to Belgium. These are subtle works made in Copenhagen, the city of innovations and trend-setting in the world of art. They bring, in their own way, persuasive art photos where light plays a leading role. Many photographs are included in several collections including those of the royal family of Denmark. **Until April 9.** Artelli Gallery, Antwerp.

www.artelligallery.com



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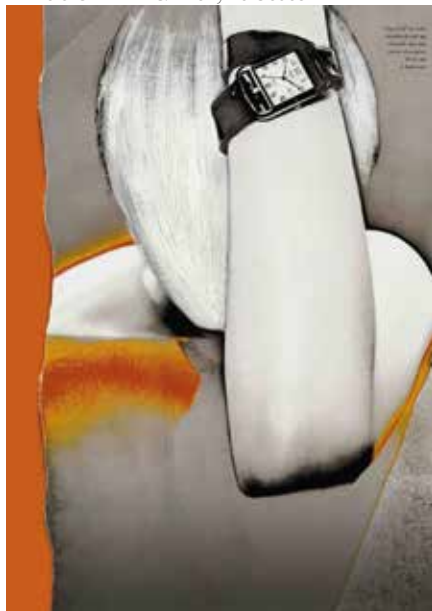
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Fashion Talks

With *Fashion Talks*, Flanders Fashion Institute invites the industry once every two years for an inspiring day full of networking and knowledge sharing. In 2015, participants most liked the talks by Tom Savigar, Patrick Scallon and Tom Barman. For the 2017 edition, we are curious about your speaker wish list. Have you always dreamed of witnessing a particular fashion personality sharing his or her expertise? Share your speaker wish list and make sure to block the 2017 date in your calendar. **23 November.** Flanders Fashion Institute, Antwerp. [www.ffi.be](http://www ffi.be)



Photo © HERMÈS/Thierry Le Goues



Margiela – The Hermès Years

MoMu will be displaying Belgian stylist Martin Margiela's Hermès collections from 1997 to 2003 for the first time. As well as this, the tribute exhibition also explores the relationship during these years between these collections and his own label, Maison Martin Margiela. Groundbreaking deconstruction and timeless luxury are the starting point of the exhibition. His conceptual approach to the presentation, sales and communication of his collections has changed the way we think about fashion and its underlying mechanisms, as well as our opinions on craftsmanship, commerce, authorship and innovation. **31 March – 27 August.** MoMu, Antwerp. www.momu.be

Photo © Royal Museum of Fine Arts Antwerp, photo: Ronald Stoops



Rik Wouters & The Private Utopia

The theme of enchanting homeliness by painter Rik Wouters, as well as the intimate feeling of sanctity between him and his wife Nel, forms the premise of this exhibition. Various Belgian fashion designers give their individual interpretations to these thoughts: some by choosing specific fabrics and techniques, and others through their idiosyncratic position in fashion, in which they do not give praise to the hectic pace of the fashion world. Contemporary artists in this exhibition are BLESS, Atelier E.B., Berlinde De Bruyckere and Ben Sledsens. **Until 26 February.** MoMu, Antwerp. www.momu.be



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Serena Williams says: "Tony Robbin's coaching has made a remarkable difference in my life both on and off the court". Reserve your seats now, limited to the first 100. **11 March 2017**. Thon Hotel Bristol Stephanie, Brussels. www.UPWPreview.com/tgt

Banff Mountain Film Festival

The Banff Mountain Film Festival is an international film competition featuring the world's best footage on mountain subjects. The festival was first organized in 1976 and is held annually on the first weekend in November in Banff, Alberta, Canada. Immediately after the festival in November, a selection of the best films entered in the festival go on tour around the world. The world tour spans the globe, making its way from Austria to Argentina, from Iceland to India. More than 400,000 people attend approximately 1,000 screenings in 46 countries.

For its 8th edition in Belgium and Luxembourg, the tour will present 15 screenings and will visit Antwerp, Ghent, Brussels, Namur, Mons, Liège, Hasselt, Bruges and Luxembourg. The festival opens in Ghent on **7 March**, and will also come to Brussels from **14 to 18 March** for five consecutive screenings. More info on this year's film selection and tour dates can be found on the website. www.banff.be



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What's on

What's on international



Gerhard Richter/ New Paintings

On the occasion of Gerhard Richter's eighty-fifth birthday, the Museum Ludwig presents twenty-six abstract paintings for the first time, all of which were created last year. These new works, most of which were painted on canvases of very different sizes, feature bright colors and detailed, multilayered compositions. The artist used a paintbrush, a palette knife, a squeegee, and a knife to shape these paintings built up in several layers of oil paint. **Until 1 May.** Museum Ludwig, Cologne. www.museum-ludwig.de



Grand Restaurant Festival

'Baroque on the plate' is the motto for the eighth Grand Restaurant Festival that will take place in 80 restaurants across the city of Prague. You can taste specially tailored menus for a set price, inspired by local ingredients and baroque, prepared by the best chefs in the Czech Republic. A part of the programme will also include Yum (Mňam) experiences. **28 February.** Prague. Price: **€10 - €24**, depending on your choice. www.grandrestaurantfestival.cz



Vault Festival

A six-week event showcasing some of London's most exciting new theatre, cabaret and comedy. The action takes place in The Vaults Theatre, a sprawling, crypt-like space underneath Waterloo Station, with a couple of extra shows in nearby Network Theatre and Morley College. **Until 5 March.** The Vaults Theatre, London. Prices: most shows cost **£9 - £12**. www.vaultfestival.com

