

Together

MAY 2017 #78

magazine

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Editor's LETTER

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

ON THE COVER



Priyanka Chopra plays the
bad girl in the new
Baywatch

PARTY ON, GARTH!

The Chinese mark their new year with the veneration of a particular animal - whether real or mythical. Here in Brussels every second year is the Year of The Carpet as the floor of the Grand Place is laid with a giant rug made entirely of fragile flowers. OK, it doesn't happen till the month of August but as the weather promises to start heating up our chilled winter bones, the festivals begin to entertain us indoors and outdoors - and the city wears a sunny disposition.

The sheer volume of events that invade the town is quite staggering - and the other regions and towns of the country keep pace with the capital, matching its output with all manner of mediaeval fetes, family events, water festivals and - especially - live music, performed free and beneath the stars.

We are delighted to be able to highlight some of them in our pages and agenda.be boasts comprehensive listings of everything that moves festival-wise and the individual towns' websites are a good place to get more detailed information.

So. Dig your Jesus sandals out of the cupboard, dust them down and "party on, Garth!"

I think we deserve it, don't you?

Paul Morris
Editor



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AIR MAURITIUS

Perfect wellbeing: 8 tips for a simply happy life

Together magazine's Sarbani Sen looks at eight simple steps to perfect wellbeing. While going through different theories on wellbeing, I bumped into this very simple, yet holistic vision. Created by Roger Walsh back in the 1970s, it has its own very simple, yet productive way of creating a healthy and happy life. After all: "Mens sana in corpore sano."

Luxury: The most expensive pens in the world

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Kate Hudson: In a happy, healthy place

Kate Hudson has always been a woman of irrepressible spirit and energy, much like her famous actress-mother Goldie Hawn. Best known for her breakthrough performance in *Almost Famous* and crowd-pleasing roles in *You, Me and Dupree* and *How to Lose a Guy in Ten Days*, Hudson faded from the limelight, making it her priority to look after the happiness and wellbeing of her children.

Fitness tips: Simple holiday exercise to keep in shape

When we take a break from physical exercise, the theme is always the same: eat well and, above all, do nothing. How can we ensure that guilt doesn't spoil everything and that we get back work in good shape? In general terms, if you want to avoid putting on weight, you need to burn more fat than you consume. ❶



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Starring in Belgium

C.W. Stoneking

C.W. Stoneking fell in love with the blues when he was in his teens. Born in Katherine, in Australia's remote Northern Territory, CW was the son of an American school teacher with a passion for music. He vividly remembers being eleven years old and stumbling across *Living With The Blues*, an early blues compilation, in his father's collection: "When I first heard it I thought it was kinda funny music," he told a Dutch interviewer a few years ago, "because it was so deconstructed and not really adhering to any rules that I'd been told music should fit into."



"And the more I listened to it, I just liked it more and more." Soon his curiosity led him to Son House, Robert Johnson, Skip James and Bukka White, gospel blues, Chicago blues, ragtime, Hokum blues, with each sub-genre revealing more amazing music.

It seemed like there was an endless universe of blues to explore, one that was much more interesting to Stoneking than the mundane world of late '80s pop that was all around him at the time. **4 August.** Moods, Brugge. **Free concert**
www.moodsbrugge.be



Photo © Sherwin Lainez

Nikki Lane & Band

This country-star singer-songwriter already conquered the US with her delicate, but honest songs. She muses about "always the right time to do the wrong thing" and tells of ex-partners and one-night stands. Her latest album is *All or Nothing* produced by Dan Auerbach, the brain behind American blues-rock sensation Black Keys. **26 May.** Ancienne Belgique. Tickets: **€15**
www.abconcerts.be



Madeleine Peyroux

Peyroux's show is billed as 'Secular Hymns & Billie Holiday quality'. She recorded her latest *Secular Hymns* with a modest cast in a church. The recording includes rapture-inducing covers of Tom Waits, Allen Toussaint, Sister Rosetta Tharpe, Eric Clapton, Townes Van Zandt, Patti Smith, among others. **24 May.** Ancienne Belgique. Tickets: **€30**
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What did you
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CHARITY

Notfairbnb: Rent the unrentable

This month we focus on a charity website that is a not so serious rental platform for a very serious cause

TBWA Belgium and Solidarité Grands Froids (Solidarity in the Great Cold), an organization defending the interests of the homeless, has launched a special website to highlight the problem of those without a place to stay for the night. It's called Notfairbnb. At first sight it looks like a typical platform for renting bed and breakfasts. The only difference? No cosy bedrooms here, but real locations on the streets where homeless people have to live, including cynical descriptions of the lodgings. By 'booking' one of the locations, you donate money to Solidarité Grands Froids.

On the website of Notfairbnb, people are confronted with the homeless issue in a surprising way. Under the slogan "Live where nobody wants to live", the platform includes ads such as a "fantastic industrial loft with views of the canal" or "pink mattress in the city centre".

Cynthia Simpson from Solidarité Grands Froids explains: "The problem is clear. We need more resources to help the homeless. But we try to stay positive. With the warmth of the people we can help the less fortunate through the cold winter. That's why we launched Notfairbnb."

"At least maybe for one time a year you can skip a night at a luxury location and help those who don't have a house."



There are more than 50,000 people without a fixed address in Belgium, who have to face some harsh winter months, and the number is rising. The real size of the problem only becomes clear when it gets really cold. Solidarité Grands Froids has their hands full during the winter season. Cynthia added: "Together with partner organizations like Samusocial we collect clothes, blankets, even Christmas gifts and hand it out to the homeless people in Brussels. Besides temporary help, we also want to offer structural support and guide them away from living on the street to living a normal life."

You can book a Notfairbnb starting from €5 on www.Notfairbnb.be, and find more information about Solidarité Grands Froids on

www.solidaritegrandfroid.be 1

The slim life: An end to dieting

Aspria's experts get together to prove that dieting is not the be-all and end-all



What if we told you it was possible to stay slim for life, without ever having to go on another diet again? Sounds too good to be true? It isn't, as we are about to explain.

It's a scenario with which many of us will be all too familiar: go on a diet, lose weight, stop dieting, put the weight back on, go on another diet... And so it goes on. But it is possible to stay slim for life. No more dieting. No more weight loss fads. Just a few simple lifestyle changes that will help you keep the weight off for good.

Rebecca Bassoff - Head of food & beverage

Make your fat burn fat

You have two types of fat in your body – white and brown – and brown fat burns calories. Regular exercise is one of the best ways to kickstart your brown fat; it can even turn white fat into brown fat.

Essential fatty acids

Omega 3, omega 6 and 9 fatty acids are essential for a healthy diet and body. They increase our metabolic rate and energy levels, helping us burn more calories.

Chew your food

Our brain takes up to 20 minutes to realize the stomach is full. Take time when you eat, so you stop when you're full rather than realizing too late that you're full up.

Forget diet foods

Foods with low-fat or low-calorie labels might sound good in theory, but they're often heavily processed and high in carbs. These then convert to sugar in your body, which can contribute to weight gain.

Don't count calories

If you focus exclusively on counting calories, you might reject foods like fatty fish, avocado, oils like olive and coconut, nuts and dark chocolate, deeming them too high in calories. But there's a huge difference between the way your body uses 1,000 calories from junk food and the way it uses 1,000 calories from whole food. In fact, choosing real, nutritious foods such as these – as part of balanced meals – can help you control your hunger and your weight.

Steve Harrison - Head of wellbeing

Strike a balance

If your body isn't in peak condition, it essentially means it's out of balance. So why do we try and address this issue with drastic 'fast fix' diets? Most of these diets focus on restricting intake of calories, saturated fat, solid foods, even food altogether if you do a fast. The problem is this approach ultimately undernourishes the systems in our body, leading to even more of an imbalance than was there before.

Diets based on restriction or elimination of certain elements from your diet will cause your body to struggle to perform in any areas where these chemicals and nutrients are required to allow optimal body functioning.

Avoid empty calories

While most foods have some good to offer, for

most people it's best to totally avoid simple sugars, highly processed foods and artificially modified foods. These spike your insulin levels – driving sugars and fats into your body's fat storage cells and keeping them there – while providing little else in the way of added nutrients.

Focus on super foods

Coconut flesh, avocado, oily fish, raw nuts and non-toasted seeds, fresh cold cheeses, fresh game and poultry, and both red and dark meats are all great for the conscious healthy eater. These are 'super foods', both in terms of nutrient value (vitamin and mineral content, probiotic bacteria count and controlled sugar levels), and the way they satisfy your appetite, keeping the cravings at bay.

Treats in small doses

If you really want chocolate, then let yourself have a small amount. It's better to have a little of the less healthy stuff among a majority of good – keeping your motivation, positivity and overall food cravings in harmony – than to avoid foods to the point that cravings take over and your diet falls apart.

Give and take

Exercise boosts our body's ability to use the energy from food, while also limiting its ability to store whatever it doesn't use. Failing to exercise regularly will slow your body's metabolism, meaning you put on weight more easily. Remember, though, that exercise requires fuel: doing more exercise and eating less isn't the best approach. As you ask your body to perform more, reward it with wholesome nutrition of both good quantity and high quality.

Mathilde Hanuise - Nutritionist, Aspria Royal La Rasante

Avoid 'snack attacks'

Choose a breakfast rich in proteins and with a low glycaemic index (oat flakes, quinoa,

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sourdough rye bread, eggs, cheese, natural yoghurt, white cheese, walnuts, almonds) to avoid sugar cravings later in the day. And if you do need a snack at some point, avoid nibbling and give yourself real snacks. If they are well thought out, you can satisfy your hunger without breaking your healthy routine.

Be active all day

Ditch the car and cycle, walk or rollerblade to work, and take stairs rather than the escalator. You'll burn calories, keep fit, de-stress – and avoid traffic jams too.

Make each meal satisfying

Make sure you do this visually as well as in flavour. Fill your meals with colour by choosing seasonal fruits and vegetables, and steam your vegetables so you preserve the flavours, as well as the vitamins and minerals – and, of course, so you don't have to add fat. If your meals are more memorable, your brain won't demand food again so quickly.

Eat good fats

Choose the right fats by eating two servings of oily fish each week (salmon, tuna, sardines) and by varying the oils you use in salads and cooking (linseed, rapeseed, olive, walnut, hazelnut).

**Laura Moho - Personal trainer, Aspria
Hamburg Uhlenhorst**

Start the day well

Our body consumes energy while we sleep, and a good breakfast helps us recharge. Choose natural products: oatmeal, flaxseed, wholemeal, eggs, cheese, natural yoghurt, cottage cheese, hard cheese, legumes, nuts, tomatoes, cucumbers, fruit and vegetable juice, olive oil. Also, try to exercise in the morning to activate your metabolism for the whole day.

Drink plenty of water

If you're dehydrated, your brain sends misleading hunger signals and makes you think you want to eat, when in fact all your body needs is water. In addition, if you drink water before a meal, research shows you'll

actually eat fewer calories because it takes the edge off your hunger.

Avoid processed foods

Prepare your own meals so you know exactly what they contain; processed foods are often full of fats and sugars. The other benefit of preparing our own meals is that, when looking at the food, our eye sends signals to brain to produce saliva, activating the intestine so it's ready for the food intake.

Divide and conquer

The real 'good-figure killers' are the small snacks between meals. If you really need a snack, try something like curd cheese with fruit – but far better to divide everything you'd normally eat during the course of the day into fewer, smaller meals.

Take your time

Try and eat without stress or time pressure, as this will give your body – and your mind – greater satisfaction from each meal.

**Stefano Marini - Fitness supervisor,
Aspria Harbour Club Milan**

Don't train on an empty stomach

Do at least 30 minutes a day of physical activity, but never arrive hungry to a gym session. You need to put calories into your body to act as fuel for the workout.

Get enough sleep

Sleep at least 7–8 hours a day, to help the proper functioning of the metabolism. Lack of sleep may disrupt the appetite-regulating hormones leptin and ghrelin, which can in turn increase your hunger and cravings for unhealthy food, leading to higher calorie intake.

Choose whole foods

Eat raw or boiled vegetables and fruit as part of every meal – even snacks. Favour foods rich in high-value proteins and vitamins, such as salmon. And significantly cut your intake of refined carbohydrates such as bread, rice, potatoes and pasta. ❶

Strategies for performance

Our nutrition expert **Sophie Bruno** offers tips on investing in your body



The season for sportive events is getting underway, with the Brussels 20km quickly approaching.

Regardless of what your motivation is to participate in the run, whether it is a personal goal, charitable affiliation, weight loss endeavour or passion, it implies that you are putting your health first. Moreover, this undertaking also presents the perfect opportunity to ramp up efforts to invest in your body, to tone up, enhance energy levels and to work on looking and feeling good ahead of the summer.

Preparing for a sporting event will place greater demands on your body. However, to ensure peak performance on the day, this extends

further than simply focusing on the physical part of the spectrum. Nutrition is paramount as it can help to achieve a quicker time, optimize energy levels and bring about musculoskeletal benefits that can optimize performance.

Nutrition for training

Carbohydrates provide your muscles with fuel. Although you burn a mixture of fat and carbs, carbs are your muscles' preferred fuel source and are essential for high intensity exercise; the failure to consume sufficient quantities will result in depleted glycogen stores, which in turn will precipitate muscle loss, reduced endurance, fatigue and poor performance.

If you are training to gain muscle and to

improve athletic performance it is advisable to have carbohydrates before your workout. If you are looking to lose weight and fat loss is your objective, exercising on an empty stomach, such as first thing in the morning, may encourage your body to burn slightly more fat. Some research indicates that those who exercise on an empty stomach may burn up to 20% more fat compared to those who had breakfast.

Some schools of thought endorse carbohydrate-poor training diets followed by

so extra carbs may help to improve the quality of your run.

Dietary oversights during training

Although muscles are your body's metabolic powerhouse, and muscle accrual has the secondary effect of accelerating metabolic rate, many people have the tendency to reward themselves rather generously after having worked out. This essentially cancels out the positive effects of the exercise. A few spinning classes are not an excuse to gorge on indulgent foods.



carbohydrate loading prior to the competition ('train low, compete high'). The theory is that training with low muscle glycogen stores will bring about metabolic adaptations in the muscles, promote the muscles to burn fat over carbohydrates and optimize fat-burning enzymes. However, low carbohydrate diets have not consistently been shown to enhance performance, as the V02 max (maximal aerobic capacity, such as aerobic fitness), an indicator of performance, tends to be depleted in fasting regimes but not in carbohydrate diets.

If you are running for longer than 60–90 minutes you may run out of glycogen stores,

Moreover, many make the mistake of over-prioritizing protein when embarking on a fitness regime. The body only has the capacity to make use of a small quantity of the protein, while surplus protein will place unnecessary strain on your organs as it is processed.

It is recommended to eat 0.25g protein/kg body weight per day, or 15–25g/meal, which is equivalent to one chicken breast, 500ml milk or four tablespoons of beans.

Hydration

Hydration is as important as fuelling. It enables optimal performance. If you are dehydrated,



this causes cardiovascular stress and fatigue. Drink 350–500ml of fluid 2-3hours before the run. During the run, drink 400–800ml fluid per hour. Drink little and often, but not excessively.

Refuelling

For speedy recovery, remember the 3 Rs: Rehydrate, Refuel and Rebuild. Refuelling is faster than normal during the first two hours so make use of this window. Timing is key, so include protein in all meals and snacks to distribute protein consumption throughout the day.

Last days leading up to the event

As your glycogen reserves do not have infinite capacity, and can fuel up to 1½-2 hours exercise, you will benefit from carbohydrate loading. This is a process of maximizing your glycogen stores in preparation for an endurance event and may improve endurance by 2-3%. During the final two days increase your intake of carbohydrates to 7-10 g/kg body weight per day. Carbohydrate loading must not be confused with eating as much as you can.

The day before

Continue to eat normally and avoid anything new. Drink plenty of water and eat several small high-carb meals to optimize glycogen storage. To avoid performance repercussions avoid high fibre, hard to digest and gas-

forming foods, such as beans, pulses, sprouts and spicy foods. Avoid eating overly late in the evening and do not overeat.

Before you set off

Aim to have breakfast 2–3 hours before the run. Include foods rich in carbs and protein. Porridge is the perfect pre-run breakfast and extra milk, fruit and nuts will deliver sustained energy. Two or three eggs with toast or a generous bowl of granola with milk, yogurt and fruit are also excellent options. About 30–45 minutes before the start, sip 125–250ml of water, squash or a sports drink. If you can, consume an extra 25g carbs, such as a banana, gel or a small nut bar.

Fueling during the race

Start fuelling after about 30–60 min and then plan to have 2–3 micro feeds (15–30g carb) every 20–30 min. The key is to eat little and often. Optimal snacks include isotonic sports drinks of 250 ml, a banana, 20g raisins, 20g apricots, 30ml energy gels, oat energy bars or homemade granola bars.

Some athletes use caffeine to deliver a boost towards the end of a race. Beet juice is packed with dietary nitrates, which foster blood vessel dilation and increase blood flow to muscles during exercise. Studies have shown that drinking beet juice prior to running may enhance performance. ①

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Time: Finite or infinite?

According to **Gemma Rose** the great leveller is not just a container to fill up, but a present to enjoy

It's quite ironic that I'm finding the time to write about the concept of time when I really have very little time to do it in. That is the beauty of time: it can stretch to accommodate you or tighten to spite you; the hours can race by yet the minutes can drag on. My favourite feeling of time is during the first few days of a holiday. Time seems to expand beyond measure, allowing me to savour every moment. Alas! After two days, time seems to quicken and the days melt into one. Soon enough, I'm home, wondering if I had ever been away.

I want to believe that I have more time than I actually have: that I can comfortably work 40 hours a week while pursuing my writing career on the side; as well as be a loving partner, sociable friend, caring daughter and sister. It should be possible according to an American time management guru, Laura Vanderkam: if you work 40 hours a week and sleep eight hours a day, you then have 168 hours left in the week to fit in what she calls "the good stuff".

Here are a couple of her tips:

First, keep track of how you use your time. By logging time use, you can identify where you are wasting time and cull the activity (e.g. Facebook stalking).

Secondly, reward yourself with fun for saving time on the not-so-fun stuff.



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Thirdly, organize a launching pad: a place in your home where you can easily take your bags/coats/items for the day and run out the door.

Vanderkam purposely focuses on 168 free hours of the week, and not a number of free hours per day. This allows you to remain flexible with your free time if other things get in the way, like working late one evening.

I remain sceptical of this advice, partly due to the biggest culprit in the picture: the 40-hour working week. Actually, the working week becomes much more than 40 hours once you factor in commuting, skipping lunch break, and staying late. Irrespective of whether the job is enjoyable or not, it's probably also draining; so by the time you come home, you probably want to veg out in front of the telly. And don't get me started on the time spent on the chores, childcare and family discord that inevitably arise out of the working week. A while back, I read an interview with a reputable German divorce lawyer, who, as a result of her work, was convinced that the 40-hour working week was partly responsible for the breakup of marriages.

Moreover, time-saving techniques like Vanderkam's perpetuate the myth that we can both have it all and be it all, if only we managed our time properly. We save time just so that we can fill it with more stuff, then berate ourselves for running out of it.

To master our time, it would serve us better to refer to the wisdom of those who study the perception of time. In the *New Yorker* article *The Secret Life of Time*, Alan Burdick tries to get to the bottom of what time is. Is it finite or infinite? How is it measured? Why do the hours sometimes fly by and at other times drag on? He turns to the first known person dedicated to the study of time, St Augustine of Hippo. Augustine believed that 'time is a property of the mind', that we measure time by our

thoughts, impressions and experiences. For William James, a 19th century American psychologist, the perception of time's passage was through change, instant by instant. Time could only be defined if there was something to define it with: a moment, a thought or an action. Nowadays, research by the NYU neuroscientist Lila Davachi has discovered that time expands through memory: the more we experience and the more varied our experiences are, the longer their duration seems to last in our memory. Variety expands the mind, while monotony shrinks it.

The nature and perception of time remains mysterious. The common thread through the literature on time is the focus on the present.

“ HOURS CAN RACE BY YET THE MINUTES CAN DRAG ON ”

There is just one tense according to Augustine: “the present of past things, the present of present things and the present of future things”. By trying to understand time and thus realizing that it is miraculous and wonderful, I become more immune to Vanderkam's time management advice. I could

have all the hours in the world left over to fill with 'the good stuff', but if I don't appreciate the gift of time itself – the present – then what's the point of having any of it? ●



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Life in the slow lane

Sarbani Sen asks: When the whole world is getting hyper, why don't we slow down and take it step by step?



“Stop the world I want to get off” is a feeling we all have sometimes says the Slow Movement website. The Slow Movement aims to address the issue of ‘time poverty’ through making connections. Think about the following trends: Buddhism is now the fastest growing religion in the world along with yoga practice and mindfulness, people are turning to organic food, schools are in turmoil and stress is leading to unprecedented health problems in the work sphere.

Back to the rhythm of (our) nature

Ever looked at a plant unfolding its leaves in fast motion? It takes ages. One minute of our human eye is a month in plant-time. So what

the hell happened with us humans? It seems that we have speeded up everything in our lives, as if we have decided to do everything, or at least the most possible in one lifetime. The clock is ticking and there we are trying to make the most out of it. We are busy setting the highest goals, aiming for amazing, thrilling lives and of course (most importantly) showing it to all our fellow humans on our social devices. Look at the amazing life I have created! Look at me doing this and doing that, look I am here, I am there, I bought this or bought that.

Kids (and parents) can hardly go to bed at night because they are on hyper mode, a state

of being stimulated by their devices, their parents, their peers, the market, new technologies, the fashion industry or other such consumption projects. Some families even have to put their WiFis on an automatic switch-off timer to avoid spending the rest of their nights buying stuff or reading stuff or communicating with the world out there.

Slow food

It all started with the Slow Food Community back in 1986, when the fast food industry was hitting on our plates and less and less human dignity and philosophy could be found in the food industry. “Slow Food strives to preserve traditional and regional cuisine and encourages farming of plants, seeds and livestock characteristic of the local ecosystem. It was the first established part of the broader slow movement. Its goals of sustainable foods and promotion of local small businesses are paralleled by a political agenda directed against globalization of agricultural products.” The idea to bring the chefs back to their backyards and conceive their menus according to local and seasonal food has now been integrated by many Michelin Chefs too. Organic has become the norm.

www.airdutemps.be
www.tanclub.org
www.soulresto.com

Check out Biovrac on FB for shopping groceries according to season and the most local possible.

Slow in schools

Back in the 90s, when I was finishing my Sociology of Education degree in ULB, it was already very clear that kids in schools were experiencing some kind of depression because of the stress they were going through and the lack of assistance (and tools) their teachers had back then. I had already proposed in my thesis to introduce meditation as well as yoga and sophrology - a structured method created to produce optimal health and wellbeing - in schools to reduce the stress and the depression. This was totally from Mars in those days. Nowadays, mindfulness is fancy and new enlightened teachers are surfacing

and proposing their own tools to their little students.

Slow fashion

Even the fashion world is going through a paradigm shift. What a fuss about creating and buying new collections each season! Not so long ago, humans had the one set of clothes they made themselves and used to create new ones when the first ones were torn. The Amish still live like this: no mirrors, no clothes other than the ones you are wearing, no cars, no transportation, etc. Now vintage is the new “environmentally sustainable chic”. It’s an ideal solution according to Atelier Kingsley based in the UK. Quality not quantity is the new chic. Why not adopt it as a lifestyle? Buy new clothes every now and then, but pick your pieces from fancy vintage shops. There are plenty online too.

www.atelierkingsley.com for high-end second hand pieces

ETSY is a worldwide shop for promoting artisans in the art of clothing too. www.etsy.com

Slow sex

Slow sex can be linked to the *tantra* philosophy. In *tantra* a great big deal is given to breathing, connecting to all the elements (*tattvas*) and adjusting each other's energies before even going for copulation. People want to try a new version of togetherness: through breathing and chakra opening, we can reach higher levels of consciousness. It will take more time of course than the usual short satisfactory ‘quickie’. But if we are in slow mood, we have all the time of the world. Go through all the *tattvas* and immerse yourself in one-beingness with the universe, with the elements, with the earth. According to sex coach Jordan Gray there are multiple benefits to slow sex: more orgasms (higher total number of orgasms), more powerful orgasms (for both), more connection, fewer and easier fights outside of the bedroom, less stress in daily life, And more sex (in total time and in total number of weekly sessions).
www.jordangrayconsulting.com



Want to go slow?

Start with a small exercise. Sit comfortably, with your spine stretched, and the two hands softly set on your thighs. You may close your eyes to disconnect with outside. Start breathing slowly and very deeply. Each inhale, visualize new energy (*prana*) coming into your body cells, feeding your entire body from lungs to head to hands to feet with fresh oxygen. Each exhale, visualize the 'old energies' leaving your body, and gently thank them for where they have brought you today. It's like dusting your house, in every corner of every room. Focus on your breath for a couple of minutes, each time deeper and slower. Now feel the contact of your hands on your legs, the warmth of your hand, the care and the love flowing through your hands into your legs.

Feel it spread into your abdomen, into your

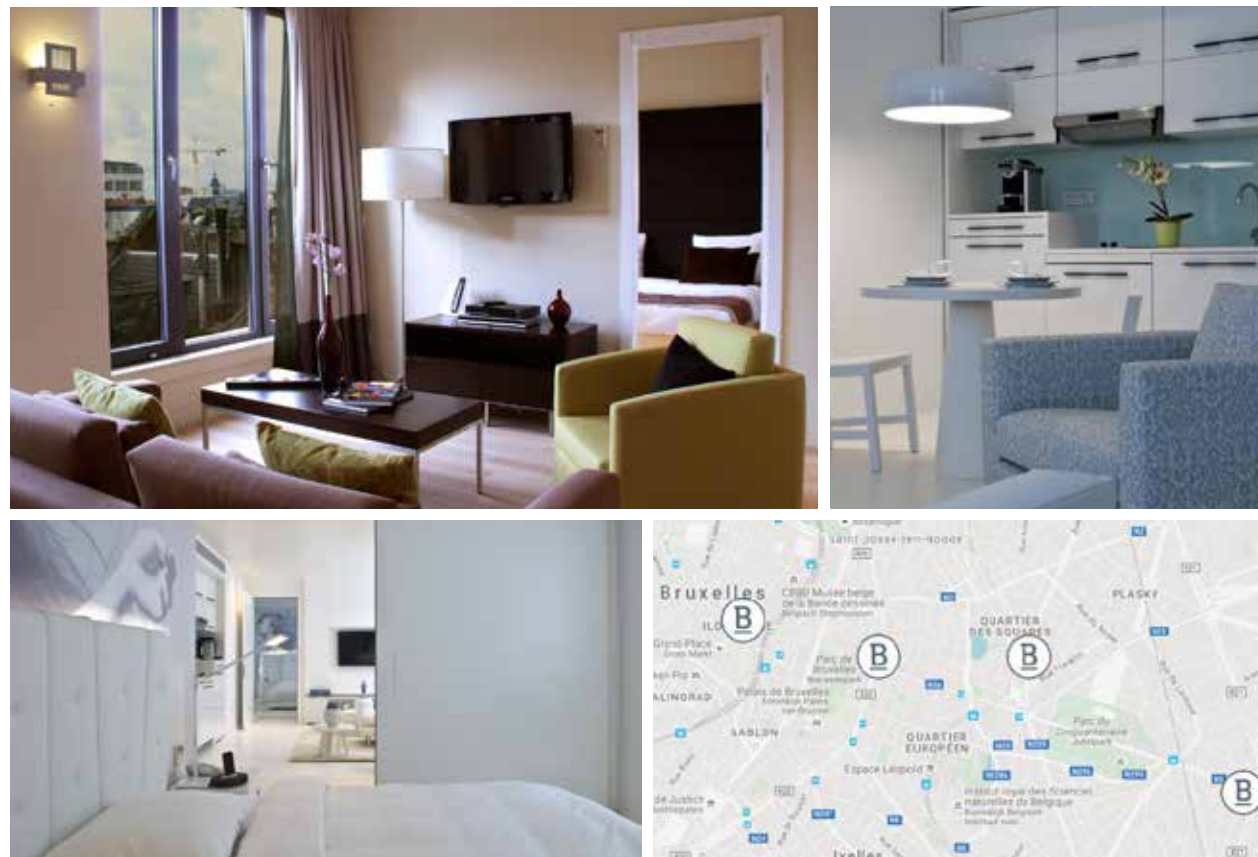
heart and upwards. Now feel the contact of your back against the chair, of your bum, the weight of your body, of your feet on the ground, the pain in your spine, readjust, sit straighter and breathe in deeply. Feel freshness circulating through your nostrils, in your body as you start to relax and breathe even more profoundly. If you have more time, there are more exercises to explore. This can be done in a park or you can even do it sitting in your car. Now see how you feel. Observe your thoughts. Stay in that beautiful presence and remember that you can always come back to this state at any moment when needed through breathing. Aromatherapy can also be used to get you back into that state and essential oils can help you breathe deeper.