Cinema

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



The Lego Batman Movie

Come on, you know you want to – Batman (Will Arnett) has his work cut out, learning all about the importance of teamwork and friendship while trying to prevent a hostile takeover of Gotham City by, guess who, The Joker (Zach Galifianakis). Ralph Fiennes is also on board, as Alfred, the butler – seriously, how much more fun do you want? It's an Australian/Danish production, directed by Chris McKay. 104 mins

Trainspotting 2

Wow, here is a film that I seriously did not think would get made – loosely based on Irvine Welsh's own sequel, *Porno*, part-the-second sees Mark 'Rent Boy' Renton (Ewan McGregor) returning to Scotland 20 years after the events of the original film, to make amends with his old 'chums' 'Spud' (Ewan Bremner), 'Sick Boy' (Johnny Lee Miller), all the while strenuously avoiding any contact with 'Begbie' (Robert Carlyle), who has only recently been released from prison. Director Danny Boyle said he wanted to wait this long to make a sequel so the actual ravages of time would have affected the actors – likely there's every chance it will have been worth the wait. TBC

Jackie

Pablo Larraín (*Neruda* (2016)) brings the story of Jacqueline Kennedy (née Bouvier) to the screen, following the assassination of JFK in 1963. Natalie Portman looks to be very well cast in the lead, with Peter Sarsgaard, John Hurt and Richard E. Grant along for the ride, focusing on Theodore H. White's *Life* interview with the widow. 99 mins

The Dark Tower

And I wonder how good this is going to be then? Based on Stephen King's seven-book magnum opus, it is in fact set to be a sequel, following on from the events of King's last book in the series, *The Dark Tower*. Not really sure how happy I am about that (being a huge King fan and having read the series of books since I was around 13), but Nikolaj Arcel (*A Royal Affair* (2012)) is directing and writing, and King is involved in the film's production, so one would hope he hasn't let things get too much out of hand. Idris Elba plays Roland Deschain, the 'gunslinger' on the trail of the dark tower, the nexus of time and space, and Matthew McConaughey is the vicious sorcerer Walter Padick, who is after the tower's power for his own evil purposes. TBC

More reviews on picturenose.com 1

MICHAEL JACKSON IN SYMPHONY



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EUROPEAN PHILHARMONIA
O.L.V. WALTER PROOST

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Honeymoon



LE CHAT by Philippe Geluck

Conditions salon prolongées chez smart !



>> Profitez maintenant des offres salon prolongées chez smart.

Bonne nouvelle ! Les spectaculaires offres salon smart sont prolongées pour un mois !
Commandez la smart de vos rêves avant le 28 février 2017 et bénéficiez d'un upgrade exclusif
sur mesure pour chaque modèle. Pour un confort, un style et un charisme encore plus marqués.


1. Upgrade gratuit de la ligne d'équipement choisie avec le pack PLUS.
2. -50% sur la boîte automatique à partir de la ligne passion.
3. Extension de la garantie constructeur de 2 ans avec une garantie complémentaire de 2 ans (4 ans au total ou jusqu'à 75.000 km)** sur toutes les voitures.

>> Découvrez tous les upgrades et autres offres Salon sur smart.com

*Conditions de l'upgrade pack PLUS gratuit en plus de la ligne d'équipement choisie et de la boîte automatique : Valable sur tous les modèles smart (coupé, cabrio et fourfour) à condition que la commande du client se rapporte à la période du 01-01-2017 au 28-02-2017 inclus. • Les actions d'upgrade sont exclusivement d'application sur les commandes de smart nouvellement configurées ainsi que sur les véhicules de stock de moins de 120 jours au moment de la commande. Des conditions stock spéciales sont d'application sur les stocks de plus de 120 jours au moment de la commande : renseignez-vous auprès de votre smart center. • L'upgrade de la boîte automatique avec 50% de réduction est cumulable avec l'avantage upgrade PLUS sur les lignes passion, prime, proxy. • L'upgrade Xclusive avec 50% de réduction est exclusivement d'application sur les modèles smart BRABUS. • Cumulable avec les formules de financement/renting/private lease de MBFS ainsi qu'avec l'extension de garantie. • Les avantages PLUS et boîte automatique avec 50% de réduction ne s'appliquent pas aux smart Essential edition, ni aux smart nightrunner limited edition.

**Conditions de la garantie de 4 ans : Il s'agit de la garantie constructeur de 2 ans qui s'accompagne d'une extension de garantie complémentaire ADVANCE gratuite de 2 ans au moment de l'achat ; la garantie est de 4 ans ou de 75.000km maximum (selon la première limite atteinte) et à condition que les entretiens soient effectués selon les directives du constructeur. • Valable du 01-01-2017 au 28-02-2017 inclus, à la signature du bon de commande, sur toutes voitures smart nouvellement configurées ainsi que sur les véhicules de stock de moins de 120 jours au moment de la commande. • Uniquement valable en combinaison avec les actions d'upgrade gratuit des packs PLUS ou Xclusive.

smart fortwo: 4,1-4,5 L/100 KM • 93-104 G CO₂/KM • smart forfour: 4,2-4,6 L/100 KM • 97-104 G CO₂/KM
Informations environnementales AR 19/03/2004: www.smart.com - Donnons priorité à la sécurité.



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