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Housewives, bonobos and the inexplicable act of caring

Natalie Morris looks at the tricky question of empathy



Lately, I have been thinking a lot about the question of empathy, and its relation to self-help. With the topic in mind, I came across the thoughtful and surprisingly entertaining book *The Bonobo and the Atheist*, by author and primatologist Frans De Waal. Roughly speaking, it is an essay on the discovery of empathy in primates and how, over the years, it has conflicted with our Christian/Western notions of morality and what it means to be good. For instance, experiments and observations by primate experts that tended to point towards a concern

for others were long rejected by most scientists and the public at large, on the basis that for an act to be considered good, it had to come at the expense of the individual carrying it out. In other words, if it benefits us in any way, or even doesn't affect us at all, it cannot be called empathy.

Moreover, the general opinion on what it means to be good tends to favour morality as a late development in human evolution, and empathy as an inexplicable human particularity that goes against the grain of our animalistic

fight for survival. According to De Waal, this scientific view of altruism has a lot to do with Christian dogma, with its still prevailing notions of the uniqueness of humankind as well as self-sacrifice and the importance of fighting our natural instincts. From his primatologist's perspective, it is time we stop seeing 'goodness' in humans as being foremost the result of endless thinking about right and wrong, and start understanding it as something that emerges from the ground up. Empathy is in a female bonobo's affection towards her young, in the way in which male chimpanzees will lick each other's wounds after a fight or help an elderly matriarch reach a water source – it's in the fact that seeing someone yawn will inevitably lead me and the monkeys alike to do the same (a phenomenon that is more prevalent if the other person is 'a familiar face').

As a species that looks after its young and lives in tight communities, putting ourselves in others' shoes simply comes naturally to us.

The topic sprang up again when a friend of mine attended a self-help seminar which basically offered advice on how to 'love yourself' – namely, by saying "I love you" in the mirror ever so often; carving out the time to take care of oneself; learning to prioritize one's own needs, instead of always thinking about the needs of others... Et cetera, et cetera. She came out of it in a rather cynical mood - the sentence which best summed up her thoughts on the matter was: "If we thought more about other people, we wouldn't have as much time to feel bad about ourselves."

She was exaggerating of course, for provocative and humorous purposes. To fully believe her own assessment would not only have made her harsh, but simplistic in her thinking. Caring for others and caring for oneself are intertwined in crucial and complex ways. All one has to do is look around at the people who strike us as uncaring, selfish and

generally mean. Scratch, nay, flick the surface, and we most often find fear and self-doubt beneath the seemingly hardened exterior.

Moreover, it is no coincidence that the seminar's attendees were exclusively women – or in my friend's own diplomatic words: "It was packed with housewives." To say that if we thought more about other people, we wouldn't have as much time to feel bad about ourselves doesn't account for the specific relationship women have historically held with empathy. The so-called "housewives" in question were without a doubt no strangers to selflessness, or at least the expectation of selflessness. In a society where we still expect far more from mothers in this regard than we do of their parental counterparts, it is safe to say that women often view the act of caring for

everyone else's needs as a perennial obligation and a burden. Therefore the apparent need of some to reaffirm that they care about themselves is a specifically feminine – and feminist – issue, and not simply another demonstration of Western society's obsession with the individual (the 'me, me, me' factor if you will), as my friend seemed to be suggesting.

That being said, and with my primatologist's words in mind, I wondered whether she had nonetheless touched on something true and important. By presenting self-care as a form of release from always caring about others, was this mainstream self-help seminar part of the problem, by propagating the notion that our selfish needs generally conflict with the act of caring for other people?

I don't want to sound like a typical Politics student and bring everything back to Marx, but this way of thinking sure helps justify capitalism. We live in a society which, in order to function, needs to believe that as humans our primary drive is to succeed as individuals. It can be said that our whole economy

**“ EMPATHY IS IN A
FEMALE
BONOBO'S
AFFECTION
TOWARDS HER
YOUNG ”**



operates on the basis that we are individuals first, communities second. Caught in this frame of thinking, any social progress is inevitably an uphill battle.

As for the women learning to 'love themselves', despite the unfair burden of selflessness drilled into them since childhood, maybe they are indeed looking at the problem the wrong way. Specifically, if having a family feels like a burden and fails to bring a sense of self-worth, it means something is very wrong in the first place, and that the problem surely can't be solved through a positive attitude. Put simply, we shouldn't have to fight to conciliate personal worth and achievement, with the needs of those who depend on us.

**“ CARING FOR
OTHERS AND
CARING FOR
ONESELF ARE
INTERTWINED ”**

Therefore, it seems natural to come to the conclusion that the best way we can truly help ourselves is to push for a society built around our need to do for others; where there is time and space for men and women to pursue their goals *and* to tend to their families and live in a community... generally speaking, to *care*. ●

A promotional poster for 'Expo Dino World'. It features a large, detailed T-Rex in the foreground with its mouth open, showing sharp teeth. A smaller T-Rex is visible in the background. The text 'EXPO DINO WORLD' is prominently displayed in a large, bold, white font. Below it, the dates 'FROM 20/05' and the location 'PALAIS 2 - BRUSSELS EXPO' are written in a bold, white font. Three circular callouts provide additional information: '60+ ANIMATED DINOS', 'INTERACTIVE KIDS ZONE', and 'THE BIGGEST DINO EXPO ON THE PLANET!'. At the bottom, there is a row of logos for various sponsors and partners, including 'PRESENTS', 'HET LAATSTE NIEUWS', 'VULF', 'NOSTALGIE', 'Dag', 'DH Les Sports', 'RTL TV', 'RTL', 'CINE', 'muséum', and 'DINO WORLD'.

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Self-help books: Six of the best

This month we offer six books that are surely on the shelves of every budding and successful entrepreneur



The Alchemist by Paulo Coelho

The Alchemist by Paulo Coelho continues to change the lives of its readers forever. With more than two million copies sold around the world, *The Alchemist* has established itself as a modern classic, universally admired. Paulo Coelho's masterpiece tells the magical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure as extravagant as any ever found. The story of the treasures Santiago finds along the way teaches us, as only a few stories can, about the essential wisdom of listening to our hearts, learning to read the omens strewn along life's path, and, above all, following our dreams.



The Road Less Traveled by M Scott Peck

The Washington Post said this classic bestseller was "not just a book but a spontaneous act of generosity." Perhaps no book in this generation has had a more profound impact on our intellectual and spiritual lives, sales of more than seven million copies in the United States and Canada, and translations into more than twenty-three languages and ten years on the *New York Times* bestseller list. *The Road Less Traveled* helps us explore the very nature of loving relationships and leads us toward a new serenity and fullness of life. With a first line that reads "Life is difficult" it's clear that the journey to spiritual growth is a long one. Dr. Peck guides us gently through the hard and often painful process of change toward a higher level of self-understanding.



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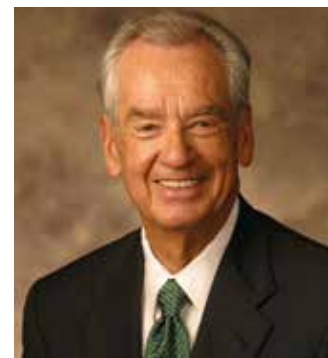
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The Four Agreements: A Practical Guide to Personal Freedom

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See You at the Top by Zig Ziglar

This classic motivational and self-improvement book that has sold more than 1.6 million copies in hardcover. For more than three decades, Zig Ziglar, one of the great motivators of our age, has travelled the world, encouraging, uplifting, and inspiring audiences. His groundbreaking best-seller, *See You at the Top*, remains an authentic American classic. This revised and updated edition stresses the importance of honesty, loyalty, faith, integrity, and strong personal character.



The Celestine Prophecy: An Adventure by James Redfield

In the rain forests of Peru, an ancient manuscript has been discovered. Within its pages are nine key insights into life itself. As one insight follows another, we move toward a completely spiritual culture on Earth. Drawing on ancient wisdom, it tells you how to make connections among the events happening in your life right now and lets you see what is going to happen to you in the years to come. It is a guidebook that has the power to crystallize your perceptions of why you are where you are in life and to direct your steps with a new energy and optimism.



The Seven Spiritual Laws of Success by Deepak Chopra

Deepak Chopra is an American author, public speaker, alternative medicine advocate and a prominent figure in the New Age movement. Through his books and videos, he has become one of the best-known and wealthiest figures in alternative medicine. This remarkable book is subtitled 'A Practical Guide to the Fulfillment of Your Dreams'. The creation of wealth has always been regarded as a process that requires hard work and luck--often at the expense of others. In this remarkable book, the author of *Quantum Healing* and other bestsellers reveals how to align with the subtle yet powerful, unseen forces that affect the flow of money in our lives. ❶

What's yours is mine

Our tech guy **Colin Moors** looks at the concept of property



Over Easter, you may have treated yourself to a new console game to while away the hours, a new book for your Kindle for those long hours soaking up the rays or the soundtrack to *La La Land* on iTunes to listen to as you relax by the pool. Whatever it was, I'm sure you enjoyed it. Now ask yourself the question: Do I own it? The answer is almost certainly a resounding 'no'. Semantically speaking, you never own a book, you merely own a copy of the author's words in a handy format. This book is yours to keep, to sell or, if you're anything like me, to leave on a plane for someone else to enjoy.

OK, so you're happy with the concept of

property as far as books go. How happy would you be if, say Amazon came to your house while you were at work and took the books it sold you back for unspecific reasons? It sounds ludicrous but in principle, Amazon have already done just that. Back in 2009, the company had something of a legal issue with some works by George Orwell that had been placed for sale by a third party, whom they later found had no rights to reproduce Orwell's material. The measured response would have been to inform customers by email, refund them and then delete the books. Amazon decided to ignore the first two steps and just delete the books from the Kindle devices remotely. Ironically, one of these titles was

1984, leading to all kinds of jokes about Big Brother watching your Kindle. The fallout was pretty bad and Amazon chief Jeff Bezos went on record as saying the move was "stupid" and "thoughtless". It would be unfair to fail to mention that the people affected were refunded, albeit after the event.

Public relations nightmare aside, it does raise the important question of ownership. When you 'buy' a book, song or game from an online retailer that has its own Digital Rights Management (DRM) platform, you are really only ever purchasing the digital right to enjoy that product for an indeterminate length of time the publisher or distributor deems appropriate. DRM has advantages for all parties - a secure and piracy-proof platform for selling a product for the retailer and a secure, always-on storage facility for your media if you're a client.

If you buy a PlayStation 3 (PS3), you'll naturally want to buy some games for it. At time of writing, it's still possible to buy games that you simply slide into the optical disc slot, like we used to have in caveman times. The majority of people, however, will prefer to buy their content digitally via Sony's DRM platform and have the game delivered directly over broadband to their hard disk. What are the advantages of doing it this way? For one, games on a hard disk load faster, providing a better gaming experience and having all your games in one box with no discs to scratch or lose has both aesthetic and practical advantages. If your console gets stolen or burned or something equally bad, no problem. Get a new one with the insurance money, log in to the PlayStation network and your games are all there waiting for you. No mess, no fuss.

All good, right? Well, perhaps, it depends how you look at it. I personally still have old consoles with old games that I can still play, as long as I can find a converter from the old aerial socket to HDMI. Sony are reportedly stopping development on their PS3 very soon, which leaves the future of the games uncertain. If you still have a PS3 in ten years' time, you'll be able to play disc-based games and any games on the hard disk. But what

about all those games you bought and didn't download because you ran out of disk space? Gone. There's no way of backing them up without some serious shenanigans and some dubious software from Russia.

All things considered, it's really just a slow phase-out. How many of us play eight-track cartridges, VHS tapes or even cassettes these days? Apart from the hipster hardcore, nobody has the equipment, or the intent to use poor quality media. Rather than a cupboard full of useless media, Sony just takes the decision to clean up out of your hands. Whether or not you like it is a choice you'll have to make before supplying your credit card details.

Ownership is a very human thing, however, and hard to break our programming for. People buy houses because they want to have a place to live, when renting would be an option - and quite possibly a cheaper one overall. The real worry with DRM platforms is that while nobody can remove you from your rented house if you keep up the payments (in principle) Sony, Microsoft, Amazon and Apple, to name but a few can, easily deprive you of your purchases with little to no comeback on them. This from Sony's terms and conditions for the PS3: "We reserve the right to change or withdraw features, specifications, prices, services and content at any time, without notice to you." To further hammer the point, they go on: "You may access the item you ordered through your account that you used to order the item, until such time as we remove the item."

It's pretty clear from the above that this puts them squarely in the driving seat. If you live in the US or Europe, you certainly enjoy the best legal purchase protection money can buy. However, as you haven't actually purchased anything - all bets are off. There would be nothing stopping a company from offering you the Top Ten Albums for only €15, removing the access after a day and hiding behind the terms and conditions. Whatever your thoughts on ownership, this should ring an alarm bell or two. ●

The rise of the blockchain

Dave Deruytter asks if we are about to witness a new journey in the history of money

What is a blockchain, the technology behind Bitcoin? Will cryptocurrencies, like Bitcoin, become the new Gold Standard for money? Will they eventually replace central banks?

Before money there was barter trade, the direct exchange of goods and services without money as an intermediate means of value and payment. Barter trade had its limits, for example when the exchange rate was 1 cow for 2.5 sheep. If you needed the cow and were a breeder of sheep, you had an issue, particularly given the absence of freezers in those times. As such an intermediate independent unit of value had to be created: money, as we call it.

Shells have been used as a means of exchange, as money, since early days. One could cultivate or harvest them as much as one wanted, thus creating a fast money supply, huge devaluation and worse: distrust. The discovery of gold, silver and copper brought a new era. Coins made of those



precious metals brought no big difference to shells though, as one could make money by digging up the raw material. Eventually that changed when digging for those precious metals became regulated and controlled by kings or states. Still, even today one can make money by digging up gold, if one buys a license (a claim) on a plot of land.

With the precious metals came the era of these kings and states issuing money against their wealth, but occasionally they went bankrupt because of uncontrolled, non-transparent issuing of money, particularly to finance wars. Trust and control were cheap in

those times.

Banks arrived in the fourteenth century in Italy, but the 'I owe you' and trade bills of exchange flourished some time before the arrival of the banks.

In the early 19th century, gold standards came in to place. A gold standard is a monetary system in which the standard economic unit of account is based on a fixed quantity of gold. Three types can be distinguished: specie, bullion and exchange.

In the gold specie standard, the monetary unit is associated with the value of circulating gold coins, or the monetary unit has the value of a certain circulating gold coin.

The gold bullion standard is a system in which gold coins do not circulate, but the authorities agree to sell gold bullion on demand at a fixed price in exchange for the circulating currency.

With the gold exchange standard, the government guarantees a fixed exchange rate to the currency of another country that uses a gold standard (specie or bullion).

The gold standard was a good monetary system in that it created and kept trust, but it was rigid and not very practical on the level of money management because one was limited in the money circulation by the amount of gold one could dig up. This hindered economic development.

Most nations abandoned the gold standard as the basis of their monetary systems at some point in the 20th century, although many still hold substantial gold reserves. After World War II, current monetary systems and policies came into being, using money supply (the printing of money) and interest rates (how much the Central Bank is willing

to pay for borrowing money from banks) as a means of money management. The higher the supply and the lower the interest rates, the more expansive the policy becomes, leading to increased economic activity and lower unemployment. When this happens there is a higher risk of inflation and this can lead to a 'contractionary' policy with lower money supply and higher interest rates. High inflation is to be avoided since it erodes the value of money. As economies often move in cycles so do the money supply and interest rates. In many countries, the central bank oversees monetary policy. This system has a great deal of trust because of the independence of the central banks, as well as the flexibility to accommodate a growing economy. Still, since the financial and economic crisis of

“ BLOCKCHAINS ARE INHERENTLY RESISTANT TO MODIFICATION OF THE DATA ”

2007, many Central Banks have had to turn to extraordinary measures, known as 'Quantitative Easing' (QE), to solve the liquidity crisis in the banking system. QE involves the massive and regular buying of financial assets by the central bank. It is still around in Europe and in some other countries, and it remains

to be seen how it will be turned back.

In that light, it is great to see new innovations in currency. For some years, cryptocurrencies, such as Bitcoin, have appeared, with mixed success. The Bitcoin is based on 'blockchain technology'. A blockchain is a distributed database or ledger that maintains a continuously growing list of ordered records of any type of transaction, for example a financial transfer, called blocks. Each block is encrypted, contains a timestamp and a link to a previous block. By design, blockchains are inherently resistant to modification of the data. Once recorded, encrypted and confirmed by a 'miner', the data in a block cannot be altered retroactively. Using a peer-to-peer network and a distributed time stamping server, a blockchain database is managed autonomously. It can also be programmed to

trigger transactions automatically.

A blockchain is secure by design because of the encryption, time stamp, reference to former transactions, confirmation by a miner and the fact that it is publicly broadcast in a network. Blockchain technology is also suitable for the recording of contracts, events, medical records, identity management, transaction processing and proving data provenance.

By storing data across its network, the blockchain eliminates the risks that come with data being held centrally. Its network lacks centralized points of vulnerability that computer hackers can exploit. Blockchain security methods include

the use of public-key cryptography. Bitcoins sent across the network are recorded as belonging to that address. With a private-key, a password, the owner has access to his/her digital assets, or can otherwise interact with the various capabilities that blockchains now support.

Every node or miner in the decentralized system has a copy of the blockchain. Data quality is maintained by massive database replication and computational trust. No centralized 'official' copy exists and no user is 'trusted' more than any other. Blockchains use various time-stamping schemes, such as proof-of-work to serialize changes. Alternate consensus methods include proof-of-stake and proof-of-burn.

The fast growth of a decentralized blockchain presents the risk of a huge need for computer resources, required to operate the ever faster growing amount of data. That can become very expensive or impossible if one wants to keep the high level of security and

quickly expand the application of blockchain technology.

What about Bitcoin interest rates?

There are peer-to-peer lending platforms using Bitcoins but they do not seem to be growing quickly. Indeed, how are the interest rates to be determined? What is the benchmark? How to protect against inflation? How to value Bitcoins? Some of the Bitcoin peer-to-peer lending platforms even link the Bitcoin value to the US dollar. What is the use then of the Bitcoin itself? It still needs to be seen how Bitcoin will evolve in the real business world. But the underlying blockchain technology draws great attention for contracting in

general. Probably the big leap for the Blockchain technology will happen there, before Bitcoin or other crypto-currencies get going, if they ever do since money is trust plus supply management. There are still quite a few uncertainties in the Bitcoin world, particularly for the

latter. How do you manage a crypto-currency like Bitcoin?

We will have our present currencies and money for some time to come, and independent central banks to manage them. But crypto-currencies, such as Bitcoin, are a development that should be further studied, stimulated and developed. Particularly in the light of the still lingering financial issues in the aftermath of the financial crisis of 2007, and the subsequent introduction of massive Quantitative Easing in regular monetary system management, which still must prove that it is reversible. ❶



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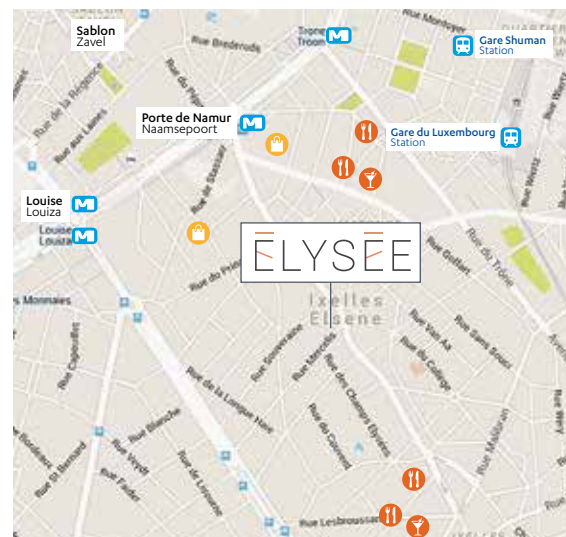
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Brexit: Crossing the red lines

Gerry Callagan takes a look at
how the Brexit negotiations might
pan out

In March, United Kingdom Prime Minister Theresa May invoked Article 50 of the Lisbon Treaty setting the UK on course to quit the European Union by 29 March 2019. Negotiations were set to begin as early as May had it not been for the UK Conservative leader's decision to hold a snap election on 9 June. It's unclear how long negotiations will last, but both parties have indicated they could be concluded in the two-year timeframe outlined in the treaty.



investigation for election fraud which would see that majority disappear if they were forced to resign.

The British electorate will go to the polls once again, this time to decide on the makeup of the Westminster parliament. However, this time the general election is framed in terms of the Brexit vote, with Theresa May saying she'll campaign to make the UK's departure from the EU a success. If she wins, as predicted by opinion polls, focus will be on the size of her majority, which will determine how she negotiates with the EU. Critics have accused the prime minister of attempting to cement an overall majority in Parliament while polls have her party twenty points ahead of opposition leader Jeremy Corbyn. Currently, the Conservatives have a slim majority at Westminster but many Tory MPs are under

Recent polling suggests a vote could increase a Tory majority by nearly one-hundred MPs, enough to cement a majority. Theresa May believes an increased House of Commons majority would strengthen her hand in the Brexit talks, making it more difficult for the opposition parties at home to obstruct her plans. But European Parliament Brexit Negotiator Guy Verhofstadt wrote: "The theory espoused by some, that Theresa May is calling a general election on Brexit in order to secure a better deal with the EU is nonsensical. Will the election of more Tory MPs give Theresa May a greater chance of securing a better Brexit deal? For those sitting around the table in Brussels, this is an irrelevance."

With Britain now in the midst of a general election, European affairs ministers are left with the job of approving the Commission's negotiating proposals to give European Chief Negotiator for Brexit Michel Barnier a mandate to start the process. A working group will be established to ensure the Council remains in the driving seat of negotiations. The final directives require approval by a qualified majority of member states, or 20 countries representing 65 per cent of the bloc's population – and any dissenting interests could further delay the process and prolong uncertainty for the UK.

Once the UK election is out of the way, Barnier and his team can begin talks with May's negotiators. At the EU's first meeting on 11 April, EU Council President Donald Tusk was given broad support for a tough negotiating stance. Among the guidelines was the insistence that the UK will first have to progress toward an agreement to settle EU budget commitments before any discussion of transitional arrangements and its post-Brexit trade deal with the EU can start. The figure is reported to be in the region of €50bn or even double that.

The most prominent negotiations to be concluded involves the one million UK citizens living in EU countries and the three million EU citizens living in the UK. Britain's decision to leave the EU has created uncertainty over those migrants' futures. The free movement of people is hailed as one of the four freedoms of the EU, but Theresa May has interpreted the narrow victory for Leave as a mandate to take back control of British borders, and introduce limits on immigration from inside and outside the EU. This is where negotiations get tricky – EU leaders have made it clear that access to the EU's single market is conditional on free movement. There are fears that citizens could become bargaining chips in the negotiations if

a deal on their status is not reached quickly.

The more difficult negotiation phase would have to wait until late 2017 due to the German elections in September. Former council President Herman Van Rompuy told the BBC's Radio 4 Today programme: "Before the German elections and before there is a new German government no serious negotiations will take place. You can always start with more technical matters, but the hardcore, the difficult topics, will be tackled after the constitution of the new German government. That will be in October-November."

The negotiations are likely to be concluded only if the EU redlines are met by the UK, and vice versa. If not, the UK could be looking at a 'hard Brexit' which would harm both EU and UK economies.

EU Redlines on Brexit:

- Any transitional deal must not last longer than three years
- Any transitional deal will be enforced and overseen by the European Court of Justice
- UK citizens in the EU and EU citizens in Britain should be guaranteed reciprocal

treatment

- No final deal can include a trade-off between trade and security cooperation
- The UK must adhere to EU environment and anti-tax evasion rules in order to achieve close trade ties after Brexit
- The UK should pay to the EU costs that "arise directly from its withdrawal"
- The European Banking Authority and European Medicines Agency should be relocated away from London •

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A devastated land: People full of hope

Cynthia Simpson talks to Father Superior Charbel from Monastère de Saint Charbel who recently returned from Iraq

Cynthia Simpson: What was the purpose of the trip to the Northern region of Iraq known as Iraqi Kurdistan?

Father Superior Charbel: Mainly to assess the work done to in creating a dispensary in Telskuf and Alqosh, thanks to financial aid granted by the CSCO (Support Committee Christians of the Orient).

To understand the suffering of the Christian people, although they have lost everything they remain full of peace and hope; they help each other to face daily pain and horror. They are not afraid because their faith in God is strong. Despite the religious monuments devastated in one hour by the Islamic state in August 2014, the people wish to remain in place. Christians gather in a hall to pray together, because their churches are in ruins. Although they have lost everything, they do not have any feeling of revenge, they only want safety.

Is it not dangerous to travel to Iraq?

Indeed, this was not a risk-free trip – we were 25km from Mosul and no one knows the real situation or what could happen at any moment. Some Islamists ‘merge’ into the population, shaving their beards in order to infiltrate easily. Fear is always there as you walk through the rubble of the villages: the writings on the walls remind us that the Islamic state is there to demolish in the name of Allah and that they will return.

In addition, the sanitary situation is difficult, with no running water or electricity. The church is doing the Iraqi government’s work by building dispensaries and installing power generators. If



the sanitary situation is not restored rapidly the risk of epidemic will quickly become a very big problem.

The priests on site have already restored 360 houses, however 500 families are waiting to find a home, especially in Telskuf where the village has been completely destroyed. A committee of the Chaldean church with the help of 14 university graduates is responsible for prioritizing the work to be done.

The question we often ask ourselves, is how can we help these populations?

One of my projects is the education of women; women give life, are the heart of a home and the education of men. One of the most extreme cases of violence against women in recent years has been done by jihadists of the Islamic State against Iraqi women and girls.

Islamic State soldiers systematically separated young women and young girls from their families and from other prisoners. They then moved them from one city to another in Iraq and Syria, raping and beating many of them as well as using them as sex slaves. Former prisoners told me that Islamic state warriors were selling young girls and women among themselves for amounts up to \$2,000.

Sectarian violence has also had a considerably negative impact on the social situation of Iraqis. Divorce rates have increased, causing material and psychological damage to women. The Iraqi women feel like they are locked inside a large prison.

According to unofficial figures, there are currently 1.5 million widows in Iraq, mostly because of wars, violence and attacks, not to mention abandoned or divorced women.

Nearly 11% of households are held by single women. It is very difficult for them to find work to feed their families - 71% are unemployed - and only a minority receive a widow's war pension.

By recreating the social network the bishopric of Alqosh aims to help the Yezidi (Christians women of Iraq) who have been hurt by the atrocities they have experienced to rebuild their lives and so lead a decent life. These survivors live mostly in refugee camps in Iraqi Kurdistan. Iraqi women want to stay in their country and believe that this war is not theirs. The bishopric of Alqosh would like to build a safe place for them.



**“ THEY ARE NOT
AFRAID BECAUSE
THEIR FAITH IN
GOD IS STRONG ”**

The bishopric has donated land to build a vocational training centre where traumatized or illiterate Iraqi women and girls can share their pains while participating in educational

activities or learning a trade. This centre will offer several workshops: sewing, computer skills, tapestry, etc. This will help launch economic activities. The ultimate goal is to recreate a social network based on the skills of all.

Changing society theoretically does not make much sense – it is necessary to defend the rights of Iraqi women in order to go forward; educate women and it will be a step towards a free society.

I think that the time has come where international organizations should intervene by putting human rights back on track and work for human dignity.

For more information or to simply make a donation for the construction of the women's training centre, please visit www.chretiensdorient.net 



LIFESTYLE

The Indian concept of 'AtithiDevobhava' meaning Guest is God

LIFESTYLE

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This month's luxury offering is a remarkable personalized tour of India



Luxury launches website VeryFirstTo.com is offering up a once-in-a-lifetime tour of India, enabling couples to spend time with Indian Royalty and experience the regal lifestyle in India's most splendid palaces and destinations. The Indian Royal Tour is organized by Epic India Travel who have curated this ultimate trip to India with exclusive access and privileged private tours. Epic India Travel believes in the Indian concept of 'AtithiDevobhava' meaning Guest is God.



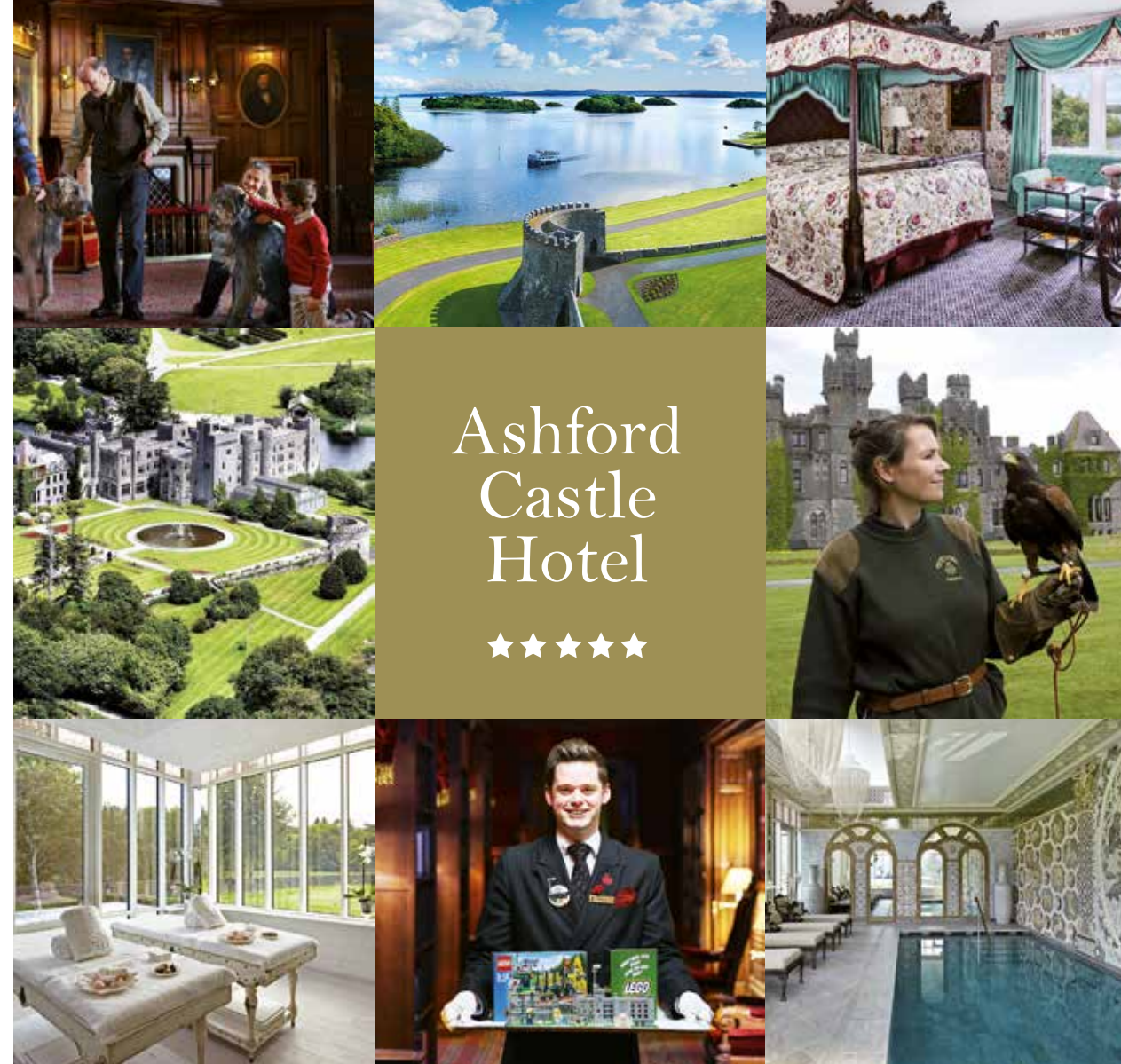
Marcel Knobil, founder of VeryFirstTo says: "This exceptional tour allows one to experience the rich cultural tapestry of India and an unprecedented itinerary which features meetings with Indian royals in four separate locations, including The Khajoorgaon Palace City Palace of Jaipur where guests will arrive through the entrance exclusively used by the family. On royal visits you can expect to enjoy authentic home-cooked food, complete with live-cooking demonstrations of secret royal recipes, as well as participating in a royal procession where drums and trumpets will announce your arrival at the palace. And you will board elephants or sit in a horse-drawn carriage followed by horses, camels, dancers and musicians."

You will be able to experience Old and New Delhi on a private guided tour. This includes the enormous Jama Masjid where you will walk through the bazaars and narrow streets. It is a great way to absorb the sights and sounds of

Old Delhi. There is also a special spiritual walking tour and an exclusive live musical performance of Qwalai (devotional sufi music) at Qutub Minar.

Epic India Travel Director Tushar Vaishnav, says highlights of the tour include "sailing through the River Ganges and breathtaking views of the evening Arti at an old palace on the Ghat, welcome prayers to invoke good luck and health chanted by priests, a visit to the Samath Samath - one of four holy Buddhist sites sanctioned by the Buddha himself for pilgrimage where Gautama Buddha first taught the Dharma after his enlightenment - high tea at the Taj Mahal, spa treatments, a bush dinner on the desert dunes of Jodhpur, and a private dinner with Royals on a historic 150-year old boat used by the erstwhile Maharajas".

Other highlights of the 17-day royal tour include a trip to the 'Venice of the East', Udaipur, by shimmering Lake Pichola, performances from the burgeoning arts scene,



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MY LITTLE VINTAGE TOP

Photographer: Aylen Torres - Art direction: Nicholas Sirot
Makeup & hair: Niki Ossandon - Model: Sylwia @ Vivamodels.com



Top: Cos
Trousers: Diane Von Furstenberg
Shoes: Sacha



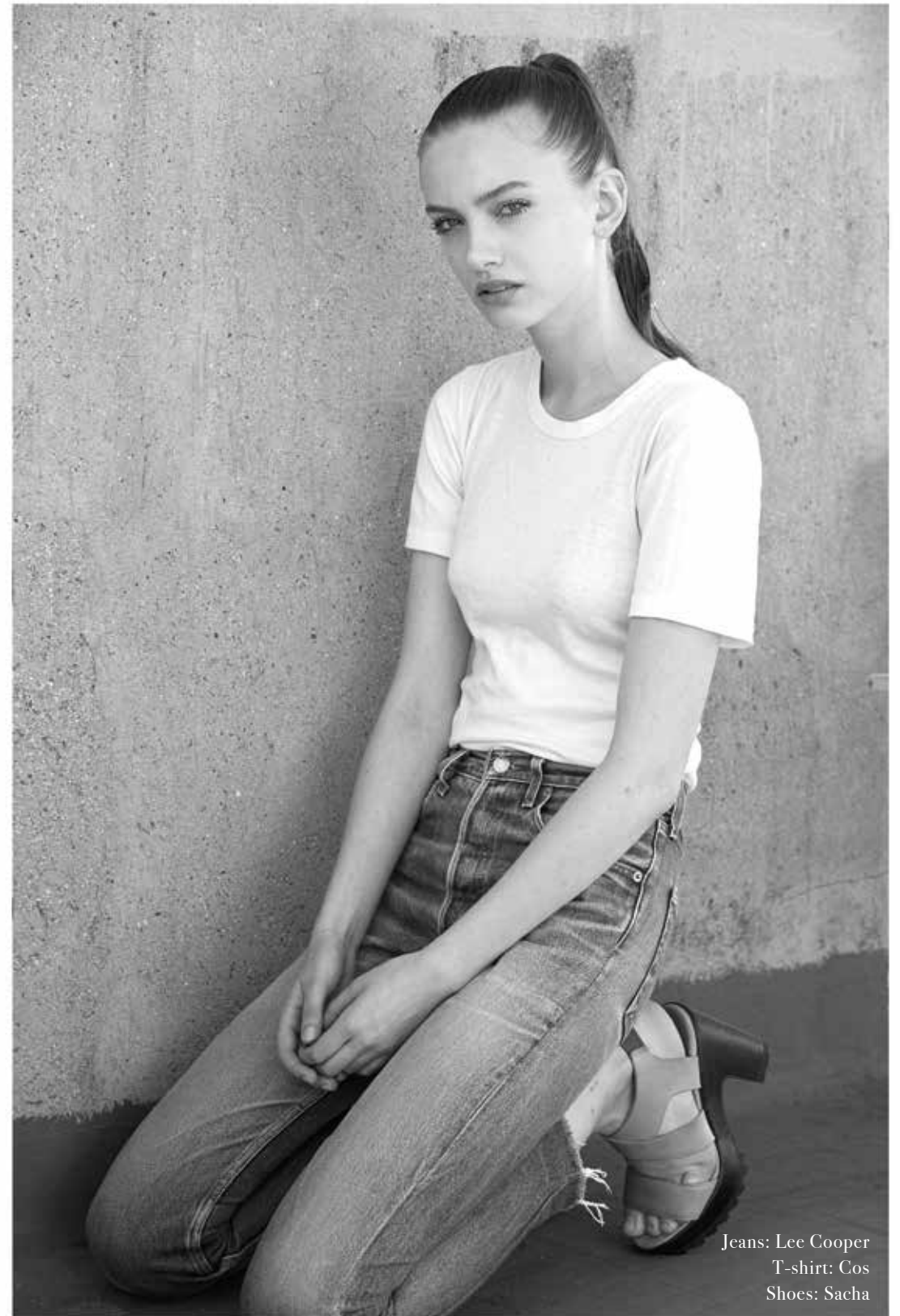
Top: Rue Blanche



Jacket: Fred Perry
T-shirt: Cos



Vintage pullover: Tommy Hilfiger Sport chez isabelle Bajart
Jeans: Lee Cooper



Jeans: Lee Cooper
T-shirt: Cos
Shoes: Sacha



Vintage shirt: Isabelle Bejart



Denim overalls: American Apparel
Bra: Chantelle
Shoes: Sacha



Jacket: Fred Perry
T-shirt: Cos



Vintage shirt: Isabelle Bejart

Bodileys: London Collection

Paul Morris talks to a woman who is the latest in a long line to head up a traditional family firm



Bodileys was established in 1919, originally the leading retail shop in Northampton supplying shoes from local manufacturer's such as Crockett and Jones, Alfred Sargent and Cheaney shoes. Sarah Dudley, of the fourth generation of the family business, led the move into export and online sales and recently the launch of their own brand named the 'London Collection' by bringing industry luminary John Garner on board to help her develop her own range. John, formerly of Edward Green (retirement didn't totally suit him!) brought his passion,

expertise and extensive knowledge in the design and construction of shoes. This is a perfect fit with Sarah's dream to launch a collection of shoes that are classic with smooth clean lines and superb quality at affordable prices of around £345.

Sarah was passionate that the 'London Collection' should be made in England to carry on the heritage, reputation and prestige of Goodyear Welted shoes. It was of greatest importance to source the very best calf leather and other materials, the last shapes were



chosen with careful consideration and extensive research to give the utmost comfort.

"The interactive development of the range has been an exciting time for us all at Bodileys, and we are proud of our successful 'London Collection' and we look forward to adding more styles in the coming months to give our customers a greater range of choice," says Sarah. She adds that she "particularly enjoys interacting with customers' queries and is always available to discuss and advise on individual requirements".

Having grown up surrounded by shoes, there is not much she does not know about men's shoes.

Together: How does it feel to be the fourth generation family member in

charge of Bodileys?

Sarah Dudley: As I am sure you are aware it comes with great pride, enormous responsibility and a keen aim to keep evolving the company to move with the times, listen, to watch and act upon the ever-changing world of retail.

What are your production methods?

I feel it is of great importance to have our shoes made using the tried and tested and frankly best methods of shoemaking that have remained unchanged for many years – the same procedures that were used in 1919 when Bodileys was first established. This is primarily the 'good year welted system' which allows shoes to be repaired time and time again, giving them the ability to last a lifetime if well looked after and give years of great



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And the range of shoes available?

Although our range of shoes is classic the shoes constantly need updating to keep up with the trends of modern day fashion. We are certainly not a fashion brand but tweaking the toe shapes for instance is necessary to appeal to the customer. Whilst black Oxford shoes will always have a firm place in every gentleman's wardrobe, brown shoes are now considered perfectly acceptable for business wear.


Where is your target audience?

Our brand sells all over the world, the customers on the whole reaching out to us via the web. We do not find the language barrier an issue with the use of modern technology. In fact it's much easier than if it was only the phone we could use for contact!

What are the challenges?

Our main challenge is converting the customer from his tried and tested brand to something new – men are certainly more brand loyal than women, whereas I would purchase a pair of shoes if I liked the colour or style rather than who they were made by. I have complete confidence in the Bodileys brand, they are made using the same techniques, in Northampton using the best materials and we are committed to keeping the prices affordable.

And what does the future hold?

I have great ambitions for Bodileys and although we will continue to supply other makes of shoes, I am very passionate about creating the Bodileys brand to offer great English-made shoes of beautiful design at competitive prices.
www.bodileys.com 

Doriane Van Overeem: Coming out in the wash

Jeanie Keogh catches up with a Belgian designer with an aversion to 'dry-clean only'



One of the downsides to high fashion is laundry. Anyone who has put anything silk, cashmere or red in the washing machine has a war story to tell. The learning curve can be steep, costly, and, ultimately, bad for the environment if clothing prematurely ends up in the landfill. After a particularly painful experience – washing a favourite wool sweater at 90°C, for example – some might be inclined to never trust washing machines again. If doing laundry makes your tummy feel like it's on spin cycle or if reading the washing instructions on hangtags feels like deciphering hieroglyphics, then this is for you.

Belgian designer Doriane Van Overeem was selected by Not Just a Label, a platform for emerging designers, to team up with AEG, a company that makes washing machines, to make an educational advertising campaign on how to take better care of clothes. Called the Care Label Project, the ecological takeaway in the ad is that 25% of the carbon footprint of clothes comes from the way they are treated. According to AEG, the majority of consumers don't toss away clothes because they are out of fashion, but because the washing instructions are too high-maintenance, the garment has been damaged in the wash or a stubborn stain cannot be removed.

Van Overeem explains: "In this initiative, we explain to the consumer that if they take good care of their clothes, they can keep them for much longer and, what's more, it's possible to machine wash delicate pieces made by designers rather than washing them by hand or having them dry-cleaned, which is really harmful to the environment, costly, and sometimes a time-waster."

Not Just a Label, a London-based organization, chose 16 European designers for the project with AEG, hand-picking them according to their ethics. As Van Overeem is the Belgian ambassador for the Swedish-owned brand, AEG made a video about her designs and fashion philosophy in which she comes clean about her aversion to "dry clean only" hangtag labels. Van Overeem is a champion of the Made in Belgium tenet and her motto is "buy less, but buy better". She believes that making clothes to last is not only her responsibility as a good designer, but her moral obligation to reduce global textile consumption, which has more than doubled since 2000. Designing with her clients' busy lifestyles in mind, Van Overeem creates upscale collections that her clients can throw in the machine along with everything else with the assurance they won't be damaged, providing they follow her tried-and-tested care label instructions.

"It's really important that my collection is convenient and hassle-free so I avoid as much as possible everything that is 'dry-clean only' because it's not practical and sometimes unnecessary."

So began her collaboration with AEG. To prove the reliability of their machines, AEG bought two pieces in Van Overeem's collection, test-washed them in their lab, and returned them with the appropriate washing instructions. Van Overeem was pleasantly surprised by the results.

"I learned a lot. I sent them some of my more delicate fabrics that I didn't think could be washed in the machine. One piece had a fringe and the other had a pattern painted with metal paint."



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Likewise, Van Overeem spends a lot of time testing fabrics, following the example of Dries Van Noten, who wears new pieces for weeks and sometimes months to make sure they are durable, she said.

Experimenting with fabrics to see if they can be washed or not, she discovered there is a myth in the fashion industry when it comes to the this appears four times twice without a hyphen, twice with. label assigned to clothes.

"My suppliers will tell me that a certain fabric is dry-clean only and actually, from direct experience, I know that it's not. I did an exchange with a blogger who sent me back an item, but she hadn't washed it and there was a sweat stain. I didn't have the time to go to the dry cleaners so I put it in the machine. It worked just as well and it was a really delicate material: Jacquard canvas."

Unbeknownst to consumers, many designers and suppliers will put 'dry-clean only' on a

hangtag by default to avoid liability, Van Overeem said.

"The suppliers are going to put 'dry-clean only' on the label because they don't want to take responsibility if the garment is ruined. It's much easier than testing it out in the machine. Sometimes they put something on the label and they have no idea."

Van Overeem no longer blindly follows the advice of her suppliers. She decided it should be up to the designer to determine whether or not something can be washed.

"I take the risk. Sometimes I put 'machine wash' on labels because I know my end client is going to find that easier and I don't want her to be afraid of washing it."

Where the Van Overeem label and AEG technology is concerned, everything comes out in the wash. 1

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LIFESTYLE

Shopping

Shopping

Quatuor

Quatuor is a store specializing in contemporary furniture and decorations, located in Brussels, Antwerp, Charleroi and Liège. In addition to being the first decoration and design shop in Belgium, Quatuor has become a true shopping destination that's really worth a visit. Discover dozens of different atmospheres recreated in the showrooms, where you can receive advice from a professional, passionate team of advisors. Quatuor also has an online shop available in French and Dutch, where you can choose from thousands of products and gain inspiration for décor that really stands out. You can find original and exclusive designs from companies such as Ethnecraft, Hay, Kartell, Fermob, Tribù, Fatboy, Sits, Kristalia, Arper, Lago, Ferm Living, Muuto, Universo Positivo, Muuto, Normann Copenhagen and many more... Here are some mellow yellow items to welcome springtime.



Quatuor Gridon Happy Hours: **€135**
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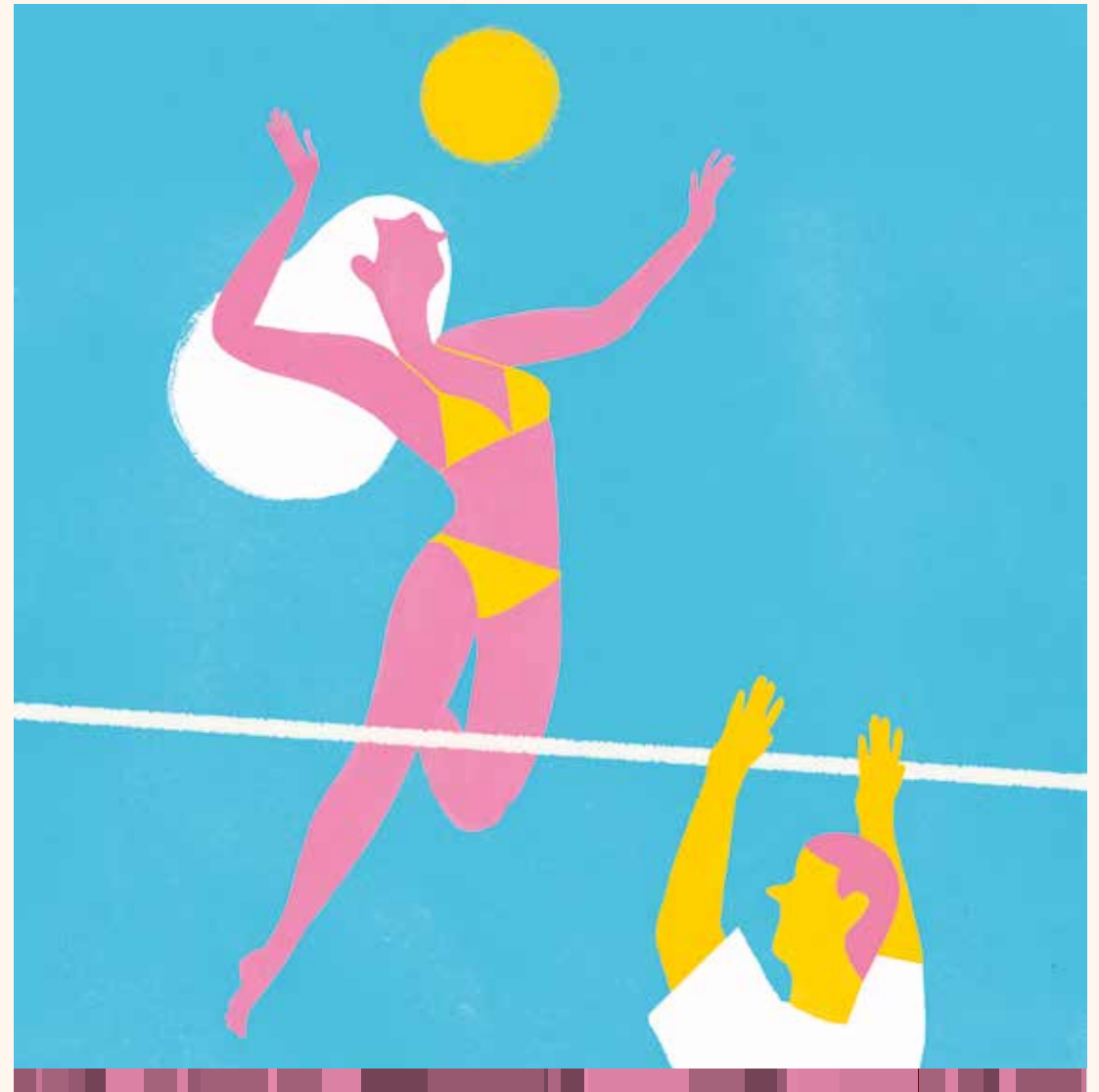
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LIFESTYLE

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Express detox

Our beauty expert **Delphine Stefens** recommends a tailor-made programme

Renowned dermatologist Nadine Pomarède, gynaecologist and nutritionist Corinne Sachot and physical therapist Charlotte Buisson of the DermoMedicalCenter in Brussels have designed an express detox programme in time for bikini season. The progressive programme, aptly called Fit 4 Spring®, is spread over three weeks at the rate of two appointments per week and costs €800. Dr. Pomarède applies two peelings for improved skin quality and increased efficacy of the manual lymphatic drainage, one at the onset of the programme and the other towards the end, including a palpate-roll massage. Dr. Sachot helps you set and meet your nutritional goals.

Besides pampering you twice a week, Ms. Buisson also provides sports coaching with personalized exercises and challenges. After a possible bout of fatigue, you will eventually feel energized while enjoying silky soft thighs, feather-light legs and an overall toned silhouette. www.dermomedicalcenter.com

And a little help from my friends...



Clarins Body Fit (200ML/€55) by **Clarins** to reduce the look of cellulite.

LIFESTYLE

Beauty



Detox Slimming Night
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(200ML/€28) by **Biotherm** to tone the skin after exercising.



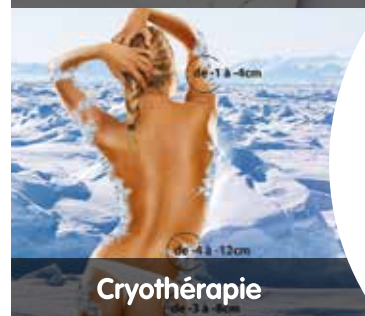
SkinnyLove is a 100% natural shake duo (3-week course/€89) to help burn fat, suppress your appetite while boosting your energy level. www.skinnylove.be



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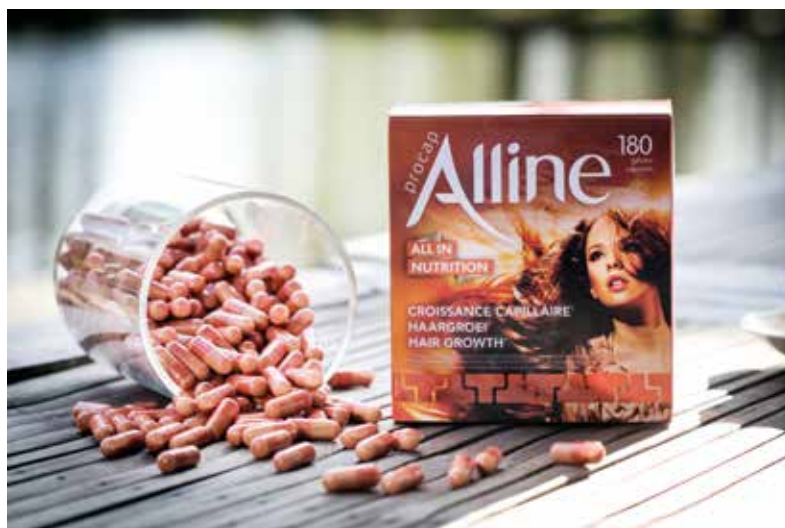
Alline Procap: The all-in-one solution

It's nice to hear about local successes and Trenker Laboratories is certainly one of them

Trenker Laboratories were founded in 1933 by Rodolphe Henry Trenker and have stayed independent from any group, which provides them with a considerable degree of flexibility. The firm has passed from father to son but the vision has remained intact.

When the firm decided to expand its pharmaceuticals range by producing food supplements, it came with another strong commitment: bring the best of our long quality experience from the pharmaceutical world to the food supplement world. This commitment is guaranteed by highly qualified employees using state-of-the-art equipment. Trenker Laboratories have their heart set on continuously improving their production and control facilities.

The benefits of buying local are something that many people are becoming more aware of. When you buy one of Trenker's products you are safe in the knowledge that everything is made from start to finish here in Belgium – to be more precise in state-of-the-art laboratories in Uccle and Braine-l'Alleud. The R&D department works closely with universities and international research centres and the



pharmaceuticals and food supplements are produced and controlled according to the quality standards that prevail in the pharmaceutical industry. For patients and caregivers this offers an absolute guarantee of the quality of the raw materials, the manufactured products and their traceability.

The food supplements products range includes the innovative and highly successful Alline Procap, which helps keep your hair healthy. Trenker Laboratories were the first to make a food supplement based on bioavailable and natural keratin. Hair reflects the internal nutritional balance. To keep healthy, vigorous hair, it is essential to have an adequate intake of keratin, vitamins and minerals. Hair can suffer from lack of only one of these elements. Alline Procap offers an

**“ EVERYTHING IS
MADE FROM
START TO FINISH
HERE IN
BELGIUM ”**



all-in-one solution.

Minerals play a vital role in the success of the Alline Procap formula: Zinc contributes to a normal metabolism of vitamin A, to correct protein synthesis (like for keratin), to protect cells from oxidative stress and to maintain healthy hair and nails. It also has a role in the process of cells division; iron helps oxygen transport in the body; and copper contributes to normal hair pigmentation. It also participates in iron transport in the body and helps protecting cells from oxidative stress.

But Trenker's ace is the keratin used in the unique formula, which is pure and bioavailable, and customers can be completely confident of its provenance.

If you want to find out more, go to the website and download a very useful, detailed leaflet.

Tristan Trenker sums the company up perfectly: "Since our inception, the business philosophy of our family company has placed healthcare professionals and patients at the heart of our priorities by engaging daily to contribute to the quality of life and health of all. Our long-term commitment is to ensure the continuous development of new concepts and innovative products that are always made more efficient for better patient satisfaction."

www.trenker.be ●

Design

LAGO: A tool for social transformation

Paul Morris looks at a design company that is both serious and playful



One of the stars of this year's Salon Immobile was Italian design company LAGO, whose roots can be traced back to the late 19th century when Policarpo began his handcrafted activity as a cabinet-maker in manor houses and churches in Venice. The next generation continued the tradition and during the 1980s the younger generation began to focus on the furniture of other areas of the house.

LAGO has a worldwide presence with 400

selected stores and single-brand stores in Italian and European cities, including Rome, Milan, Berlin, Madrid, Paris and London, with a store at Harrods. The company remains firmly tied to its origins while expanding. It believes in an expanded vision of design, seeing it as a discipline that produces not only objects but also meaning, a discipline that can innovate the entire product chain – from the initial concept to disposal – generating culture, an indispensable condition for producing innovation.



Lift chair

A geometric and customizable chair, with classical forms made contemporary by zero-millimetre contact between the seat and the circle that forms the seat back. Comfort is guaranteed by the upholstered seat, and the chair is customizable thanks to an innovative internal frame that lets you quickly and easily regulate the height of the seat back.

Pietra chair

A chair offering comfort and colour, boasting a slender, elegant frame which encloses an upholstered core, so that each side can be covered with a different material. The sleek structure offers extra comfort thanks to the generously filled upholstered curved wood seat. It can be covered in any of the LAGO fabrics, leathers and eco-leathers, making it easy to pair with a vast range of interiors and tables, effortlessly creating links with other components in the room.

Air wildwood sofa

A timeless sofa with modular seats,





suspended on extra-clear tempered glass legs and featuring an off-centre Wildwood back, made comfortable with soft feather pillows that can be repositioned whenever and however you like. Thanks to its back, it can be set against a wall or in the middle of the room.

We chair by Giulio lacchetti

lacchetti says: "Good objects are peerless tools for amplifying and concretely inspiring kindness towards others. As a designer, I like to think that objects are a soundboard for our feelings, kind objects for kind people, tools that become declarations of positive intentions, like a chair that waits to hear you say 'make yourself comfortable', and then the chair draws up close and communicates for us, in a simple, tangible way, a sincere, human inclination towards making people feel welcome. That is what I was thinking about when I designed the We chair."

Mezzaestate by Cristina Celestino

A Midsummer's night dream. Mezzaestate ('Midsummer') is a jacquard fabric inspired by

the world of dreams featuring the Amaryllis flower. Sculptural and fragrant, the Amaryllis has thick, meaty petals that lend themselves for use as an unexpected graphic motif. The repetition of the module, a bud at various stages of development, creates the effect of a fabric with a geometric grid pattern, thanks to the use of a romantic, graceful design element.

Vertigo table

This table has clean, essential lines that create an evocative sense of suspension, playing on the apparent absence of one of its legs. The table top is supported by one wooden leg and one invisible sheet of extra-clear tempered glass, attached to the top using an integrated attachment system. ①

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LIFE OF
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Interview

Priyanka Chopra: Playing a delicious villain

Together met up with a young woman who has made the leap from Bollywood to Hollywood



A former Miss World, Priyanka Chopra was already a major star in her native India prior to winning the lead role on the hit American Fox TV series, *Quantico*. Now she's taking things to the next level in *Baywatch*, the highly anticipated summer blockbuster that stars Dwayne 'The Rock' Johnson and Zac Efron.

Presenting the trailer for the film at CinemaCon in Las Vegas, the effervescent, highly articulate

Chopra was in high spirits hanging out with her female cast mates Kelly Rohrbach and Alexandra Daddario and treating fans to a few impromptu backstage song numbers. The party atmosphere was very much in keeping with the raucous run-up to the film's worldwide release in June. Chopra, however, is mildly anxious about how fans will react to her *Baywatch* character, Victoria, a villainous powerfrau who makes life miserable for her famous male co-stars.



"This is a very big movie and I'm working with two of the most popular actors in the world," Chopra says. "But I'm being introduced to audiences all over the world, most of whom don't know me and my character Victoria is really, really mean and patronizing to them. But I have to say that it's so much fun playing this kind of delicious villain."

Dwayne Johnson is the guiding force behind the remake of the iconic TV series that sees him take over David Hasselhoff's role as Mitch Buchanan while Efron plays Matt Brody (formerly played by David Charvet on the TV series). In addition, model Kate Upton slips into the red one-piece bathing suit of C.J. Parker, the iconic character first made famous by Pamela Anderson.

Chopra bonded with Upton during the making of the movie and found a partner in crime when it came to mealtime. "The guys were training so intensively and eating grapes while

I didn't have to train at all. Kelly and I would get to eat things like pizza. She's a swimsuit model and although she would train she still gets to eat anything she wants. She's great."

Dwayne Johnson said of Chopra: "I've been in the business a long time, and I've worked with a lot of stars, and only a handful are as driven and as sharply focused and ambitious as

Priyanka. It's intoxicating - you want to be around it because it inspires you and pushes you."

The 34-year-old Priyanka grew up in India where she was raised by her parents Ashok and Madhu Chopra, both doctors, and spoke both Hindi and English at home. She spent most of her teenage years in Boston where she went to high school and was initially interested in becoming a software engineer before winning the Miss World title in 2000 set her on course to becoming one of Bollywood's top female film stars. In 2015, she became the first actress of Indian descent to play the lead

**"YOU HAVE TO
BE READY TO
OVERCOME
YOUR FAILURES"**



in an American TV series, playing Alex Parrish in *Quantico*, now entering its third season. The role earned her the 2016 People's Choice Award for Favourite Actress In A New TV Series. She is also Brand Ambassador for Pantene shampoo.

Together: Priyanka, did working on Quantico and shooting an English language TV series help prepare you for working on Baywatch?

Priyanka Chopra: It didn't really make that much difference. English and Hindi are both my first languages and I'm very comfortable working in English. It has been a good experience of course working on an American series even though we shoot in Montreal, Canada, but I've made many films in India and making movies is basically the same everywhere.

There's always a lot of activity, a lot of stuff happening on a film set, so I didn't find

working on *Baywatch* that much different from other movies I've done. I had tremendous fun doing it, though.

What can you tell us about your character, Victoria?

Victoria doesn't care about anyone else except herself. It's all about her. She treats the lifeguards as a nuisance. But it was good to be playing a villain like her after playing the good girl in *Quantico*.

Do you worry at all about dealing with the massive attention that's going to come your way once Baywatch comes out?

I have been in the public eye in India since I was 17 years old (when she became Miss World) and I understand what it means to be famous. It does change your life but I'm also very happy to have had the chance to have enjoyed a wonderful acting career in India.

Some of my Indian films have been very successful and a few have been shown in

**"I UNDERSTAND
WHAT IT MEANS
TO BE FAMOUS"**



other parts of the world. But I also understand that this business can be unpredictable and I have gone through both highs and lows over the years.

Has that taught you to not let yourself be defined by whatever your media standing might happen to be at any point?

Yes. I've learnt over the course of my career is that you have to be ready to overcome your failures and make the most of whatever opportunities come your way. That's all I'm trying to do.

You were originally going to be playing one of the lifeguards in Baywatch, weren't you?

I was speaking to (*Baywatch* director) Seth Gordon on Skype and originally we were supposed to speak for 15 minutes but our conversation lasted for over two hours. He had originally written the part of the villain for a man but then he had the idea that it would be more exciting to change the character to a woman and that's how I got the part.

Apparently you do a great slo-mo Pamela Anderson-style Baywatch beach run?

(Laughs) I love doing it. I would teach some of the other actors how to do the run. I grew up watching *Baywatch* in India and everybody in my family would gather around the TV to watch the show. *Baywatch* was very popular in my country. I was a huge fan of David Hasselhoff and it's a dream for me to now be part of the film.

You attended high school in America. Did you ever endure any bullying or racist comments during that time in your life?

There were some girls who were very mean to me. One would call me 'Brownie' and say "go back to your country" or "I smell curry". Those comments were very hurtful and I was often bullied. I had very low self-esteem during that time and that was one of the reasons I decided to go back to India. I told my mom that I wanted to come back home to India because my confidence was badly damaged.

That's why it was such a beautiful surprise that

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I won Miss India because I felt like the gawkiest girl on earth. And then winning Miss World gave me a new perspective on how I thought of myself and all the things I felt empowered to achieve. A Miss World must not only be beautiful, she must also have character. I said to myself: "If I can stay on this stage, I can do anything." So in some way if that girl hadn't bullied me I might never have gone on to have the career that came after returning to India.

How did your participation in beauty pageants comes about?

My mother and brother sent in my pictures in secret and of course it was a complete surprise that I actually won the competitions.

You didn't think you were particularly beautiful?

No, and I don't think that way about myself now. But I believe that you can teach yourself

to be the best version of yourself over time and that's what I have tried to do.

Women especially are constantly nervous about our appearance and we're never really

100% happy with our looks. I'm always afraid of tripping and falling down wearing high heels at big events. (Laughs)

What advice would you give other young women who lack self-esteem and confidence?

Women have to learn to accept themselves and

look at their flaws not as weaknesses but as aspects of yourself that make you unique. You have to embrace those qualities that make you who you are and not look for the approval of others to make you feel good about yourself. It starts from within. ❶

A golf paradise in Catalunya

James Drew walks and talks us through golfing bliss at the PGA Catalunya Resort in Spain



Golf. Famously described by Mark Twain as “a good walk spoiled”, there is still no doubting the fascination that it exerts over mere mortals, such as your humble scribe.

Particularly, in fact, over your humble scribe. Hence why this still relative novice (well, a handicap of 24) upon learning that *Together* was going to be good enough to offer him a three-day trip to the PGA golf resort in Catalunya, didn't so much as bite the offering hand off as wrench it and its arm from the socket.

And why, you might ask? Search me – my love of golf came way too late for me to ever even consider doing anything serious about it, such as take it up as a ten-year-old and now be writing to you from my resort in the Caribbean. But, when it bit, it bit.

Our noble editor is a fairly handy player himself, so I suppose that did play a part in my new-found enthusiasm. When you first start bashing balls in anger, off the driving range, then the tee, then on the putting green, you really do need someone to tell you it's all going to be OK, and maybe killing everyone else on the course isn't perhaps the way to go. And, Paul



provided.

But where was I? Ah, yes, the PGA Catalunya Resort.

Ahead of your arrival, it's described to you as a “golfing paradise”. The course has been voted as Spain's leading golf arena, and it also features on the list of the world's top 200 courses.

Twenty minutes from Girona and 35 minutes by train from Barcelona, the PGA Catalunya Resort is a design-led golf villa complex. The sleek villas have large picture windows that overlook the course and grounds, and there is much to see - the Hotel Camiral, where I was staying, has breathtaking views on to both the Stadium Course and the Tour Course.

The result? A masterpiece of golf with fairways bordered by dense, mature forests, water and far-reaching views.

A member of The European Tour Destinations portfolio, this world-class venue features outstanding practice and coaching facilities, used by international teams and professionals.

And let's not forget Sergio Garcia, the Spanish golfer who has just lifted the Masters on what would have been Seve Ballesteros's 60th birthday. The PGA Catalunya is home to his Fundacion Sergio Garcia.

And the Camiral? You'd be hard pushed to find anywhere that is better equipped for relaxation, both pre and après-golf and the food on offer, from both the exclusive 1477 Restaurant and Lounge Bar, is served with Catalan flair.

From wonderfully fresh langoustines to succulent prime aged beef, it's all accompanied to a tee with the wide range of wines available from the generously stocked cellar.

Our delightful host for the trip was Manuela, no mean golfer herself, and she was at pains to point

out how the resort was not just trying to attract the uniquely male golfing devotee: “The resort is trying to ensure that its range of leisure activities, including swimming, tennis and fine food, appeal across the board to an extensive range of clientele. In addition, our range of accommodation, from first-class hotel rooms to properties that can be leased and purchased, aims to ensure that everyone feels comfortable all the time.”

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EVER SEE ”**



And so, after the excitement of arriving and already enjoying the lunchtime bar's gastronomic delights, then enjoying a full afternoon's cycle ride around the region (they keep you busy), it was time for my first day on the links.

Hmmm. Yes. Well.

Suffice to say, it was definitively not my finest hour on the greens thus far. Anyone who has even played a little golf will know exactly what I am talking about – setting off early in the morning with every intention of playing a full 18, by the time I got to nine, I knew I was all up for the day.

Now, you can buy it or not, but my swing is really normally pretty good. Sure, my putting needs some work, whose doesn't, but I have instilled a certain sense of confidence in myself that I can bash the ball quite well off the tee. Not that day.

So, what to do? Only one thing for it, I decided to begin my next day with a lesson from resident pro Enric Lopez.

The following day I awoke, free of the rage that had consumed me the day before and looking forward to a one-on-one lesson with one of Spain's finest golfers.

I need not have worried – essentially, and as might have been predicted, my problem was (and is) in my follow through. Sure, I know about keeping my eye on the ball throughout the swing, but what I still had and have to grasp is just what I am doing with my club after I have hit the damn ball. Well, following an hour with Enric, I was feeling alright again – he did a marvellous job. And, thank heavens, my golf improved for the day.

You want to play golf? You want to stride among some of the most beautiful links you will ever see? Come to PGA Catalunya. Twain may well have described the game as a good walk spoiled, but the great writer was never fortunate enough to visit here.

Well, I have been, and I left with a renewed love of the game, of its sporting ambiance, that will ensure I will return, no questions asked. Fore!

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Total comfort

The club extends over 10 hectares, with

comfortable lodges dotted around a shady pine forest. Every lunch, we took advantage of meals on our private terrace which was very well equipped. A plus for travelling light: Belambra provided the towels. And we were delighted to see that on our arrival the beds were made. You can reserve a baby-kit in advance free of charge. Comfortably installed in our small villa, the time spent inside was very agreeable and the nights were quiet. Please note: departure cleaning is included.

Excellent Infrastructure

All week long we took advantage of a heated swimming pool, a children's pool, and we took part in the Aquagym – there are even

swimming lessons for the little ones! We followed that up by ensconcing ourselves in the deckchairs in the sun or in the cool shade of the parasol. We had privileged access to the immense beach which is only a few minutes from the club.

The old expression 'something for all the family' really fits this club, which offers many sports activities, such as a football tournament, basketball, table tennis, tennis lessons (including group lessons, a multi-sports ground and petanque – and the one that your kids will love the most, the surf). Course and lessons can be booked on-site.

The Club Belambra is an ideal place for the little ones, but also for the teenagers thanks to the Leo Clubs, offering professional coaching and a warm welcome. The children felt completely at ease and left with unforgettable memories. I'm making a very special mention for this club because it was a real asset for the kids. They put on a show, learned crafts and drawing and even participated in their first disco!

Music maestro!

Of course, holidays are all about the ambiance. We let ourselves be swept up by the club's festive evenings: such as the blind test, cabaret, club dance, animated aperitifs. We surprised ourselves by running around at the aperitif 'games'. It must be said that conviviality is the key word at Belambra. The animators take their role to heart and we appreciated it enormously. These joyful evenings ended our days in style.

A la carte

Half-board or full-board meals are available.



Discovery

To punctuate your stay, the area is ideal for trips. The receptionists were more than happy to advise on excursions and offer up all sorts of ideas.

In conclusion, we had a very nice week – we will be back at the Club Belambra!
www.belambra.be



Stanhope Hotel: The House of Ambassadors

There is a unique place in Brussels where you can relax in total privacy



Many of you know that Stanhope Hotel was the very first Brussels hotel to be awarded the 5-star label, back in 1991. But the Stanhope's history goes much further back and there many tales about how it was transformed architecturally and how the interior was conceived to fit its many spaces. David Armstrong-Jones, alias Viscount Linley, Queen Elizabeth II's nephew, is a contemporary furniture maker, working under the name David Linley. With Lady Joan Stafford's help, he decorated the 107, situated in The House of Presidents.

Among these spaces are nine conference and meeting rooms (with a total area of 880m²), the largest of which is the Balmoral room, which can accommodate up to 300 people in a

theatre-style setting. The area is divided into three smaller rooms, which make it the ideal setting for events such as gala dinners, conferences, weddings and cocktails.

The Stanhope also has six boardrooms: Wellington, Tea Room, Spencer, Stuart, Lancaster and the Boardroom, which are perfect for smaller meetings of up to 30 people. They are also suitable for a private lunch or dinner. All rooms are bathed in natural light and equipped with air conditioning. Different offers can be adapted to the personal needs of customers.

But perhaps the most unique space is The House of Ambassadors...



The neoclassical manor The House of Ambassadors was built in 1850 by Henri Partoes. He was born in Brussels on 25 August 1790 and died on 30 December 1873. He went down in history as an important specialist in hospital architecture and the manor located in the Meeus Garden, at Number 4 Square De Meeus.

In December 1993 it was classified as the last manor in the area. The facade, the roof, the vestibule, the lobby with its staircase, the first floor salons and the trellis in the garden are all protected. It became part of the Stanhope in 2004, adding 13 rooms, and two meeting rooms to the hotel. Atle Strand, managing director of Hotel Contract Interior based in Norway, decorated this house in 2005.

The House of Ambassadors was inaugurated in September 2004 and boasts a dozen bedrooms, a magnificent Royal Suite and two conference rooms. The House of Ambassadors really is unique because it can be rented alone for groups, delegations or important visitors. Thanks to its two conference rooms, private breakfast, lunch and dinner can also be arranged.

Stanhope Hotel is only a stone's throw from the European Parliament but is tucked away on a side street – once you enter you leave the world behind and if you hire The House of Ambassadors, in some way you leave the hotel behind because it is so private. www.stanhope.be

Dining



Le Coin du Diable

Roger and Serge, co-owners of this recently-opened bistro, are a couple of charming guys – so is the venue. They have made a great job of transforming what was once a fairly grim-looking café into a bright, airy modern tavern. The first time I went, I had to step back outside and check that I was really on the same spot. Yes, finally a genuine Belgian bistro in Schuman and it's located directly opposite the Berlaymont.

Scheltema

Located in the historic centre of Brussels just a few steps away from the Grand Place, the Scheltema has been an institution in the Ilôt Sacré area since 1972. It's famous known for its seafood and there's the feel of an old-worldly pub atmosphere. It was quiet when we sat down due to folks on holiday but we were informed that 150 people were due any minute – a cruise was on its way. They had no problem serving of them in time not to miss a bit of shopping and their cruise ship. And we were very well looked after, trying out the fisherman's soup served with rouille and garlic croutons, the home-made shrimp croquettes with fried



parsley, followed by a duet of baby sole with Malines white asparagus, crémant d'Alsace cream sauce and the grilled salmon cutlet in an orange sauce, washed down with the chilled Casillero de Diablo '14 - Chardonnay - Concha y Toro.

It's very spacious with high ceilings and little nooks and crannies, and the waiters were very attentive. Beside the kitchen is a large blackboard where the kitchen assistant can score off what's no longer available – only morning-fresh fish here. It's just off rue des Bouchers, nut nicely tucked away from the madding crowd. It's well worth a visit.

www.scheltema.be



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CICCIO BELLO



Ce restaurant, situé au cœur de la commune de Watermael-Boitsfort, propose une cuisine italienne aux saveurs du sud, un large choix de pizzas cuites au feu de bois et de délicieuses pâtes maison. En été, vous profiterez d'une vaste terrasse au soleil pour vous échapper le temps d'un repas. Chaque midi, optez pour notre lunch à 12,50€ (une entrée + un plat). Pizza Party de 15 € pp. Pour vos fêtes familiales telles que mariage, communion, fêtes d'anniversaires ou autre, le Ciccio Bello dispose d'une lumineuse salle de banquet, pouvant accueillir plus de 40 personnes, avec une agréable vue sur la place Wiener.

4 Place Léopold Wiener, 1170 Watermael-Boitsfort - 02 672 32 30

Ouvert tous les jours de 12h à 24h - Petite restauration l'après-midi
www.cicciobello.be

Château la Verrerie: A prehistoric site

This week we head for South Luberon to check out a chateau with a very long history of winemaking

The omens always seem to be good for some estates: this winery is located in Puget-sur-Durance, on the exact same site where prehistoric wine cellars, carved out of rock, and dating back more than 4,000 years, were uncovered. Before returning to wine-production, la Verrerie, as its name suggests, was a glass factory! However, it was not so much these harbingers of good fortune but rather the magnificent landscapes in this part of the Luberon massif that attracted the entrepreneur, Jean-Louis Descours – known for the shoe brand André – in 1981, propelling him to set up the estate. Thirty five years and two generations later, Château la Verrerie produces a wide range of organic wines and olive oils. Wine-tourism is a priority and the estate team is always coming up with new ideas to make visits even more interesting.

The wine cellar is open to the public from Monday to Sunday and offers free tasting sessions for individuals. (contact us for information about fixed tour dates for assembled groups of Free Independent Travellers)

A marked vineyard trail that cuts across a landscape full of vineyards and olive groves. During the course of the walk, thanks to the bilingual (in French and English) signs, you'll learn key facts about vines and different grape varieties as well as enjoying an unobstructed view of the Durance Valley.

A picnic style aperitif: individuals and groups can buy the necessary ingredients for their



Photo © www.all-free-photos.com

aperitif from the shop and then settle down under the parasols in the courtyard to enjoy a pre-dinner drink and sample the Provençal lifestyle. €20/pers.

Discovery tour: once a week in season, at fixed time/date, guided tour of ageing cellars and tasting session (five wines). Its lasts 1 hour and is free of charge. Booking necessary (on website or by phone).

Knowledge Tour: visit wine-making cellars + ageing cellars + tasting session. It lasts 1 hour/1.5 hours. Set dates and times available on website, booking necessary. FR/EN. During the Summer 'Flâneries au Crépuscule' (Twilight Rambles) are held on four Wednesdays over the summer and include welcome drink, guided walk along vineyard trail, a night of music, food truck on site (everyone buys own food) and estate wines served with dinner. €15/pers.
www.chateau-la-verrierie.com ⓘ

What's on Belgium



Brussels 20k

The first 20k race was held in Brussels on 8 June, 1980. Some 4,659 runners started. Participants flocked to the Brussels Tourist Office to sign up. 4,179 runners finished the race at the foot of the Atomium. Nowadays, the race takes participants on a journey through Brussels' most beautiful monuments and parks. It used to have a maximum number of 25,000 entries, which were normally sold out quite quickly after places go on sale in March, but in 2010 a staggered start-time approach allowed organisers to increase the maximum number of entries to 40,000. And people line the streets to cheer on family and friends. **28 May.** Brussels. www.20kmdebruxelles.be



Couleur Café

Couleur Café is enjoying its 28th edition in a fresh location, the beautiful park next to the Atomium. It is the perfect opportunity for the festival to reaffirm its warm and multicultural identity, while offering the public an intense 360° experience. The three-day festival includes world music with funk, hiphop, reggae, dance, dub, soul, Latin, blues and rock divided over four stages. Internationally famous acts as well as lesser known talent or locally popular musicians are represented. Apart from the music there is also a large art exposition, a market with young designers, dance workshops, cocktail bars and food stands from fifty countries. **30 June-2 July.** Atomium Square, Brussels. www.couleurcafe.be

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LIFE OF LEISURE

What's on



Whispering Void

Since time immemorial, man has sought an answer to the question "What is a void?" from a scientific, philosophical or artistic perspective, without finding the true answer. In 1958, French artist Yves Klein theorized that thinking of an artwork is what made it exist, that its material existence was not even possible. The new series *Whispering Void* by Joakim Eneroth might appear to be an echo of its predecessors, such as *Short Stories of Transparent Mind*, which pauses to consider the nature of the human mind from an oriental philosophical point of view. Although *Whispering Void* explores the same theme, it is through a western psychological perspective and leans on studies in neuroscience. **Until 18 June.** Ifa gallery, Brussels. www.ifa-gallery.com

Paradise City

In their own words: "Dear Citizens, at Paradise City we believe the future is bright! In these turbulent times, too few of us are optimistic about the future of our planet and humanity. Politics has no place within music and certainly not at our festival, but we fiercely oppose those that are trying to divide us or deny global climate change. This year we are happy to offer you a three-day experience in a stunning domain with an island and a surreal castle. We believe that we need to act now, lower our carbon footprint and the waste we generate, therefore we try to convince our Citizens of the perks of a greener life style."

23- 25 June. Castle of Ribaucourt. www.paradisecity.be



What's on

Fabulous Failures

Nowadays most art, design and photography is portraying perfection. Contemporary popular culture is drowning under a tidal wave of superficiality and over-perfection, as if it was a reflection of our endless search for clarity and calmness and an antidote for the chaos in our lives.

Digital techniques have created an abundance of images. We shoot and shoot until we get it right. The imperfect pictures get deleted and the good ones get a filter or a touchup. An overabundance of skills and technological crutches eliminate the possibility of beautiful mistakes, of stunning failures. Luckily, failing is something artists and photographers are including more often as a subject for their work. Curated by Erik Kessels, this exhibition shows a large overview of the



best Fabulous Failures found in contemporary art, design and photography, made by a group of artists that like to fight perfection, embrace serendipity and search for fabulous failures.

Until 20 August. Botanique. €5.50
www.botanique.be

The Centre for Fine Arts of Victor Horta : A Labyrinth for the Arts

Together with Henry Van de Velde, the Belgian architect Victor Horta is the most important representative of art nouveau in Belgium. In his pre-war work he gave form to modernity at the turn of the century. The spatial virtuosity of Horta's work is even more explicit in his long maligned creations that date from after the First World War. This exhibition introduces you to Horta's vision of the city. Central to this vision is the Palace for Fine Arts in Brussels, the crowning glory of his post-war work. Archive material, letters, models and videos never before shown illustrate the eventful history of design and guide you through the various transformations of the building through the 90 years of its existence. Architectural photographer Filip Dujardin presents an iconic image of the Centre for Fine Arts. The exhibition was



realized in collaboration with the Faculté d'Architecture La Cambre Horta of the Université libre de Bruxelles, the design studio 'Histoire Théorie Critique – Outils de conception' and the research group 'hortence'.

Until 31 August. Dégagements Henry Le Boëuf, Brussels. **Free entrance**
Photo: Yannick Sas



Maasmechelen Village Expat VIP Shopping

Expats are VIP in Maasmechelen Village and can enjoy exclusive offers on the weekend of 20 and 21 May. Register online and you enjoy 20% saving on the outlet prices in participating boutiques, which already offer year-round reductions of up to 60% on the recommended retail price. You will also have access to the unique Expats VIP Lounge, where you can enjoy complimentary drinks and canapes. Go with your expat friends and colleagues and make a day of it.

At the crossroads of Belgium, Germany and the Netherlands, Maasmechelen Village is home to more than 100 boutiques offering leading local and international brands at reduced prices. Brands such as Guess, HUGO BOSS, Escada, Karen Millen, Ted Baker, UGG® Australia and Swarovski stores line the streets of the spacious 21st-century village-style setting that lends itself to a relaxed and stress-free atmosphere.

And with glorious countryside, picturesque villages, historic cities and fine gastronomic heritage nearby, make your visit to Maasmechelen Village part of a longer stay in the region. Less than an hour's drive from Brussels, Antwerp, Düsseldorf, Cologne and Maastricht, this relaxed and sophisticated shopping haven is easily accessible. When you get there you will find that parking is not an issue – there are more than 1,600 free parking lots.

If you'd rather not take the car, go there in style with free travel on the Shopping Express® coach service from Brussels to Maasmechelen Village. You can book your ticket using the promotional code 'EXPAT17' at MaasmechelenVillage.com/shoppingexpress.

After all that shopping, you might choose to relax and dine in one of the restaurants and cafés located in the Village. With regional and international dishes on the menu, you'll be spoilt for choice.

www.maasmechelenvillage.com **i**

Breaking down artistic barriers



Brice Robert

In 2017, Nuits Sonores is celebrating its 15th birthday. An idea born during the summer and autumn of 2002, Nuits Sonores was originally invented as a platform on which to share thoughts, artistic projects and cultural initiatives, a cultural, artistic and urban laboratory. Over the past 15 years, the festival has transformed – slowly but surely, in its own humble yet determined way – into a choice overview of all that is modern and cutting edge in the fields of independent, electronic and digital culture.

With its finger on the pulse of the latest innovations and future developments in the creative world, Nuits Sonores has had since the very beginning a forward-looking and pioneering vision. And nowadays the festival still scours Europe and beyond in search of tomorrow's artists and emerging aesthetics, always on the lookout for new uses and innovative practices.

The festival brings together the values of

openness and cultural crossover, defending the universality of music and breaking down artistic barriers. In doing so, it has initiated multiple forays into the creative worlds of design, image, graphic art, food culture and architecture.

A unifying force, Nuits Sonores is all about accessibility and the drive to bring audiences together, regardless of generational, social or territorial barriers. The fruits of this ambition can be seen in the impact that Nuits Sonores has on local communities, neighbourhoods and living spaces.

Every year, for five days and five nights, the festival occupies around 40 venues throughout the city, from exceptional industrial heritage sites to everyday areas and iconic landmarks. Nuits Sonores temporarily transforms Lyon into a unique site of freedom, friendship and sharing. **23-28 May.** Various venues in Lyon. www.nuits-sonores.com

A | D | A | M

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As the inventor of inflatable furniture [1969], Quasar Khanh played his part in the Utopian vision of May '68 by celebrating lightness, freedom and spontaneity, in contrast to a society which was then regarded as suffocating.

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LIFE OF LEISURE

What's on international



Mystic Garden

The Mystic Garden Festival is a boutique hidden gem on the musical calendar; a special world where friendships are formed, memories are made and life is celebrated in all its glory. Mystic Garden will return for a sixth sensational instalment on June 17 2017 that will leave you refreshed and revitalized. Taking place in the wonderful Sloterpark, Amsterdam, this one-day

fairytale getaway is a magical place where time has no meaning and where you leave the world behind and dive in head first to some world-class musical offerings.

Lineup: Technasia, Samuel Deep, Egbert, Marc Romboy, Matthias Tanzmann, Santé, Riva Starr and more. **June 17.** Amsterdam, the Netherlands

www.mysticgardenfestival.nl

Awakenings Festival

On Saturday 24 and Sunday 25 June, between 11:00 and 23:00, the premises of recreational area Spaarnwoude Houtrak will be dedicated to Awakenings Festival, the best-known and largest outdoor techno

festival in the world, with over 110 artists spread over eight stages in capacious areas, among which two



large-scale outdoor stages. Lineup: Sven Väth, Ricardo Villalabos, Maceo Plex, Chris Liebing, Joseph Capriati, Dave Clarke, Tale of Us, Loco Dice, Floorplan, Weval, The Black Madonna, Black Coffee, Len Faki, KINK and more.

June 24-25.

Spaarnwoude Houtrak, the Netherlands.
www.awakeningsfestival.nl

Cinema

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



After the Storm

Japanese director Hirokazu Koreeda (*Still Walking* (2008)) brings this Cannes 2016 Un Certain Regard feature to the screen – dwelling on his past glories as a prize-winning author, Ryota (Hiroshi Abe) wastes the money he makes as a private detective on gambling and can barely pay his child support. But redemption may be just around the corner, in this moving take on life never being quite what you want it to be.

117 mins.

Alien: Covenant

Now then, now then – this is the sequel we have been waiting for. Ridley Scott returns to the helm, following his 'Alien universe' prequel *Prometheus* (2012) (which I, for one, thought was by and large a very good, and much underrated, first journey into the back-story of *Alien* (1979)), with a follow up which details what awaits the synthetic David (Michael Fassbender) and fellow crew of the good ship *Covenant*, when they discover a seeming paradise planet on the far side of the galaxy. Of course, it's very far from paradise, really. Expectations are huge – but don't expect all the answers in this film, as Scott has already indicated that he will need at least one more picture to bring proceedings full-circle back to *Alien*. Ulp! *Running time TBC*.

King Arthur: Legend of the Sword

Guy Ritchie is in charge of this latest take on Arthur – will it be in 'mockney' and feature East End gangsters, one wonders? Perhaps I am being a little unfair – but it does say that the young Arthur (Charlie Hunnam) is busy running the back streets of Londinium when he draws Excalibur from the stone, thus revealing his royal lineage. Guinevere (Astrid Bergès-Frisbey) ain't far behind either, surprise, surprise.

126 mins.

Pirates of the Caribbean: Dead Men Tell No Tales

And I suppose this was inevitable – Cap'n Jack et al are back for part five. Can't say I have any real objections – all installments thus far have delivered more than their fair share of thrills and spills. This one sees the return of Orlando Bloom as Will Turner, and Javier Bardem is along for the ride as the vengeful Spanish captain Armando Salazar who, along with his ghost crew, is out to kill every pirate at sea. And, thankfully, Geoffrey Rush is back as Barbossa as well. The gang's all here – what's not to like?

153 mins.

More reviews on www.picturenose.com

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